

OSKA | PULSE

Guide to Using PEMF Therapy for

ENDOMETRIOSIS RELIEF



[Learn More](#)

DEAR ENDO WARRIOR

If you are the 1 in 10 women globally that is affected by Endometriosis, we see you and recognise the challenges of living day to day with Endometriosis.

This March, Endometriosis Awareness Month, we want to educate the public on the widespread nature of Endometriosis, and its severe symptoms. More importantly, we want to let women know that we are here to support them.

If you are severely impacted daily by Endometriosis, this page is for you. Our Oska Pulse device can significantly improve your quality of life.

While traditional treatments like medications and surgeries exist, alternative therapies such as Pulsed Electromagnetic Field (PEMF) are gaining recognition for their effectiveness in managing symptoms and promoting healing.



**1 in 10 women have Endometriosis /
190 million women globally**

02

UNDERSTANDING PEMF AND ENDOMETRIOSIS:

03



PEMF therapy involves the application of electromagnetic waves to the body, influencing cellular behaviour and promoting natural healing processes.

Oska Pulse is a TGA and FDA-registered device for Pain and Inflammation. This device can reduce inflammation and swelling, key factors contributing to the pain experienced by individuals with Endometriosis. Additionally, PEMF therapy has been shown to alleviate Endometriosis pain.

HOW TO USE OSKA PULSE FOR ENDOMETRIOSIS TREATMENT:

PEMF therapy with devices like the Oska Pulse can be valuable in managing Endometriosis symptoms.

Here's a suggested cycle for utilising PEMF therapy throughout your menstrual cycle:

Week 1 and 2

- Start using the Oska Pulse daily for 3 hours to maintain symptom relief.
- Use the device conveniently at night or while moving with the portable device.

Week 3 and 4

- As symptoms typically ramp up during these weeks of your menstrual cycle, increase the usage of the Oska Pulse.
- There is no limit to how much time you can use the Oska Pulse, so consider wearing it all day during these weeks to combat inflammation and reduce Endometriosis flare-ups.



CONSIDERING SURGERY?

Several Oska Pulse users have chosen to use the device to determine if surgery is the right path forward for them. Many have found that consistent use of the Oska Pulse over several weeks provides significant relief, helping them make informed decisions about their treatment options.

For those who proceed with surgery, the Oska Pulse becomes a valuable companion in reducing recovery time and aiding in wound healing due to its regenerative properties and anti-inflammatory reactions.

[Learn More](#)

OSKA PULSE CLINICAL TRIALS FOR ENDOMETRIOSIS

Oska Wellness is currently coordinating with the University Clinic Berlin (the world-renowned clinic „Charité“) in Germany to determine the efficacy of Oska Pulse in treating Endometriosis. This study started at the end of December 2023, and the results will be published publicly.

We look forward to confirming what our clients already know about the effectiveness of the Oska Pulse and PEMF on Endometriosis.

Keep up to date with our clinical study here:

[Learn More](#)

FAQS ABOUT ENDOMETRIOSIS AND PEMF THERAPY



1. Is PEMF therapy safe for women with Endometriosis?

- Yes, PEMF therapy is generally considered safe for most individuals, including women with Endometriosis. However, it's essential to consult with your healthcare provider before starting any new treatment regimen, especially if you have underlying health conditions or concerns.



2. How does PEMF therapy alleviate Endometriosis symptoms?

- PEMF therapy works by reducing inflammation, which is a key factor contributing to the pain and discomfort associated with Endometriosis. PEMF therapy can help alleviate pain, improve circulation, and enhance overall well-being by promoting natural healing processes and influencing cellular behaviour.



3. Can PEMF therapy replace traditional treatments like medications or surgery for Endometriosis?

- While PEMF therapy can be a valuable complementary approach to managing Endometriosis symptoms, it may not necessarily replace traditional treatments like medications or surgery in all cases. However, many individuals find relief from symptoms and improved quality of life through PEMF therapy, either as a standalone treatment or in combination with other therapies.



4. How long does it take to see results with PEMF therapy for Endometriosis?

- Results may vary depending on the individual and the severity of their symptoms. Some individuals may experience relief shortly after starting PEMF therapy, while others may require more time to notice significant improvements. Consistency and adherence to the recommended treatment regimen are essential for optimal results.



5. Are there any side effects associated with using PEMF therapy for Endometriosis?

- While PEMF therapy can be a valuable complementary approach to managing Endometriosis symptoms, it may not necessarily replace traditional treatments like medications or surgery in all cases. However, many individuals find relief from symptoms and improved quality of life through PEMF therapy, either as a standalone treatment or in combination with other therapies.

06



[Learn More](#)



CONCLUSION

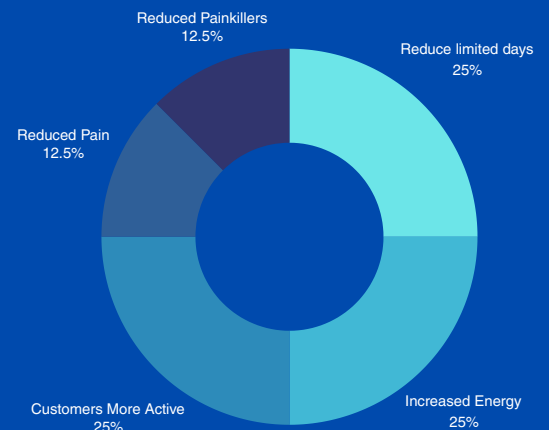
PEMF therapy, such as using the Oska Pulse, offers a non-invasive and drug-free approach to managing Endometriosis symptoms. Incorporating PEMF therapy into your routine can reduce inflammation, alleviate pain, and improve your overall well-being.

Some medical schemes can provide the Oska Pulse as part of your medical device's benefit.

[Try Oska Now](#)

Infographic results:

- Reduce the number of days you were limited by your Endometriosis.
- Increased energy levels.
- Pain levels are reduced.
- Customers are more active again.
- Reduced need for painkillers



OUR RECOMMENDATION:

For the best results, we recommend using Oksa Pulse regularly for at least three months to see the benefit of reduced inflammation and pain.

Endometriosis is a chronic inflammation disorder; regular use of the Oska Pulse is needed to relieve inflammation and limit the inflammation responses during your menstrual cycle.



WHAT DO OUR CUSTOMERS HAVE TO SAY?

MY ENDOMETRIOSIS MIRACLE WITH OSKA

For around 15 years I have been suffering from severe inflammatory pain and cramps in the lower abdomen and intestinal area during, before and after my monthly period. After my pregnancy 8 years ago, which ended in an emergency cesarean section, the symptoms got worse every year. During Covid, the situation worsened even further, according to doctors, probably triggered by the three COVID-19 vaccinations.

Due to a history of cancer, there is no possibility of hormonal relief for me, so the doctors only consider a hysterectomy to remove the suspected endometriosis and the uterus.

My self-employment prevented me from having this operation twice in 2023, as convalescence takes around 2-3 months and I work in the field of personal training and health coaching. Such an absence of such a major restriction didn't seem to be feasible.

At the beginning of November I by chance became aware of Oska Pulse on the internet and was very interested in reading up on the topic of pulsating electromagnetic fields (PEMF). Because of my job, I am very open to new and alternative medical methods, and I borrowed the Oska from Elektrozeutika for 4 weeks.

I had Axenia Schäfer explain to me how the whole thing works in detail. What I kept in mind was that low-frequency electromagnetic fields can heal tissue, reduce inflammation and allow cells to return to their normal function. After about 2 weeks of daily use for 3 hours, I had a significant reduction in pain during the next period and the one after that.

My enthusiasm led to an immediate purchase of the device and I am more than happy to be able to use this device every day. With the help of a strap, you attach the device like a belt buckle at the height of your abdomen, switch it on and continue with your everyday work. It is silent, does not vibrate and requires no further effort. After 3 hours, Oska switches off and the therapy is over.

My symptoms are now at a normal level that can be easily overcome. On a pain scale of 1-10 with pain over 10, it is now 4 to a maximum 5 with the use of Oska Pulse.

My quality of life has improved significantly and I have saved one of my organs therefore no long-term effects are to be expected. I would wholeheartedly recommend this device to every woman with long-term endometriosis condition or severe period pain.

Thank you very much, Oska and dear Elektrozeutika team. You make my life better...

DENISE AHLERS
GRADUATE SPORTS SCIENTIST

I CAN'T LIVE WITHOUT IT NOW

I've used the Oska Pulse for about 6 weeks and seriously could not live without it now. I was very skeptical at first as to how this little device would reduce my pain, however, I was willing to give anything a go. I have fibromyalgia, and endometriosis and suffer from chronic headaches/migraines.

My pain areas and pain levels change daily. I use the Oska Pulse every day as part of my routine and move it around to where my pain is that day. My lower back pain is the worst and most consistent so I usually wear the Oska Pulse around my waist underneath my clothing and sometimes put it in my pocket. Over the last few weeks, I've drastically reduced the pain medication I was taking and am finally feeling more myself again.

With my pain levels a lot lower and some pain-free days I have even gone for a long walk with my son and braved the gym for..... first time in over 5 years... and I felt okay after exercising. That was the turning point for me. Everyone says when you have chronic pain you should exercise because it lowers the pain but when you have it you just physically can't even imagine getting out of the house to exercise in the first place. I love that I've found a drug-free option with no side effects. That's my dream come true!

TANYA SERVODIO

[Try Oska Now](#)

ENDOMETRIOSIS WARRIOR

OSKA Wellness I cannot thank you enough for literally giving me my life back! I've been using this little tiny device for 2.5 months, I literally cannot believe how much change I've seen in my body since using it. I love the ease and convenience of no strings attached and I can put it in my pocket and walk around my house or have it in the car with me (those with kids know we all live in the car daily).

I've been battling endometriosis 11yrs and have never had such success with the fatigue, stabbing pain and pelvic swelling from other treatments I've done. I just went on vacation for 2 weeks and could keep up with my family without missing a beat during my pain cycle which has never happened. In this month, my fatigue was minimal, my baseline stabbing pain was literally half of what it normally has been all these years and my pelvic swelling minimal.

I've had other positive side effects in my entire body, my sleep within the first week of using it was deeper and my back pain has decreased. I personally don't put it anywhere but my stomach/pelvic area and can still feel the looseness in every muscle of my body. I highly recommend this for anyone with endometriosis ASAP (and anyone with chronic pain) Thank you for all you have done so far and continue to do for the pain warrior community everyone needs an OSKA!

NIKKI B





OSKA | PULSE

Buy your Oska Pulse from one of our trusted resellers in your country.

[BUY NOW](#)