

e-cell™ - Frequently Asked Questions

Use of the e-cell

- What is the e-cell™?
- What does the e-cell™ actually do?
- How do I use e-cell™?
- How long is each e-cell™ session?
- Can you use any therapy card for all conditions?
- How are the e-cell™ Therapy Cards different?
- Will e-cell™ operate without inserting a Therapy Card?
- How can I tell if the e-cell™ is working?
- Can I feel the e-cell™?
- How long will it take to feel a change?
- Does the e-cell™ work on everyone?
- How many times per day should I use e-cell™?
- Over what period of time should I use e-cell™?
- How does it work on the body?
- How do I know the e-cell is working because I can't feel anything?
- Is this just another GIMMICK on the market?
- On what types of conditions does the e-cell work BEST?
- On what conditions does the e-cell NOT work?
- How long does the e-cell take to work? What time period before I see change?

Clinical

- Is it effective on both old and new injuries?
- This is my first injury in using e-cell, how do I know the e-cell has accelerated healing?
- How do athletes use this to get a competitive edge?
- Will the e-cell help my reoccurring injuries?
- How often should I use e-cell? Once a day, or 2-3 times per week? How frequently?
- Is it only muscular-skeletal conditions that the e-cell is designed for? Or will it also help other conditions such as indigestion, menstrual pain, sunspots, leg ulcers, flesh wounds, cuts, and migraines.
- Can the e-cell be used for osteoporosis? If so, how do I use it?
- What diseases or conditions would be contraindicated with the use of the e-cell e.g., diabetes?
- Is a patient able to use e-cell if they have cancer?
- If the patient does not have cancer, is there any indication it would make a cancer grow?
- Is it possible to have the 'switch off' signal on the e-cell to be louder for older people?
- On what conditions does the e-cell work BEST?

Technical

- Will my e-cell battery become damaged if I always use the e-cell connected to full main's power? Do I need to use it on battery as well to lengthen its life?
- It does not seem appropriate to put the Velcro strap around my neck when using the e-cell. How do I use the e-cell on my neck?
- What does the name 'e-cell' mean?
- What is the "Vascular Card" used for?
- What testing has been done to show that it works as claimed?
- Are there any side affects in the use of the e-cell?
- Will the energy that comes from e-cell have a bad effect on my body?

Warranty

- How do I get my e-cell serviced while under warranty? Which companies service the e-cell in my country?

Can I have a replacement e-cell or power cord charger if I send my e-cell in to be fixed?

Credibility

Who is really behind the design of the e-cell? How can I be confident that this technology is creditable?

Where do I find more information about the research on e-cell?

Use of the e-cell

What is the e-cell™?

The e-cell is a digital personal medical assistant. It can be used to treat a vast range of common conditions that are a part of normal life.

What does the e-cell™ actually do?

e-cell technology is based on the concept of Synthetic Exercise and integrates the three FDA approved waveforms into a treatment sequence that complements the body's own process of tissue regeneration following injury. Pain and disuse following injury decrease the electrical currents normally produced in the body's tissues to drive the healing process. e-cell offers a means of assisting the body to replace these absent electrical potentials, thus providing an optimal environment for recovery.

e-cell is an induced energy technology, which generates a complex series of energy fields. It induces optimum bio-electrical and bio-chemical stimulus in the body's cells (blood, bones, muscles, tissues, etc), similar to that which is created during exercise.

In addition to providing pain relief by activating natural inflammatory mediators, e-cell also accelerates the healing process of the body. It improves bone growth, tissue repair, blood flow and tendon flexibility.

How do I use e-cell™?

After installing and charging the battery, insert the desired Therapy Card into the top of your e-cell, activate the device by pressing down on the on/off button and place the e-cell over the area of your body to be treated with the bottom/battery side closest to your body.

The e-cell may be used with or without the Velcro strap.

How long is each e-cell™ session?

Each e-cell therapy card is programmed to operate for 30 minutes and comprises a:

- warm up period
- active phase
- cool down period

Can you use any therapy card for all conditions?

No. e-cell therapy cards utilize the Electromagnetic Field in a sophisticated treatment programme designed

according to specific pathology, tissue type and stage of healing.

There are consequently 12 e-cell cards:

Neck	Mid back	Low back
Shoulder	Elbow	Wrist
Hip	Knee	Ankle
OA (Osteoarthritis)	Bone	Vascular

How are the e-cell™ Therapy Cards different?

e-cell protocols are based on the bioelectrical activity involved in the natural repair processes of the various musculoskeletal areas. These physiological sequences have been embedded into expert delivery systems, controlled by sophisticated smart card technology, to create an electronic prescription system capable of delivering an entire pre-determined therapeutic programme.

Will e-cell™ operate without inserting a Therapy Card?

No. e-cell is designed to operate for a restricted period of three and a half minutes only without inserting a therapy card to ensure it is functioning correctly. Therapy cards are required to deliver correct treatment programmes.

How can I tell if the e-cell™ is working?

Following activation by depressing the on/off button, the two right hand lights will flash intermittently to indicate that the e-cell is operating correctly.

A small vibration of the magnetic coil can also be heard as the e-cell emits a therapy signal.

Can I feel the e-cell™?

The electromagnetic field from the e-cell can sometimes create a gentle warm feeling in the treating area and initiate a mild vascular response in the area. There is no direct vibration or heat emitted from the e-cell.

How long will it take to feel a change?

Clinically the e-cell assists the body's healing mechanisms to recover from injury at a much more rapid rate than normal healing processes in the body.

Many of the people using e-cell report significant benefits after 2-3 treatments

Does the e-cell™ work on everyone?

The e-cell produces an electromagnetic field which "mimics" the stimulation signals of the body during exercise and in doing so can assist new tissue to form without the requirement for physical activity.

The protocols are the same for any age, sex or ethnicity

How many times per day should I use e-cell™?

Use the e-cell 2-4 times per day initially and then reduce the frequency to once per day as the condition improves.

Over what period of time should I use e-cell™?

The e-cell assists in regulating the physiological processes of the body.

Once recovery has been achieved, a maintenance programme of one application per week is highly beneficial, especially for older long standing ailments.

How does it work on the body?

e-cell uses the natural cellular bio-electrical “language” to convince body cells that they are under high physical loads. When this happens, tissues move from resting physiology to exercise physiology which sets up a cascade of important biological systems, often suppressed by injury, overuse or age. In effect, e-cell makes the region of the body under treatment think it is being heavily exercised which results in suppressed inflammation, increased nutrient supply and the exchange of old cellular material with new. This is a totally natural process but is sometimes turned off by our lifestyles or the existence of other injuries.

How do I know the e-cell is working because I can't feel anything?

The bioelectrical language of e-cell cannot be sensed directly by the user, however in many cases the biological responses can be. Depending on the condition being treated, e-cell can produce a tingling sensation, heaviness in the tissues or even a short-term elevation of pain while the new tissues force their way into old damaged spaces. However, what you feel in a few moments should not be used to gauge how e-cell is working with your own physiology. Old injuries or injuries not fully resolved can be reluctant to heal so it may take a little time to reverse those situations.

Is this just another GIMMICK on the market?

e-cell is a sophisticated medical therapeutic device that has been included for listing by medical device regulators in Europe and Australia and been granted the important CE and TGA certification. When judging such devices, you should always look for what certifications have been granted and then what claims are being made.

Do they make sense? Does it seem reasonable?

There is no such thing as a magic remedy that fixes everyone so don't believe those who try to convince you that they only have discovered it.

e-cell functions by amplifying normal biological processes that are already present. It tackles different problems in different ways but only by activating processes inherent in your body. No gimmicks, no outrageous claims, just sensible and cautious use of the body's own repair abilities.

On what types of conditions does the e-cell work BEST?

e-cell is designed to treat muscle, joint and connective tissue injuries and disabilities. It can do this because the growth and turn-over of cells within tissues is regulated by physical exercise. The body wants to maintain a perfect balance between wear and tear and new tissue formation. When pain, posture, life styles, disability or age slow down the turn-over of these tissues, injuries remain and often become chronic. e-cell works best when it can replace physical exercise and in doing so, restore new tissue formation without the corresponding wear and tear.

On what conditions does the e-cell NOT work?

e-cell does not treat diseases, immune disorders, cancers, hormonal disorders or any other internal or neurological conditions. Such conditions should be referred to your medical practitioner.

How long does the e-cell take to work? What time period before I see change?

You should first ask, "How long did the injury take to manifest? If it took years to create an injury, e-cell cannot be expected to resolve it in 24 hours. On the other hand, if it is an acute (new) injury, then e-cell can make a significant impact in a day or two.

There is no one answer, because there is no one injury. Having said that, there are some basic guidelines that might help:-

- Injuries resolve in a step-wise process over a period of around 12 months. The painful inflammatory phase, which is the only part of the process we usually feel, can take from 4 to 14 days to settle but this is highly dependent on the nature of the injury.
- As a result, when most people ask how long it will take e-cell to work, they are actually asking how long it will take to reduce the inflammation part of the treating process.
- In general some reduction in inflammation and the resulting pain should be experienced between 24 and 48 hours after use if the injury is a simple single event without complications. If the injury is recurrent, long standing, overuse or degeneration which cannot be entirely rested, inflammation will be an ongoing process and e-cell will have a harder task of bringing it under control. In such cases patience and persistence are the key and real results can take up to 7 days to sense but the recovery, even then, is far from complete. Even after pain has subsided, e-cell should be used to ensure the best possible recovery and restrict the likelihood of re-injury in the future.

Clinical

Is it effective on both old and new injuries?

e-cell therapy cards are programmed to deliver the most effective possible recovery taking into account all the individual variables of joint structures. For new injuries (acute) the therapy cards have an appropriate program to assist in the recovery process. For older, longer term conditions the clinical benefit of using the Vascular card for the first 6-10 treatments prior to using a specific site therapy card has been experienced.

The rationale for utilizing the Vascular card is that when an injury occurs in the first instance, the body significantly increases the vascular response to the area to assist in recovery. If the condition does not resolve itself within a 12 – 15 week time frame, on average, the body will shut down the vascular response in the injured area. We have observed the clinical benefit of readdressing the Vascular card use for longer term clinical conditions prior to using a specific joint therapy card.

This is my first injury in using e-cell, how do I know the e-cell has accelerated healing?

If you have any friends of a similar age and activity level and compare the recovery time of your injury to similar injuries of theirs, you should be able to witness a reduction in healing times using e-cell.

How do athletes use this to get a competitive edge?

All elite athlete training is highly demanding and places great stress and strain on the physiology and the joints of the body. The major issue in relation to elite performance athletes is in their ability to recover from injuries that are inevitable when such high demands on their bodies.

Many athletes train in a constant state of pain or injury while meeting the demands their elite level programmes. By utilizing e-cell, the recovery time is enhanced as is the nature and physiology of the local tissue, which leads to fewer injuries.

In the National Basketball League in Australia three out of four of the teams in the current semi finals are utilizing e-cell.

Will the e-cell help my reoccurring injuries?

Re-occurring injuries are common because the area which has been weakened as a result of an initial injury may have never fully recovered.

There are three variables when it comes to the prevention of chronic injuries:-

- Number one is workload. Workloads can be defined as the number of times a specific movement pattern is undertaken during a given period of time. That time frame can be daily or intermittently throughout a year.
- Number two is the efficiency of your body's biomechanics. This is making sure that posture, in all aspects of a working environment or in a sport is correct. Most people in the workplace have poor posture which leads to the statistics that four out of ten people suffer from headaches and four out of ten people suffer from backaches. The issue of correct biomechanical alignment is essential to minimize the risk of the re-occurrence of injuries.
- The final variable is physiological strength. This issue relates to the fibroblasts and conditions within the matrix of the connective tissues. In damaged and aging tissue the recovery process is significantly compromised. The e-cell can make the difference in this area and significantly enhance the body's ability to be physiologically strong. This in conjunction with the other factors minimize the body's tendency to re-injure.

How often should I use e-cell? Once a day, or 2-3 times per week? How frequently?

The e-cell should be used as an electronic prescription. That is; 2-3 times per day initially using mains power and then as the condition improves, the frequency can be reduced. e-cell can then be used in battery mode allowing it to be more portable.

Is it only muscular-skeletal conditions that the e-cell is designed for? Or will it also help other conditions such as indigestion, menstrual pain, sunspots, leg ulcers, flesh wounds, cuts, and migraines.

e-cell is classified as a Class 11a medical device, having received a Certificate of Conformity under CE1304 and is included in the Australian Register of Therapeutic Goods, ARTG number 125537. We cannot claim its application for any other conditions other than the musculoskeletal injuries as stated.

Can the e-cell be used for osteoporosis? If so, how do I use it?

The e-cell is a device that is placed outside the body on top of an affected or injured area and requires no surgical intervention.

When human bone is bent or broken it generates an electrical field. This low level electrical field activates the body's internal repair mechanism, which in turn stimulates bone healing and bone growth but in some patients this healing process is impaired or absent. Fracture fragments may not mend properly and non-union results. In a recent small patient study by the Orthofix Corporation and Wake Forest University, bone growth stimulation successfully treated fracture non-unions. It is thought that this electromagnetic field stimulates the bones to grow on their own, increasing bone density and lessening the progression of osteoporosis.

The Bone card would be the appropriate therapy card which would benefit this condition.

What diseases or conditions would be contraindicated with the use of the e-cell e.g., diabetes?

Most modern electronic equipment is shielded from radio frequency (RF) and electromagnetic (EM) signals. However, certain electronic equipment may not be shielded against RF and EM signals from e-cell.

Pacemakers:-

Pacemaker manufacturers recommend that a minimum separation of twenty (20) centimeters be maintained between a handheld cellular phone and a pacemaker to avoid potential interference with the pacemaker. It is recommended that e-cell be used in accordance with this recommendation. These recommendations are consistent with independent research by and recommendations of Wireless Technology Research.

Persons with pacemakers:

- should always keep an e-cell more than twenty (20) centimeters from their pacemaker when e-cell is switched ON.
- should not carry e-cell in a breast pocket
- if there is any reason to suspect that interference is occurring; switch OFF the e-cell immediately.

Hearing Aids:-

Some electrical devices interfere with some hearing aids. In the event of such interference a medical practitioner should be consulted.

Other medical devices:-

Operation of any radio transmitting equipment, including cellular phones and e-cell may interfere with the functionality of inadequately protected medical devices. Consultation with a physician or the manufacturer of medical devices should be sought to determine whether they are adequately shielded from RF and/or EM signals if you have any questions.

e-cell should be switched OFF in health care facilities when regulations in these areas instruct you to switch off devices that could adversely affect equipment sensitive to external RF and/or EM signals.

Is a patient able to use e-cell if they have cancer?

The e-cell is considered safe but should be avoided by those who are pregnant, with permanent pacemakers and patients with known cancer.

If the patient does not have cancer, is there any indication it would make a cancer grow?

There is currently no data available to suggest that e-cell would make cancer grow. According to Liang, Y., et al. Anticancer Res 1997 May-Jun;17(3C):2083-8, magnetic fields have been found to enhance the potency of some anticancer drugs, with favorable modulation of cancer therapy.

However it is our position that using the e-cell should be avoided by people with known cancer.

Is it possible to have the 'switch off' signal on the e-cell to be louder for older people?

With the current technology it is not possible to increase the volume of the switch off signal.

More than anything it would be good to know what e-cell WILL help and will NOT work on.

The following is a list of the most frequently asked questions to do with sports injury.

On what conditions does the e-cell work BEST?

SPECIFICALLY:

Abrasions and 'Road Rash'
ACL injury
Achilles tendonitis
Achilles tendon ruptures
Achilles pain and injuries
Adhesive capsulitis (frozen shoulder)
Ankle sprains
Ankle fracture
Anterior and posterior cruciate ligament injury
Arthritis of the shoulder
Bursitis
Calf strain
Carpal tunnel syndrome

Appropriate Therapy Card

Vascular
Knee
Vascular
Vascular
Vascular
Shoulder
Ankle
Ankle
Knee
OA
Vascular and applicable specific card
Vascular
Vascular

Cartilage injuries and disorders	OA
Clavicle injuries	Shoulder and Vascular
Clavicle fracture	Bone
Chondromalacia	OA and Vascular
Compartment syndrome	Vascular
Cramping muscles	Vascular
Cruciate ligament reconstruction	Knee and Vascular
Delayed onset muscle soreness (D.O.M.S.)	Vascular
Exercise and extreme cold	Vascular
Exercise and extreme heat	Vascular
Frozen shoulder (Adhesive Capsulitis)	Shoulder and Vascular
Groin pull	Vascular Vasc
Growth plate injuries	OA and Vascular
Hamstring pulls or tears	Vascular
Hamstring injuries	Vascular
Hand ischemia	Vascular
Heel spurs	Vascular and Bone
Herniated disc	Vascular
Hip pointer	Vascular
Iliotibial band syndrome	Vascular
Impingement syndrome	Vascular
Iliopsoas syndrome	Vascular
Knee - cartilage injuries and disorders	Knee
Knee - chondromalacia	OA and Knee
Knee - ligament injuries	Knee and Vascular
Knee - meniscus injuries	Knee and Vascular
Knee - patellofemoral pain syndrome	Knee, OA and Vascular
Knee - plica syndrome	Vascular and Knee
Knee - tendon injuries	Vascular
Lateral epicondylitis / tennis elbow	Elbow and Vascular
Ligament injuries of the knee	Knee and Vascular
Medial and lateral collateral ligament injury	Knee and Vascular
Meniscus injuries	Knee and Vascular
Muscle cramps	Vascular and magnesium
Osgood-schlatter disease	Vascular and Knee
Patellofemoral pain	Vascular and Knee
Piriformis syndrome	Vascular
PCL injury	Vascular and Knee
Plantar fasciitis	Vascular
Plica syndrome	Vascular and Knee
'Road rash' treatment	Vascular
Rotator cuff – torn (could require surgery)	Vascular and Shoulder
Scapular fracture	Vascular and Bone
Sciatica	Vascular and Hip
Side stitch	Vascular
Shin splints	Vascular
Shoulder dislocations	Vascular and Shoulder
Shoulder separation (could require surgery)	Vascular and Shoulder
Shoulder tendonitis, bursitis and impingement syndrome	Vascular and Shoulder
Tendon injuries and disorders of the knee	Vascular and Knee

Tendonitis
Torn rotator cuff
Turf toe
Whiplash

Vascular
Vascular and Shoulder
Vascular and Bone
Vascular and Neck

Most of the clinical categories which have been outlined above are common injuries which occur not just with the sporting community but with both the younger and the aging community as well.

e-cell does not treat diseases, immune disorders, cancers, hormonal disorders or other internal or neurological conditions.

Technical

Will my e-cell battery become damaged if I always use the e-cell connected to full main's power? Do I need to use it on battery as well to lengthen its life?

e-cell uses the most modern battery technology and just like a mobile phone, can be used when connected to the mains and in mobile situations.

e-cell's battery was designed on the assumption that most users would treat the early and difficult stages of complaints while connected to mains power for maximum output. After that early treatment phase, e-cell assumes that users will want to be more mobile. For those reasons, the mixed use of connecting to mains power and mobile use will maximise both efficacy and battery life.

It does not seem appropriate to put the Velcro strap around my neck when using the e-cell. How do I use the e-cell on my neck?

e-cell needs to be applied in the proximity to an injury site and however how this is achieved is a matter of personal convenience. The supplied Velcro strap may be convenient in many situations, but not always. Placing e-cell behind the neck and against the back of a seat while sitting may be more convenient and comfortable. Whatever works for you and allows you to use your e-cell in most comfort is the method you should use.

What does the name 'e-cell' mean?

e-cell is a play on the words Energy and Cell. Energy medicine is playing an increasingly important role together with pharmacology in health care throughout the world and the "e" in e-cell classifies it as an energy medicine device. "Cell" is for biological cells as e-cell communicates directly with cells to activate and stimulate inherent and innate injury recovery processes.

What is the "Vascular Card" used for?

The Vascular therapy card is used to assist with the relief of local, acute and long standing soft tissue pain in any region of the body.

Blood flow or vascular supply is necessary for health and well being as it delivers nutrients to all cells in our body and carries away waste. In many old or long standing injuries the vascular supply can become compromised, leading to delayed or non-healing.

The Vascular card is used to encourage the formation of new blood vessels and to assist in the re-establishment of natural repair processes.

Common conditions suitable for treatment using the Vascular Card include:

- Non-healing Ulcers and Wounds
- Neural Sensitivities (itching)
- Myofascial Pain syndromes
- Re-occurring and unresolving injuries
- General impingement pain
- Pains not associated with identifiable joint pathologies or illness

What testing has been done to show that it works as claimed?

The technology on which e-cell is based is amongst the most widely tested energy medicine technique of all time. Over 500,000 patients have been clinically treated and tested during more than 3 decades in the USA, Europe and Australasia.

e-cell incorporates the most modern computerized versions of this technology.

Are there any side affects in the use of the e-cell?

e-cell technology has been used clinically for over 3 decades and during this time no significant side effects have ever been reported.

Will the energy that comes from e-cell have a bad effect on my body?

e-cell is designed to produce the same bio-signals that the body produces itself during exercise. Very few things could be more natural.

Warranty

How do I get my e-cell serviced while under warranty? Which companies service the e-cell in my country?

e-cell contains no movable parts and does not require servicing.

In the event that repairs are necessary, an e-cell may be returned to the supplier from which it was purchased who shall arrange for it to be returned to Global Energy Medicine Pty Ltd. Any repairs to e-cells shall be performed only by Global Energy Medicine Pty Ltd.

e-cell and its components are guaranteed for twelve (12) months from the date of purchase. Global Energy Medicine Pty Ltd may at its option and free of charge, either replace the device or repair the faulty device. In respect of parts subject to wear and tear (including but not limited to batteries, battery charger, casings, small parts on casings, protective coverings, electronic components and Velcro straps), the guarantee shall be valid for three (3) months from the date of purchase.

Can I have a replacement e-cell or power cord charger if I send my e-cell in to be fixed?

In the event that an e-cell requires repair any arrangements relating to use of a replacement e-cell during the period of repair should be agreed between a supplier and customer. Global Energy Medicine agrees to credit or replace any faulty e-cells directly with its suppliers.

e-cells are sold inclusive of battery charger, battery and Velcro strap.

e-cell accessories are available to be purchased as separate items if required.

Credibility

Who is really behind the design of the e-cell? How can I be confident that this technology is creditable?

No one person created e-cell. It is the culmination of a concept that started as *bioelectrogenesis* dating back to Luigi Galvani (1737-1798). Even Benjamin Franklin was involved in its evolution with his famous electro-muscular experiments. Many memorable scientists, organizations and hospitals have contributed to the global understanding of energy medicine and the critical role that it plays in normal daily physiology.

Global Energy Medicine did not invent energy medicine; it simply designed and developed the most user friendly and effective method of treating a range of common muscular-skeletal disorders. The Company was not the first to learn that different injuries and regions of the body have their own “dialect” of cellular energy language, it just make this fully accessible through the use of modern microprocessor Therapy cards.

Where do I find more information about the research on e-cell?

Global Energy Medicine Pty Ltd has assembled a set of useful scientific studies that may assist patients and customers understand how this remarkable technology functions.

To access this free resource, simply refer to www.globalenergymedicicne.com and select Clinical Results.