

Why some people respond to the Oska Pulse faster than others



First, a quick refresher on what the Oska Pulse is. It's a PEMF device that uses programmed, low-frequency, completely safe levels of electromagnetic energy — similar to gentle radio waves. Rather than simply masking pain, it creates the right conditions for your cells to renew themselves. It boosts blood flow, reduces inflammation, and encourages your body's natural healing — tackling the root cause of pain rather than just the symptoms.

PEMF, made simple: *PEMF stands for Pulsed Electromagnetic Field therapy — a gentle, drug-free approach that sends soft, pulsing energy into the body to support its own natural healing. You don't feel a thing while it works.*

So why does one person feel better within days while another takes weeks? It's a question we hear often, and the honest answer is that a handful of factors all play a part:

- **How serious the condition is, and what type it is.** Recent injuries or milder problems often ease more quickly, while long-standing or severe issues usually need more time and steady, regular therapy.
- **Your body is wonderfully unique.** Your age, your metabolism (how quickly your body turns food into energy), and your overall health all shape how fast you respond. Younger people, or those with a faster metabolism, may notice improvements sooner.
- **The health of your cells.** PEMF works by encouraging cells to repair and regenerate. If your cells are already in reasonably good shape, they tend to respond faster than those that are more severely damaged.
- **Other health conditions.** Some conditions — such as diabetes or autoimmune illnesses (where the immune system mistakenly attacks the body's own tissues) — can make it harder for the body to heal, which may slow the response.
- **Everyday lifestyle.** Stress, sleep, nutrition and staying well hydrated all influence how well your body heals. Taking care of these basics can genuinely improve your results.
- **How often and how long you use it.** Consistency really matters. People who stick to a regular schedule almost always see results sooner than those who use it only now and then.

“Autoimmune,” explained: An autoimmune condition is one in which the body's own defence system gets its wires crossed and mistakenly attacks healthy tissue. Rheumatoid arthritis and type 1 diabetes are two examples.

In short, a mix of biological, lifestyle and treatment-related factors explains why responses vary from person to person. More than anything, consistency and a little patience are usually the keys to the results you're hoping for.

This document is for informational purposes only and is not a substitute for professional medical advice. Please do not change or stop any current medication without first consulting your doctor.

With warm regards,

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