

The Body's Electrochemistry

How your body runs on its own gentle electricity — explained simply



It might sound surprising, but your body runs on a kind of natural electricity. “**Electrochemistry**” is just the word for the mix of tiny electrical signals and chemical reactions your body uses, every second of the day, to keep everything running smoothly.

In plain terms: *your body is constantly sending little electrical messages and mixing chemicals to keep itself balanced and working properly — a state doctors call homeostasis.*

A great example is your **nervous system** — the body's messaging network. It uses electrical signals to carry information around the body. Special cells called **neurons (nerve cells)** create tiny electrical pulses that travel along their length, letting your brain, spinal cord and the rest of your body “talk” to one another in an instant.

This natural electricity does far more than carry messages. It also helps your **muscles move, keeps your heart beating in a steady rhythm**, and drives countless chemical reactions throughout the body. Your heart, for instance, relies on regular electrical signals to keep pumping blood the way it should.

So what carries all this electricity? The answer is **ions** — tiny, charged particles from minerals such as **sodium, potassium, calcium and chloride**. Think of them as the musicians in an orchestra: working together, they keep your body's **pH balance** (the balance between acid and alkaline) just right, manage your fluid levels, and help pass those electrical signals along.

It's a beautifully complex system, and it's central to good health. When everything is in balance, your body simply works. But when this delicate electrical balance is disturbed, it can lead to a range of health problems — which is why it matters so much to your overall wellbeing.

When things get knocked out of balance



Illness or injury can interfere with this natural electricity. Some illnesses upset the balance of **electrolytes** (the minerals that carry the charge), changing the electrical activity inside your cells. Injuries can disrupt the normal flow of signals, and even some medicines — while helping in other ways — can affect the body's electrochemistry too.

How the Oska Pulse works with your body

This is exactly where the **Oska Pulse** comes in. It's a modern medical device that works *in harmony with your body's natural electricity rather than against it*. It sends gentle, low-frequency pulses — known as **PEMF (Pulsed Electromagnetic Field) therapy** — into the area in need of help.

These soft pulses encourage your cells to repair and renew themselves, improve blood flow, ease inflammation (swelling), and reduce pain. By gently supporting these natural processes, the Oska Pulse can help speed up healing and recovery — whether you're dealing with a fresh injury or a longer-term condition — all by working alongside your body's own healing abilities.

You can learn more about the Oska Pulse at www.oskapulse.au