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# ICES: A Tool to Combat Fatigue and Inflammation (Upgraded PEMF)



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## ICES is the Somapulse - But Better

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to save 50\$ off

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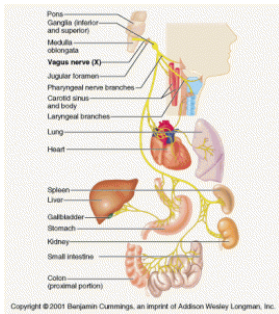
Pros

- Can combat food sensitivities when placed on gut
- Can increase **vagus** stimulation, rate variability
- Can combat fatigue

*Longevity* 7/10  
*Inflammation* 9.5/10  
*Mood* 8.5/10  
*Cognition* 8.5/10  
*Energy* 9/10

Cons

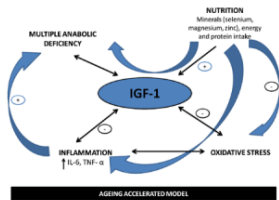
- Not appropriate for individuals with tinnitus, seizures
- Can increase hunger when placed on



How to Treat Histamine Intolerance and High Histamine Levels



The Surprising Truth About IGF-1 and How to Increase and Inhibit It



ICES: A Tool to Combat Fatigue and Inflammation (Upgraded

- gut
- Requires battery replacement

ICES is a new device that's an **upgraded version of the "Somapulse"**, which has been going for 1400\$ until now and has been trumpeted by the [BPExec](#) (click link to see his podcast on it).

The BPE uses it when he goes traveling to **control jet lag, general performance enhancement, injuries and a bad burn** he got. He also claims it increases his **libido** when he sleeps with it.

The inventor of the Somapulse, Dr. Robert Dennis, has made significant improvements since then and has also decided to **sell the product directly to consumers to lower the price**. So now it goes for 429\$ instead of

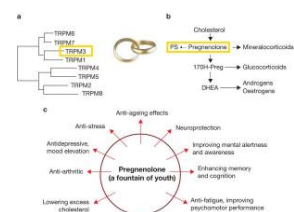
## PEMF)



## The Benefits of Low Level Laser Therapy (LLLT) and Photobiomodulation



## Top 11 Scientific Health Benefits of Pregnenolone (including side effects)



## 8 Proven Health Benefits of PQQ

1400\$. And it's better.

**ICES** takes most of the profit away from resellers, so the people at Somapulse probably aren't happy.

But I'm happy that the device is better and more affordable for people. I believe that remedies should be somewhat affordable and the direct selling approach makes this possible.

**PEMF** was discovered by NASA about 20-25 years ago and Dr. Robert Dennis was a senior scientist who invented the device.

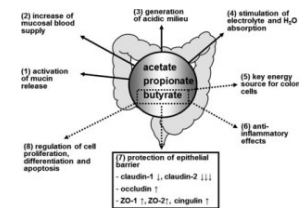
Dr. Dennis has been doing research for the past 20 years and upgrading the device even more. This current device is his latest breakthrough.

**ICES** has **6 patents** and has lab studies to back it up. This is a serious product, created by a serious scientist and it has real results.

Dr Dennis has a personal stake in



## Top 22 Science-Based Health Benefits Of Butyrate And Its Derivatives



## Top 23 Proven Health Benefits of Glycine (with references)



## Top 14 Science Based Health Benefits of Lithium (orotate, aspartate, carbonate, chloride)

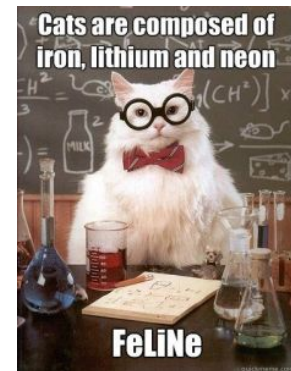
the game as he had serious **back pain** that the device has helped him with. ([See this cop's story on how he cured his back pain with PEMF](#) on Dr Oz. Remember, this device is more advanced than the one in the Dr Oz show.)

In the video below, he talks about conducting laboratory research and how this device is **much more powerful at inhibiting inflammation than the previous devices and how the labs that tested it were amazed at how potent it was.**

Well, I was positively surprised by the benefits and more surprised that the negatives are barely noticeable.

## ICES: An Unfair Advantage (better than PEMF)?

The [micropulse or ICES device](#) has helped clients with [brain fog](#), fatigue, inflammation and [oxidative](#)



**47 Proven Health Benefits of Zinc That Are Backed by Science (#1 is my favorite)**



**stress**. It's also supposedly amazing for **chronic pain and wound healing**.

It's not a miracle or cure, but then again, nothing is. I believe that chronic health issues are almost never fixed by any single intervention.

I think **diet** is more important for most people in reducing inflammation. **The lectin avoidance diet** has helped me tremendously.

ICES is better (for me) than **LLLT**, **PEMF**, **Hi-Maize**, **PQQ**, **Pregnenolone**, **C60**, **MitoQ**, **Curcumin**, **Black Cumin Seed Oil**, **Niagen NAD**, **Molecular hydrogen**, various herbs, etc...

Don't confuse this to mean it's better than everything else combined. I still recommend using it with other stuff if you have a chronic issue.

I believe ICES should be a tool in many people's toolkit because we



## About The Author



At 18, I was functionally illiterate, socially awkward, with a laundry list of health issues



all stray from an optimal [diet](#) and lifestyle. And who hasn't ever gotten injuries that need to be healed more quickly?

It has a great ratio of benefits to drawbacks. Also, since it's not consumable/perishable, it has a great value for what you're getting compared to supplements.

## Using ICES on Your Head

I called up Somapulse and the lady told me she uses it on her head for [migraines](#) and it gets rid of it.

She also said Dr. Pawluk uses it on his head while he goes walking.

I actually kept it on my head for about 3 hours on the most powerful setting on two different days as a mega-dosing and safety experiment and I was fine. The safety margins are quite wide.

I noticed a benefit almost instantly of putting it on my head. My brain would've exploded if I put [LLLT](#) on

including brain fog, OCD and chronic fatigue. My health issues kept getting worse and I had a complete meltdown at 25. Not capable of working, I was financially broke, with almost no help. Both conventional and alternative medicine failed me. So I resolved to take things into my own hands and fix myself. With a mix of ancient wisdom and cutting-edge science, I've completely turned my own life around in every way imaginable - mentally, physically, financially and socially. My mission is to give you the

my head for 3 hours.

I was *slightly* less sharp, but this went away quickly. I generally feel a bit less sharp from any strong anti-oxidant, anti-inflammatory and/or HPA reducer.

I've put it on my head for longer periods and it was also fine.

My girlfriend, who has a biotoxin issue, also noticed positive effects from putting it on her head.

Other clients have reported positive effects – about 75% of the people reported benefits from this.

## ICES Prevents Fatigue

Normally caffeine makes me crash, but with this product there was no noticeable negative effect when I consumed caffeine, which is something that no other supplement or device has been able to do.

ICES by itself won't cure your

information and strategies necessary to selfhack and transform your own life.

[Read More](#)



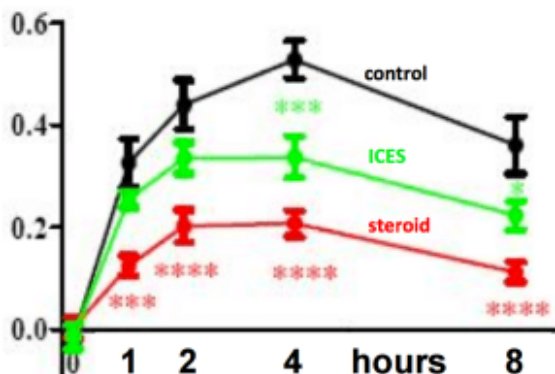
fatigue, but it's an amazing tool.

Even though I consider myself completely healthy now, I need to keep my ship extremely tight – having a good diet and lifestyle – and a supplement regime makes me feel even better.

For example, if I take a really long walk or stray from my diet I will get fatigued. When I have ICES on it pretty much prevents these effects as long as it's on my brain.

For this reason, I consider ICES to be a critical part of my wellness toolkit.

## ICES Mechanism of Action



ICES gets rid of inflammation and

**oxidative stress** locally where ever you put it, including in the **hypothalamus**/brain, which prevents fatigue.

The above picture was a lab study on inflammation. In that study, they used an older, less effective version of ICES and it was on the lowest setting.

Based on my experiments, I've found the highest setting to be more effective.

I've found benefits cognitively even when it's used in other parts of the body, such as the gut, so the effects are also systemic.

**It will rejuvenate any tissue you put it on - especially bones, but also joints, skin, etc...**

**It combats inflammation, **oxidative stress** and reduces **CRH/HPA/stress pathway activation (R)** ...Therefore, it directly combats the root**

## **causes of fatigue and cognitive dysfunction.**

This will benefit *most* cases of **CFS, Fibromyalgia, brain fog, fatigue after meals, autoimmune conditions, etc...**

## **Comparing ICES to LLLT and Others**

LLLT has some negatives to it like fatigue and cognitive laziness – but the positive outweigh the negatives, so I strongly recommend LLLT as well.

ICES is more stimulatory and wakeful promoting and doesn't have the same drawbacks as LLLT.

LLLT can temporarily worsen cognition in some ways, whereas ICES has a smaller detriment.

This works better than the supplements because it's able to work locally and it's probably more powerful on a systemic level, too.

The supplements have many other effects in the body and if you take

too many you'll get side effects.

So it's much better to deal with a problem locally if the source of the issue is local. People with chronic fatigue most often have the inflammation only on a local level in their [hypothalamus](#).

So this is probably a wiser purchase than buying/combining 20 different supplements. And if you don't like it you can return it.

However, I want to reiterate that I don't believe any single intervention cures chronic issues most of the time.

## **Do You Need ICES AND Supplements?**

Out of all of the clients I've gotten (~200), I was probably worse than everyone except perhaps a handful of people.

Also, my job and everything I do requires optimal cognitive performance as well.

The reason I've had a greater

degree of healing than other people is because I'm willing to do everything that it takes to be healthy. So far I haven't seen anyone have the same level of commitment.

This is a big reason why I am driven to keep finding better technologies and solutions because people have a hard time doing everything it takes to get completely better. People have limits on diet, lifestyle, supplements and devices. We have financial limitations as well.

So if you can do everything, this will obviously be ideal. But if you had to choose between supplements and ICES because of financial limitations, I would choose ICES. But if you can afford both, I would recommend you do both.

## **My Discussion With Dr. Dennis**

In [part 1](#) we discuss:

- The problem with clinical science and the benefit of self-experimentation.
- His run-ins with greedy investors and marketeers, the inefficiencies of academia and the stifling climate of innovation as a result of regulatory bodies.
- Why ICES is the best PEMF device to get. Dr. Dennis says that much of the NASA research that most people base their device off of is outdated and much of the knowledge is in his head.
- How Dr. Dennis is not in this for the money, but rather uses the proceeds from sales to fund further research.
- How the makers of expensive PEMF devices actually use this device.
- Whether [EMFs](#) are harmful and how Dr. Dennis optimized ICES to emit the least amounts of it. Also, we discuss some EMF mitigation techniques that Dr. Dennis uses for himself.

[See part 1 of the video.](#)

**In [part 2](#) we discuss:**

How ICES is working.....Which genes are upregulated and which are downregulated.

How it works by suppressing unnecessary inflammation.



## **We discuss some of studies done on ICES:**

- Rabbit study...bone healed that should've never healed
- Pain in animals was lower
- Alexandria clinical study on facial reconstruction
- Healing in half the time, sweeping wasn't there
- Much of the inflammation is pathologic and doesn't need to be there
- Pain pill addict didn't need pain meds after ICES
- Quality of healing was better

## **We also discuss:**

- What he thinks of DIY PEMF devices
- What the specs of the low, medium, high and X setting?
- What he thinks of static magnets...He hasn't been able to detect changes at the cellular level, but he doesn't know what the effect is on the organism level.
- Why most PEMF devices don't have the right configuration.
- Why more power is probably worse.
- How much of the information about the development of ICES has not been published, so no one can claim to make such a device.

- Why he thinks we have unnecessary inflammation
- Why ICES is not insanely popular?
- Why ICES isn't trying to get FDA approval and the cost involved
- How ICES actually doesn't suppress cytokines
- How Dr Pawluk uses it every morning when he goes running because it clears his head
- How ICES interacts with cancer treatment – unknown, but if you look at the studies below in animals, it may provide benefit, but clinical evidence is needed.
- How to know which settings to use.
- Which rechargeable batteries to get (see below).
- What to do if it's not working for you.
- Why you need to replace the coils frequently.

[See part 2 of the discussion.](#)

## **Dr. Dennis's Video On How ICES Works**

[Dr. Dennis made is how tutorial about how ICES is working.](#) I suggest you watch it.

## **How I've been Using It**

I put ICES on my brain, gut, thyroid, thymus, heart, kidneys, testes, liver, spleen and anywhere that I have pain.

1) I put it to the highest setting and keep it on my **brain** for like an hour.

I put it there especially after breakfast, [exercise](#) or other times in which I am at risk for getting fatigued.

I put it on the crown of my head with the coils stacked and the back of my head. I also put it on a bunch of other places on my head.

One favorite position is both coils on opposite sides of my head, above my ears and slightly moved toward my forehead.

My aim is to target my [hypothalamus](#), which has local inflammation from [CRH \(R\)](#) and [CCK \(R\)](#).

2) I use this on my **thyroid** to increase [thyroid hormones](#), and

this works. Your thyroid is on the sides of your adams apple.

3) I've used this on my **gut** very successfully to increase digestion and the effects have been mindblowing. It increases **vagus nerve** stimulation. Seems to help quite a lot with food sensitivities and increasing the gut flow.

Increases appetite dramatically, too, which is a good thing for me because I consume more calories, yet don't feel like shit from it.

Having adequate calories is important for thyroid hormone production and for cold therapy.

4) On my **thymus**, which is right below the neck area. I do this to increase immunity.

5) I Put this on my **heart** for heart and circulation health.

6, 7, 8 & 9) I put it on my **kidney, adrenals, spleen and liver**.

These are all located below the chest area. I move the coils around when I stimulate my gut...

10) On my **testes**, as an experimental approach to increasing [testosterone](#).

## **Mechanisms**

### **Inflammation**

In a cell model, PEMF at 5 Hz (and 40 gauss) decreased [TNF](#) and [NF-kB](#). PEMF was beneficial in modulating the immune response in the presence of infection. (R)

### **Vagus Nerve Activation and Heart Rate Variability**

In people with fatigue, anxiety and gut problems, the [vagus nerve](#) is almost always at play.

People may also find that their heart rate variability is lower...Low heart rate variability is caused by low vagus activation. HRV and [vagus nerve](#) activation are critical to your health.

**Vagus nerve** activation increases gut flow, heart rate variability, decreases inflammation, among many other effects and is largely responsible for the mind-body connection, since the **vagus nerve** goes everywhere.

**ICES/PEMF increases vagus nerve activity and heart rate variability.** (R, R2)...I use it on my gut and brain for this purpose.

I notice my gut flow increases and inflammation is reduced everywhere when I put this on my gut and brain. I believe this is from vagus nerve stimulation, given that we know the vagus nerve is stimulated by magnets. The referenced studies show that as well.

Because the vagus nerve is associated with many different functions and brain regions, preliminary research shows positive effects for a variety of conditions including various

anxiety disorders, heart disease, intestinal barrier breakdown, OCD, Alzheimer's disease, memory and mood disorders in elderly, [migraines](#), fibromyalgia, [obesity](#), tinnitus, alcohol addiction, autism, bulimia, severe mental diseases, multiple sclerosis and chronic heart failure. ([R](#))

## **PEMF Increases Mitochondrial Function and ATP**

In rats, PEMF increases gene production of mitochondrial subunits and mitochondrial activity, which makes them work better to produce more ATP. ([R](#))

In particular, it increased Cytochrome C Oxidase activity by 3X after 35 days and increased the number of these units as well (by increasing mRNA transcription and translation). The longer the animals did this for, the better the effect. ([R](#))

In flies, it increased mitochondrial function and density. It did this in part by increasing the the first complex of the electron chain transport and also by increasing neurofibromin, which improves mitochondrial ATP synthesis in the neuron, enhances the movements of mitochondria to the synapse and promotes potentiation (which are needed for learning and memory).  
([R](#))

## **Increased Blood Supply, Vasodilation and Oxygenation**

Thirty minutes of PEMF treatment on rat brains, induced brain blood vessel dilation, leading to an increase in blood flow and tissue oxygenation that persisted for at least 3 hours. The effects of PEMF were mediated by Nitric Oxide. ([R](#))

## **Moving Ions Around Cells**



If you watch the video by Dr Dennis, he mentions his theory of how PEMF/ICES works is by the pulsed magnetic fields causing ions to flow around the cell membrane, which then causes some unknown proteins on the membrane to activate. This causes a host of positive changes for the cell (see his video).

Since there are moving ions from the magnetic field, I would be surprised if something was happening with the structure of the water in the cell – [such as the creation of EZ water](#).

I also wouldn't be surprised if the moving negative ions got rid of toxins/infections from the cell, but this is speculative.

## **Other Indications**

### **Depression**

In a placebo-controlled, double-blind study comparing 5 weeks of Transcranial PEMF in

patients with treatment-resistant major depression, T-PEMF was superior to placebo. Few side effects were observed. ([R](#))

## Infections

PEMF was found to reduce *S Aureus* growth, a common bacteria. The decrease of at least 20% in CFU value was obtained for frequencies above 200 Hz and all five studied magnetic flux densities (0.5 mT, 1.0 mT, 1.5 mT, 2.0 mT, and 2.5 mT). The results demonstrated that PEMF exposures at 150-500 Hz are more effective than exposures at 3-100 Hz. ([R](#))

Cellular studies also show a decrease in *S Aureus* growth rate. ([R](#))

*E Coli* is also reduced by PEMF. The maximum reduction in bacterial growth was observed with the exposures at 3 Hz and 0.5 mT. The maximum decrease in CFU was recorded for the exposure at 500 Hz and 2.5 mT, which corresponds

to a relative decrease of 77.26% in the bacterial growth. (R)

## Cancer

In an animals with [breast cancer](#), PEMF was found to suppress [VEGF](#) and [VEGFR](#) (VEGFR) expression in treated tumors. Two weeks after treatment, the growth of treated tumors was inhibited by 79%. (R)

## Fertility

[EMFs](#) negative affect fertility, and they are all around us. A study showed that PEMF can help reverse the effects of [EMFs](#) on fertility by combating oxidative stress. (R)

## Neurons

PEMF caused neural tissue regeneration by 4x in neuronal cells. (R)

## Buying ICES

Buy: [ICES® DigiCeutical® A9a Model System](#).

**Use the code SAVE50 to save 50\$ off.** International shipping is available.

For a limited time, there are [ICES devices that are 50\\$ cheaper because they have minor cosmetic defects in the packaging](#). **Type code “SAVE50DEF” for these devices.**

## Accessories

The **batteries** run out really quickly and many rechargeable batteries do not fit in. I use [these rechargeable batteries](#) + [this battery recharger](#). They fit and work well.

I use these two **Bandages** for ICES to wrap around my stomach or another area: [Bandage](#) (3 Inch) or [Bandage](#) 6 Inch.

I also use this **tape** to reach spots that aren't suitable for the bandages, including my shoulder, where I got an injury. It doesn't really hurt when you rip the tape

off.

For my **head**, I use these **sweat headbands**, as they seem to have the ideal tightness – loose enough to be comfortable, but tight enough to snugly hold the coils.



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## Comments

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**ANNA**

December 13, 2016 at 5:00 pm

Why is ICES not recommended for people with tinnitus? I have fibromyalgia and Ehlers Danlos hypermobility. I believe my jaw pain and inflammation is what causes the tinnitus.

REPLY

**WILL ROSS**

November 2, 2016 at 11:19 pm

Can you tell me between the 3 models A, B and the marix what the difference is in power as far as gauss? I've searched for spec sheets and have not had much luck....or if you could direct me to where I could find the specifications for each model that would be great. Thank you

REPLY

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**MTNWOMAN**

September 25, 2016 at 10:40 am

I listened to the two Interviews between Joe and Dr. Dennis. Thank you very much for bringing this to us Joe.

I didn't hear what he said about using his device and cancer. I thought I heard him say tha it helps cells grow. Not good if it helps cancer cells grow.

Joe, did you ask him if he did any experiments with ICES on cancer cells? The study you referenced above did not look like it was with the ICES. (and just one study is extremely paltry research on the topic, if that's it)

I in 3 people will get cancer and in many of us the seeds are likely already there. I'd hate to put fertilizer on them. If anyone can offer insight on this topic, I'd appreciate your input.

REPLY



**JOSEPH M. COHEN**

October 4, 2016 at 7:50  
am

Some people use PEMF in general for cancer treatment, but I don't have any solid evidence for it helping or hurting.

REPLY

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**WILL ROSS**

October 5, 2016 at 3:14  
am

Hello I am not a doctor or medical professional of any kind. I am simply a person who has been repeatedly failed by our Healthcare System and therefore decided to take my health into my own hands and because of this have done thousands of hours

of research in different capacities. In 1931 Dr. Warburg was awarded the Nobel price for determining the cause of cancer to be a lack of oxygen yo the cells. Cancer thrives in a low oxygen environment and can not survive in a highly oxygenated environment. I HIGHLY advise you to look into oxygen and ozone therapy. Your doctor will never inform you of this and in fact will scoff at the idea and may even warn you of the dangers of oxygen therapy. There are many ways of getting more oxygen into the system and ozone therapy is one as well as EWOT or exercising with oxygen. The state of our healthcare is sadly corrupted IMO and if it is not paddinf thier pockets then it serves thrm no purpose to help you. It is a business and they are interested in making money period. There are many people treating themselves at home with many different applications of oxugen therapy. I suggest you arm yourself with knowledge and take your health into your own hands. This is my personal



opinion. Do with it as you may  
but I saw your question and  
my only intention is to help  
someone in need. Again I am  
not a doctor nor do I claim to  
be an expert on cancer by any  
means, however I am beyond  
fed up with a system that has  
failed me, my family  
members, friends and millions  
of others and I find it to be  
shameful and am disgusted.  
Just my personal opinion. God  
bless you and good luck

REPLY



**JOSEPH M.  
COHEN**

October 6,  
2016 at 6:59

pm

Ozone

REPLY

---

**BABAGLEE**

October 7,  
2016 at 8:53  
am

Its a happy day when  
another person  
realises the strength

in there own choice to  
decide to heal  
themselves.

I have been using a  
ICES device for 6  
months now, and it  
has definitely reduced  
the inflammation and  
pain I was suffering in  
my left knee. Its very  
convenient so it can  
be used continuously  
while working or doing  
most other activities.

The configuration of  
the Coils has some  
bearing on its  
effectiveness' as does  
the charge on the  
battery used. Trial and  
observation for your  
unique situation is  
your friend.

Getting rid of any  
potential Cancer can  
be achieved in  
numerous ways, some  
easy and some not. Its  
gratifying that you  
have found your  
pathway that has  
worked for you.

I personally have  
found "Salvestrol" to  
be effective for me.

The concentrated

Phito-nutrients found  
in organic food.  
Just remember to  
rebuild your body you  
will need the  
appropriate food  
intake that is going to  
provide your  
bio-chemical  
re-construction crew  
to re-build you. Lest  
you forget the  
“Pentose Sugar” .  
Sweeeeet.

REPLY

---

**WILL ROSS**

September 24, 2016 at 12:15 am

IMHO I personally think the b model is a better option. The reason is because it is exactly the same as the a model only with the option of 4 coils. If using 2 coils it functions same as a model but now also have the option of using 4 coils to cover a larger area that doesn't require as much deep pendtration. It is the same amount of power spread over the 4 coils so not as strong but covering a larger surface area. It depends what your needs are but with the a model the 4 coils is not an option as it will fry the

machine and cause damage.

REPLY

---

**MTNWOMAN**

September 25, 2016 at  
10:34 am

I agree Will Ross. If I buy one it will likely be the 9b unless Joe gives a better reason for the 9a. I'm with Dr. Dennis in that more power doesn't not necessarily mean better outcome.

REPLY

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**MTNWOMAN**

September 23, 2016 at 3:33 am

Might you put in your main post the differences between the 3 machines: the 9a 9b and the Matrix? I am stuck not knowing which one to purchase.

Not knowing the details, it seems the 9b gives double the coils for slightly more \$. It's not clear what the Matrix offers differently.

Thank you for bringing this ICES info to us.

REPLY

---



**JOSEPH M. COHEN**

September 23, 2016 at  
5:21 pm

Stick with the A9a.

Matrix is just a selfbranded  
version and the other lets you  
do more coils.

REPLY

---

**PEMF**

September 3, 2016 at 1:29 am

I was once a disabled person. I can  
never go outside without a  
wheelchair. I have tried different  
approach just to walk. I have spend  
thousands of dollars just to try other  
methods until one doctor suggested  
to have a PEMF Therapy it really  
works... Now I can walk but still I  
cannot run.. I am very happy with the  
result

REPLY

---

**LUCIANO LEON**

August 21, 2016 at 4:00 pm

I was wondering if this device would be beneficial for somebody with Depersonalization/Derealization issues, and if there were a particular coil placement on the brain that might be beneficial.

REPLY

---



**JOSEPH M. COHEN**

August 25, 2016 at  
12:59 pm

I don't know

REPLY

---

**JOSE**

August 21, 2016 at 3:21 pm

Hi! First of all, thanks a lot for this great blog and all the information that can be found on it.

I have two questions: is there a risk of overusing the ICES on the brain, I have seen in the micropulse website this product:

<http://www.micro-pulse.com/collections/frontpage/products/ices-digiceutical-a9b-model-system-with-2x2-array-special-bedding-coils>

It has an splitter so you have 4 coils, If I put this 4 coils in my head and use it for 20 straight hours, can there be a side effect because of overuse?

And my second question is, if I buy another splitter and 2 more coils, and use one ICES, and use an mp3 player amplifier before the splitters, so the signal doesnt get more weaker, could it work as well as having 2 ICES with one splitter each?

Thanks for your help.

José

REPLY

---



**JOSEPH M. COHEN**

August 25, 2016 at  
12:59 pm

I would limit use on head for a few hours

REPLY

---

**ROSS ANDERSON**

August 9, 2016 at 10:21 am

Hello Mr. Cohen

I am a severe psoriatic, and am

probably 20-30% covered with plaque. It is sometimes painful and itches terribly. I mean to make the change to the diet soon, but wonder if ICES may have a beneficial for my lesions?? I suffer and at times feel that my skin is on fire.

Kind Regards

Sir

REPLY

---

**RICARDO R**

August 12, 2016 at 2:25  
am

give a try to vitamin d (the amount matters and could be safely up to 100 ng/ml of 25(OH)D (inactive form) in your blood. – the higher the better and measure it and other minerals and hormones i mentioned here every 3 months). Study it in depth.

You basically must control serum levels of magnesium, calcium, PTH and calcitonin.

Reduce gluten intake, increase collagen, resistant starch, black seed oil/cumin, magnesium chloride, goat milk kefir, coconut oil, vitamin



k2 mk7 and antiinflammatory supplements (v.g curcumin).  
Study a lot about leaky gut.

REPLY

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**PAUL**

July 14, 2016 at 11:56 am

Hello Joseph,

I have a question regarding the effectiveness of the ICES device for the treatment of resistant depression. As I have read that PEMF device has successfully cured patients of their depressive disorders that were unresponsive to antidepressants. Do you think PEMF or ICES would be effective in treating a depressive disorder called Anhedonia? The symptoms of Anhedonia are the inability to feel pleasurable emotions like joy, love, and having no libido. For I have researched that Transcranial magnetic stimulation and deep brain stimulation has been successful in treating Anhedonia, but are very expensive procedures. Moreover, ICES mechanisms appear to be similar to transcranial magnetic stimulation and deep brain stimulation with just a lower frequency in its usage of magnetic fields. Do believe that the

ICES device could potentially be effective in treating Anhedonia? If yes, where should I place the coils on my head for maximum results?

REPLY

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**LEROY**

July 8, 2016 at 10:53 pm

I have had mild tinnitus in my ear for 3 years

if I use this device on my shoulders or neck,

Is that close enough to increase the ringing in my ear

or effect it?

REPLY

---



**JOSEPH M. COHEN**

July 10, 2016 at 12:26 pm

The tinnitus connection is not proven, just sparse anecdotes.

REPLY

---

**MELANIE**

July 10, 2016 at 4:27 pm

This is the answer I received  
from Dr. Dennis re: tinnitus  
when I asked him:

“Dear Melanie,

Thanks for reaching out to us  
and I am very happy to hear  
our system was helpful for  
your back.

I am also glad you contacted  
me before trying to use our  
system for tinnitus because  
that is the one condition  
where we see no benefit from  
using or system. Some people  
actually report that using our  
system temporarily makes  
tinnitus worse, so I suggest  
that you do not try to use our  
system for tinnitus.

Bob Dennis

REPLY

---

**BILL**

July 7, 2016 at 5:34 pm

Hi Joseph,

Thanks for the wonderful information,  
I want to try it for Thyroid glands.

Would you have any insights for.

1. Diabetic Retinopathy & Optic nerve issues
2. Diabetes.

I read somewhere that vagus nerve stimulation helps with diabetes.

Thanks in advance.

REPLY

---

**BILL**

October 2, 2016 at 1:34  
pm

Looking forward to your  
answer. Hope you got the  
chance to see this.

REPLY

---



**JOSEPH M.  
COHEN**

October 4,  
2016 at 8:05

am

No insights

REPLY

---

**WYNSOMME LEWIN**

June 20, 2016 at 8:22 am

Is there a difference between the matrix pulse and the ices digiceutical A9a system (micropulse LLC)

REPLY

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**BABAGLEE**

May 25, 2016 at 10:33 pm

Yes I have a ICES version-a device now!!!

I was pleased it came with 2 pairs of coils, battery, self adhesive tape and coil testing device.

I have noticed that there is a obvious boost in power from L thru to X and a accompanying therapeutic benefit, but what figures more prominently is the coil configuration. So far the figure 8 configuration seems to work best for the Knee treatment. I have to wonder what magnetic field shape is being produced and what shape would be produced if side by side one coil was up and the other next to it down. Would that make a toroid donut magnetic field shape?

One coil placed on top of each other in the same orientation will cancel each other out but could this also be a "Zero" or "Null" point magnetic field application shape? What shape is produced with the flat surfaces facing each other?

Can I use iron fillings on paper to investigate the Magnetic field shape?

There really is a lot more to explore about this device. In theory the science is with it and backing it to be the best device, but I think it needs to be worn constantly.

I can perceive 10 possible different coil configurations based around the three coil configurations given. Supposedly some of these coil configurations do nothing or is that scientifically proven to be so?

REPLY

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**HEATHER**

May 20, 2016 at 6:00 pm

Have you had any result with using this device for Achilles tendinitis? I have it in both feet and needing help with relief.

REPLY

---



**JOSEPH M. COHEN**

May 20, 2016 at 9:45  
pm

I could see it potentially being helpful for that.

REPLY

---

**BABAGLEE**

June 21, 2016 at 8:24  
pm

Its very good at reducing Inflammation. Associated Pain is thus reduced to what feels like a dull Itch. The literature I have read suggests it would be good for tendonitis

.

Depending on the severity of the injury as to what level it could be set on. For example initially I used the high to extra high setting to affectively suppress pain and swelling, but as the injury has healed the low or medium setting seems to be adequate.

I have the coils configured in the figure 8 shape and

wrapped in Roar Paper so the creams I use over the wound site do not penetrate into the coils, but the Magnetic field helps the healing creams penetration into the wound site, according to the science. I hold the coils in place using a elastic tube bandage. Firm fit. (Not to tight)

The best cream I can think of would be the "Sodium Pentosan Polysulphate" creams. This substance truly is the great regenerator and repairer. Its controversial that it is suppressed.

I hope this helps to reduce the trial and error.

BabaGlee

REPLY

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**DELTRUS**

April 18, 2016 at 10:45 pm

Made a post on phoenixrising:  
<http://forums.phoenixrising.me/index.php?threads/pemf-device-experiences.44151/>



I like to edit stuff in so this has a bit more stuff / editing.

REPLY

---



**JOSEPH M. COHEN**

April 19, 2016 at 2:52 pm

Thanks, I'm always interested in seeing more people's experience. It works for many people, but some say it doesn't.

I still need to try to hone in on who it's helping and who it isn't.

REPLY

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**DELTRUS**

April 18, 2016 at 9:33 pm

I'm still trying to figure this out.

Aspirin actually did end up working well in the long run. Sometimes when I'm not feeling the device do much, it makes it work better. I was scared for a bit that there may be side effects to combining different drugs with the device but so far all good.

Breathing like the Wim Hoff method seems to work well with it, if I breath heavily while the device is running, I can get saturated with oxygen to the point where I feel light headed in around half the time. I stay oxygen saturated for much longer too. This makes me wonder about synergy with hyperbaric oxygen chambers.

<http://highexistence.com/the-wim-hof-method-revealed-how-to-consciously-control-your-immune-system/>

Resveratrol seems to work well with it.

Black pepper seems to work well with it.

Having enough water seems to work well with it.

Having low potassium levels makes the device give twitches along with the pulsing of the device, I assume it shunts potassium in and out of cells which can create a temporarily potassium deficiency. Having high magnesium, potassium etc is very important with this device or you can get spasming muscles and seizure like activity. I am guessing it creates a charge gradient from electrostatic induction or something, which then moves ions in and out.

I was very deficiency in magnesium and potassium, I no longer get twitches from the device after heavy supplementation.

I seem to be getting more consistent results with the device after starting heavy supplementation with a complete b vitamin protocol (magnesium, zinc, adenosylb12, methylb12 and the rest).

A lot of the side effects from the device may be from stimulating healing and causing refeeding syndrome. Ie if you have a potassium deficiency and you get a little bit of potassium then your body greedily sucks in as much as it can and blood levels fall.

I previously thought I made a breakthrough, I actually just found a few synergies, but the device still sometimes gives very very good effects, and sometimes does very little. My breakthrough was just synergy + very good day. Not something permanent.

I'm feeling a LOT of parallels to what people report with b12 protocols, detox protocols etc. In these the body goes in cycles, sometimes feels worse before getting better etc.

My consistent stack is resveratrol + black pepper + aspirin, always makes the device work pretty good if it isn't. I have a feeling the synergy is partly through anti-inflammatory/anti-oxidant, but also through the mitochondria, All 3 drugs have an effect on mitochondria. Black pepper is touted to improve absorption of minerals because of its mitochondria uncoupler effects.

I'm using the device along with b12 protocol, 40 mins walking almost every day, probiotics, I think my nervous system and body is healing, and I think the ICES is helping stimulate healing. I can't say objectively how much it is helping in relation to the rest of the stuff I'm doing. I still have just as much fatigue but I'm feeling more refreshed while fatigued if that makes any sense..

REPLY

---

**ELIZABETH**

April 17, 2016 at 3:43 pm

Many thanks, I will be buying the A9a model soon.

REPLY

**JANE**

April 16, 2016 at 8:29 pm

So true. They are great and just got it back from repair. Also had been using with two pairs of coils so no more.

REPLY

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**WILL ROSS**

April 16, 2016 at 3:28 pm

Thank you so much. So from what I understand A9a model is exactly the same other than the ability to use four coils. So if using the A9b model with only two coils it works in the same way as the a but with the added option of being able to use an extra set of coils. I don't mean to be redundant but I am returning a PEMF machine that I paid \$3,000 for because it broke down or had major problems 5 times in less than 2 months and I'm trying to be crystal clear about this device before making another purchase. Though I think from your responses that I will be purchasing the A9b model. Not because I necessarily need 4 coils at this time but so the option is there if need be. This just seems like a good advantage over the A9a model with

no downside. I'm excited to give it a try!

REPLY

---

**RICARDO RODRIGUES**

June 4, 2016 at 8:24 am

Will Ross,  
I sent a message to the company and, apparently, A9a and A9b do not use exactly the same configuration. The answer was strange, so i unsuccessfully asked them to confirm if it was correct. "The model A9a is for use with a single set of coils, whereas the model A9b is enhanced to allow the use of more than one set of coils with a splitter. (There is difference in HZ or Gauss between A9a and A9b.)". So, i am not sure that the models are completely and perfectly interchangeable. If you confirm it, please let me know.

REPLY

---

**J37**

September 12,

2016 at 3:49  
am

Hi Ricardo Rodrigues  
iam interested in new  
more about the high  
levels of the vitamin  
d3 , i think i have  
leaky gut , cause i  
have skin issues .

Hi Joseph I have sibo  
and i think my MMC is  
not working in the  
right way , will this  
device help me

REPLY

---

**ELIZABETH**

April 16, 2016 at 2:05 pm

How is the Matrix Pulse different from  
the A9a or A9b apart from the  
multiple coil usage.

REPLY



**JOSEPH M. COHEN**

April 16, 2016 at 4:58  
pm

The Matrix Pulse product is  
based upon the Model A9a

and uses the same hardware. However, the stimulation pattern was developed for Dr. George Roth, the developer of the Matrix Repatterning System.

Your best off with the regular model IMO.

REPLY

---

**WILL ROSS**

April 16, 2016 at 10:59 am

Thank you I see. So is this A9b more powerful? Is it the same amount of power as the A9a only spread across 4 coils making each individual coil weaker or is it able to provide a second set of coils with the same therapeutic power as the first? It seems either way tho that the A9b might be the way to go just to have the option of splitting into 4 coils to treat different areas at once or simply to be able to treat a larger area. Is there any advantage in purchasing the a over the b model?

REPLY



**JOSEPH M. COHEN**





April 16, 2016 at 3:16 pm

A9b model is not more powerful than A9a model. It is the same amount of power as the A9a only spread across 4 coils (two sets of coils) making each individual coil weaker. Some people use more than one set of coils because they want to treat larger areas, or stimulate different areas simultaneously. Many people prefer to use the Micro-Pulse technology that way. If that is what you want to do, then you want the A9b. If you want to use only one set of coils then you can use the A9a. We do not have scientific evidence that one is better than the other, but many of our customers have strong opinions on the matter and insist that we provide the ability to use multiple sets of coils simultaneously.

REPLY

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**WILL ROSS**

April 15, 2016 at 3:02 pm

The most recent upgrade of the ices

machine is supposed to be the 5th generation and the best yet. However I am having no luck in verifying weather or not the A9a model is in fact the 5th and most recent model available as of today. Can you tell me is this A9a model in fact the 5th generation ices machine?

REPLY



**JOSEPH M. COHEN**

April 15, 2016 at 6:21 pm

"A9a model system is the 5th generation ICES machine. A9a model system is designed to be use with a single set of coils. Some customers use the A9a model system with cable splitters and multiple coils. This will cause too much stress and burnout the pulse generator. Almost all of the units sent back to us for repair failed because customers used cable splitters and multiple coils. So we developed A9b model. The Model A9b is specially modified to allow the use of multiple coils. A9b model has the same stimulation protocol as the A9a model system. So

it's not really a new generation."

Discount code works for all models.

REPLY

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**CHARLES  
RICHARDSON**

April 15, 2016  
at 9:34 pm

I have been using this unit for well over a year. I have a serious lower back problem. But if I use this on my lower back for 30 minutes or so in the morning, I have no pain for the rest of the day. I've used it on other parts of my body as well, but the back thing is clear and dramatic.

I had one problem with the unit over this time, and these folks took care of it immediately. I cannot recommend this, and Mengnan and Dennis,

more highly. This is the real thing, and they stand behind it. They're really nice people as well.

REPLY

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**MARK**

April 14, 2016 at 4:04 pm

I'm pretty sure that ICES has never cut off anyone's head to date. The same cannot be said of ISIS, which uses inferior technology and is much less safe.

REPLY

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**MARK**

April 13, 2016 at 2:21 pm

Perhaps if ICES had a beneficial effect on the pineal gland (which secretes melatonin and regulates sleep)?

REPLY

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**ELIZABETH**

April 12, 2016 at 6:21 pm

HI,IS IT SAFE TO USE ICES IF YOU  
HAVE EPILEPSY AND ALSO FOR  
ARTHRITIS IN THE HIPS?

REPLY



**JOSEPH M. COHEN**

April 12, 2016 at 10:03  
pm

I don't know if it's safe for  
epilepsy. Should be fine for  
arthritis.

REPLY

---

**KELLY ELIZABETH MULDER**

April 11, 2016 at 5:42 pm

Great website Joe. It's refreshing to  
see such great information available  
on the web. Can this device cause  
cancer? Can it be used to treat  
autoimmune conditions where there is  
cellular damage?

REPLY

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**ANDY**

April 7, 2016 at 10:56 am

Hi Joseph! I love your blogs and appreciate your website SO MUCH! I am considering purchasing and I am wondering the difference between ICES & Vielight? I do some light hacking and have been thrilled to read through your blogs, as well as Jack Kruse. I love the science, but I am having a hard time figuring out logistics so I can make a purchase.

I have narcolepsy/cataplexy and I believe I want to reduce inflammation in my pineal gland & stimulate hypocretin. After 3 years on Modifinal my sleep is very disrupted, IBS symptoms arose, appetite disappeared, adrenal fatigue, anxiety. I have begun exploring "PRANA bio-nutrient medicinals" to help regulate my endocannabinoid system. I would LOVE to know your opinion on that as I'm curious about orexin/cb1 receptor in narcoleptics that you spoke of in another blog post.

Link to Prana:

<http://www.actnowprogram.com/programs-charts-actnow-1/>

Also, are you familiar with the NUvita light? Would it be safe to use? I own

one I got for muscle pain and wondered if I could use it on my brain. It's range 8 – 55mWcm<sup>2</sup> with LED 880nm & red 660nm.

Here's a link to that device:

[http://meaningfulhealthhq.com/inc/sdetail/nuvita\\_\\_handheld\\_infrared\\_light\\_therapy\\_\\_ilt\\_/8402/8405](http://meaningfulhealthhq.com/inc/sdetail/nuvita__handheld_infrared_light_therapy__ilt_/8402/8405)

I am very impressed by the thoroughness of your research and was excited to see some of the more obvious remedies, like sleep hygiene and face masks, that REALLY worked for me better than a lot of the expensive options. I prefer the more natural routes, but have experienced a year on xyrem in the past (it was the worst!) and 3 years on modifinal, and the side effects are very harsh. Healed my gut last year with an ayurvedic doc, but it's flared back up. I would love any pointers you feel drawn to share with me and promise to review anything I try based on your recommendations. Thank you!  
Warmly, Andy

REPLY

**JOSEPH M. COHEN**

April 8, 2016 at 8:11 am

Infrared vs PEMF. Very different. Each uniquely beneficial.

REPLY

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**ALEXB**

March 26, 2016 at 11:45 am

Joseph,  
thanks a lot for this and all the other great posts on selfhacked.com. I've gained loads of helpful insights reading your posts.

I just received my ICES 9Ab system and started using it yesterday. I'm still experimenting with it. I love the fact that I can treat 2 areas at the same time or use the 2x2 coils configuration. It's too early to give a rating yet, but I'll add one to my post when I've used the system for a bit longer.

Just wondering - Did you come across the FlexPulse-system (<http://www.flexpulse.com/technology/>) (just found it today, so after my ICES device arrived)?



It's portable, emits trapezoidal wave forms and up to 200Gauss with a variety of frequency options. It looks a lot like the ICES system, but more flexible.

A description of the available programs and a short video by Dr. Pawluk can be found here:

<http://www.flexpulse.com/programs/>

It would be great to do a review with a hands-on comparison of these 2 devices.

REPLY

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**MELANIE**

March 22, 2016 at 9:05 pm

I've had my iCES for several months. I read that it is recommended to replace the coils every 3 months. I have yet to do this. They seem to be fine. Anyone else had to replace their coils this often?

REPLY

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**DELTRUS**

March 18, 2016 at 5:51 pm

I've found that 200 mg aspirin can

amplify this device noticeably.

The device has two types of pulsing that it induces. One seems to be from electrolytes going in and out of cells, and this causes eyes twitching in rhythm with the device. It is uncomfortable. This can be fixed by supplementing a bit of potassium and magnesium before you use the device. I've tested this.

ACE/AGII inhibitors would work better at increasing blood potassium.

The second type of pulsation I feel from this device comes from what I assume to be mitochondria. It pulses at random intervals, between 1 and 4hz, not in line with the device, breathing, or heart rate. It is slightly pleasurable and seems to relax muscles. Makes me wonder if mitochondria are sequestering excess calcium. (which is part of their role)

Pulse type 2 isn't always there, and you kind of need to relax quite a lot to notice it.

Aspirin increases the strength of pulse 2 by around 30%. Breathing very slowly and focusing on the present seems to increase the pulses by another 20%.

I think the aspirin thing might be from increasing PGC-1a

<http://www.ncbi.nlm.nih.gov/pmc/articles/PMC3619195/>

I'm going to be experimenting with resveratrol too, as it is supposed to work through a similar pathway to increase mitochondria. (increases cAMP -> increase PGC-1a)

According to wikipedia's mitochondria page "In neurons, concomitant increases in cytosolic and mitochondrial calcium act to synchronize neuronal activity with mitochondrial energy metabolism."

Perhaps this device increases mitochondrial activity through calcium pulses.

REPLY

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**DELTRUS**

March 19, 2016 at 5:47  
am

I actually think that the type 2 pulses might be from mitochondrial uncoupling. Aspirin increases mitochondrial uncoupling in the liver and skin. This might be why the pulses give me

more sensations with aspirin. I suggest that people do not use aspirin with the device, because it might cause problems similar to Reye syndrome. (death of mitochondria in liver from aspirin induced mitochondrial uncoupling)

Made a post in the forums here for further discussion:  
<http://selfhacked.com/forum/index.php?threads/ices-device-observations-and-theories.2460/>

REPLY

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**JANE DIGNAN**

March 21, 2016 at 9:35 pm

Very interesting. I may try your aspirin idea.  
When I use ICEs more than say 12 hours a day I find I need to keep very well hydrated (10 glasses of water per day) and to be sure to get enough trace minerals. These I put in my water bottle and shake before drinking To keep my energetic field strong. Other wise there's depletion.

Also alternate muscular application on pain area with some time on cervical spine below the skull, close to the atlas stimulating the cranial nerves. This seems to keep the brain involved in the changes occurring other places as well as effecting the strength of the energy field in back. Meditative breathing into the effected area also seems to amplify the effect. For trace minerals I use Standard Process Trace Minerals with B12. (I have been trained to measure and monitor my own energy field which has been very helpful with the more optimal ways which I might find to use the micro pulse.)

REPLY

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**DELTRUS**

March 21, 2016  
at 11:18 pm

I actually suggest you don't use aspirin. It potentiates the device so you feel pulsing sensations all day. I've actually made a major

breakthrough with  
device. I will be  
making a huge post  
on phoenixrising in a  
few days.

REPLY

---

**JAYNAN  
DIGNAN**

March 22, 2016  
at 2:30 pm

Yeah, I finally  
saw your  
other post on  
aspirin and  
crossed it off  
my list. I'm  
looking  
forward to  
hearing about  
the big  
breakthrough  
of which you  
speak. Do I  
need to get on  
phoenixrising  
to find that?

At present my  
issues center

around  
treatment of  
pain arising  
from scoliosis.  
The over  
developed  
side I have  
been treating  
successfully  
for pain with  
ICES. In the  
meantime  
that part has  
seemed to  
become  
stronger and  
tighter pulling  
my spine into  
a deeper  
curve. I've  
wondered if it  
would be  
wiser to use  
infrared pad  
on that side  
and treat the  
weaker  
muscles on  
the other side  
with ICES  
even though  
those muscles  
not  
necessarily in  
pain. Also  
wondered

about just  
using ICeS on  
the lumbar  
spine thinking  
perhaps there  
would be  
neurological  
support that  
would balance  
the muscles  
neurologically  
connected  
from there. I  
would  
appreciate  
any insights. I  
so appreciate  
your posts.  
Thank you for  
those and  
whatever you  
may offer in  
the future.

REPLY

---

**BIOMAGNETIC  
HACKER**

July 11, 2016 at  
8:27 pm

DELTRUS,



I've been  
searching for  
your "Huge  
Post" at  
phoenixrising  
(which you  
said you were  
thinking of  
doing.

You seem to  
have  
experimined  
quite a bit,  
first indicating  
that Aspirin  
would amplify  
it, then later  
saying it was  
a bad idea.

I'm very  
interested in  
hearing much  
more about  
your  
experiments  
using ICES.

REPLY

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**RUDI**

February 26, 2016 at 9:38 am

1st day on experimenting with this device and all I can say for now is that it made me feel very tired. I have used it for 1h on my chest.

REPLY

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**MELANIE**

February 18, 2016 at 8:40 pm

FYI

I've been using the ICES for several months on my lower back and all pain is significantly reduced. I use the device almost continuously.

I wrote to the company yesterday, asking where to place the coils for the tinnitus I recently developed. Here is the answer I received from Dr. Dennis:

"Dear Melanie,  
Thanks for reaching out to us and I am very happy to hear our system was helpful for your back.

I am also glad you contacted me before trying to use our system for tinnitus because that is the one condition where we see no benefit from using our system. Some people actually report that using our system temporarily makes tinnitus worse, so I

suggest that you do not try to use our system for tinnitus.

Bob Dennis”

REPLY

---

**SOFYA**

February 26, 2016 at  
3:01 pm

Melanie – my tinnitus stopped when I went on no sugar, no flower diet no grain diet of any kind, no flour – zilch. GL.

REPLY

---

**MELANIE**

February 26,  
2016 at 9:12  
pm

Thanks, sofya. I will work toward that. I have been somewhat reckless about my diet lately so maybe that's what is causing this irritant.

REPLY

---

**JOY**

March 5, 2016 at 12:44  
pm

Try fenugreek tea or capsules.  
This worked for me. Let me  
know how it works. Should  
resolve in less than a week.  
My email is [lj24fm@msn.com](mailto:lj24fm@msn.com).

REPLY

---

**NATHAN LEWIS**

February 14, 2016 at 9:59 am

I have bought and used ICES since the middle of last year. I really am not good at knowing when something is affecting me or not. It could be placebo effect, but I had heel pain that seemed to improve with use. I think it helps a little on "bulkier" parts of the body, but hard to say. On the heel I could feel the pulsation more. On "bulkier" parts I usually put the pads on top of each other (it seems like I can feel the pulse better that way). No idea if this is correct usage or not. I generally have it on the highest level. Sometimes on the highest level for too long on "skinnier" parts it feels like too much maybe, but that's after usually at least an hour. I'll reiterate that I'm not good at

understanding what's going on with me.

REPLY

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**JOSEPH M. COHEN**

February 14, 2016 at  
10:58 am

Thanks 😊

REPLY

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**ROBIN**

February 10, 2016 at 7:07 pm

Hi Biomagnetic Hacker,

I'm happy to respond to your request. I cope with an hot immune system—I am diagnosed with systemic mast cell disease, autoimmune thyroid illness, dysautonomia, and severe central and lateral canal cervical spinal stenosis. I've used ICES sporadically since September 2015. I may not be using it optimally. While its helped reduce my neck pain while I'm using it, it does appear to trigger mast cell degranulation for me. For any one who degranulates due to vibration, I encourage you to use only the lowest settings and for short periods of time.

For my vagus nerve issues, I'm achieving a more consistent response from a supplement-Parasym Plus. I look forward to reading about others experiences as well.

Robin

REPLY

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**JOHN**

February 7, 2016 at 11:53 pm

Is there any sort of consensus where exactly to put it on the brain for mood disorders?

REPLY

---

**BIOMAGNETIC-  
HACKER**

February 10, 2016 at  
6:51 am

There are a great number of people, who have visited this website, which were introduced to ices here, and who have also purchased it and used it.

Yet, surprisingly, it seems obvious, from 99% of the

comments here, that hardly anyone of the users ever report BACK, their positive nor their negative, actual results, with their actual usage of ices.

99% of the comments here are people asking question to Joseph but hardly anyone of our vast, ices users group, is ever giving answers or sharing their actual experience, regardless if their results of their experience was positive or negative.

This could have been a great place for all ices users to SHARE their experience, but unfortunately it seems to be a one way street, where people come only when the seek, need or want information, for free advice, yet, afterwards, all of those actually benefiting and actually using ices (except Joseph and myself) no one here, has yet shared much of their positive or negative results.

The entire benefit of a users group in exchange of information can only be if EVERYONE participates and everyone shares their

experience and not if “when you seek info” you come here to ask, and yet never return to share your experience with other ices users or other potential ices users.

PLEASE people:  
Don’t just “ask questions”, then never come back to tell us what you decided to do and what the results of your experience with ices, actually was!

I would strongly suggest and request that everyone who ever posted a question here, at the very least, “you virtually owe” it to our online community, to come back and also SHARE your experience as to what happened next in your life, after you have asked your question here.

Did you end up trying ICES?  
Yes or No?

Did you have a positive or negative experience, with it, specifically in regard to your special interest in regard to the specific use for which you were wondering if it would help or not?



I personally, have very vast and extensive experience with ices and I have a very great amount of info to share but I'm not willing to give of my time freely unless this will be a TWO WAY STREET, where everyone who "asks" questions also come back to share, themselves too.

I'm willing to share my input but not if it's only me and Joseph giving answers while everyone else here, is only asking questions and no one else has the cutesy to come back and share their experience too.

REPLY

---

**JANE DIGNAN**

March 7, 2016

at 1:32 pm

I've been trying to get on to post unsuccessfully. There I would have readily been talking about all the ways Ive been using ICES and the results but have been unable to get there for

some reason. And these replies don't allow for much. Suffice it to say I have been using it for pain, atrophied muscles, vagal nerve. Some areas more consistently than others.

REPLY

---

**JOHN**

February 7, 2016 at 5:32 pm

Hi Joseph,

Thanks for this site. What percentage of your clients with significant depression/anxiety have been helped by ICES? Is it still likely to be useful for that indication if all of one's systemic inflammation markers are at the low range of the scale?

REPLY

---

**CHRIS**

January 28, 2016 at 11:11 pm

Hey Joseph, excellent posts.

Wondering if you've tested yourself or know the effect on sperm parameters, especially morphology. I have seen tests in relation to EMF's and it's ability to negate the negative effects of EMF on sperm but wondering if it may increase antioxidants and decrease ROS? Thanks

REPLY

---

**KIRA MIFTARI**

January 25, 2016 at 1:11 pm

Joseph, how would you use this for CHRONIC insomnia issue? tia

REPLY

---



**JOSEPH M. COHEN**

January 25, 2016 at 3:11 pm

I don't think it would help for such an indication

REPLY

---

**PETE**

January 17, 2016 at 2:50 pm

Hey Joe, I noticed recently i have some symptoms of potential heart disease, mainly heart arrhythmia, cold extremities, low heart rate variability and a history of stimulant abuse and previous hospitalisations relating to that. I only made the connection recently, but since I have a PEMF device already I thought I might as well use that in the meantime just on the off-chance it can help heal my heart, if indeed there is a problem (going for a Drs checkup this week). I am wondering whether you think it can help heal heart diseases generally, and whether you have any other recommendations in this regard.

REPLY

---



**JOSEPH M. COHEN**

January 17, 2016 at 3:24 pm

Try it out and let us know

REPLY

---

**BIOMAGNETIC-HACKER**

January 14, 2016 at 2:45 pm

What is “Matrix Repatterning module” and how does it relate to the a9a ICES

?

REPLY

---

**MATT**

January 13, 2016 at 9:20 pm

Have you tried the Matrix  
Repatterning module?

REPLY

---

**NOEL**

January 14, 2016 at  
12:13 pm

I am wondering the same  
thing. Is the matrix worth the  
extra money?

REPLY

---

**ALEXANDER WOLF**

January 11, 2016 at 9:16 am

I've just ordered mine, I think it will  
do wonders for me. Is there any place  
you wouldn't use it? I am thinking  
about using it on my eyes, amongst  
other places, since I suffer from  
chronical inflammation in the eyes.

REPLY

---



**JOSEPH M. COHEN**

January 11, 2016 at 9:40  
am

Nowhere you can't use it, but  
I'd start very slow with the  
eyes....like 10 seconds on low.

REPLY

---

**ALEXANDER  
WOLF**

January 13,  
2016 at 1:54

am

Thanks for reply! How  
would you start with  
stomach and brain?

REPLY

---

**RICK**

January 8, 2016 at 1:23 pm

Great Article Joseph!

What mechanism do you think is at  
play for anti-oxidants to cause your  
decreased cognitive function. I have

noted similar effects fom some anti-oxidants.

Also, you mentioned that your girlfriend benefitted from use of the micro pulse but dont mention details. Did she too see a decline in cognitive function?

Thanks,  
Rick

REPLY

---

**JOHN**

December 12, 2015 at 10:22 am

Hi Joseph have you or would you use ices on the side of the head by the eye to work on inflammation of the eye? Or even optic nerve regeneration?

Also, how did you find the earth pulse?

REPLY

---



**JOSEPH M. COHEN**

December 12, 2015 at  
12:24 pm

I'd try it out and see what

happens.

ICES is better than Earthpulse in my experience. I'm still trying to figure out if earthpulse has any niche uses, but as a whole ICES is better.

REPLY

---

**TREY**

November 7, 2015 at 11:44 pm

I use ices with clients/self-hackers w/nerve ridiculopathy. Proximal anterolateral double stack placement on arm pushes Brachial plexus nerve innervation, reducing activity related pain and dysfunction. 3 clients endorse significant reduction of symptoms and 1 had complete reversal of parasthesia/numbness in hand with carpal tunnel syndrome. It is a great tool to differentiate muscle strain/injury from nerve damage/impingement. Nerves attached to formerly/currently injured muscles and their tendons are often reset/normalized?, which can be helpful, but also can cause unplanned problems (e.g. muscles associated w/former injuries hold tension to prevent pain/injury for a reason).



Conservative usage, a working theory of the mechanism of action and a knowledge of physiology can mitigate pain associated with these changes. Ices can be used as a nerve stimulator next to the vertebra and you will see increased organ function. You can also use it on acupuncture points with excellent result. I've seen strange and unexpected results with this device, but the ones I share here are easier to explain.

This technology is disruptive and we are far away from panning the depths of what it can do. I learned about Ices on this site. Thank you Mr. Cohen!!!

REPLY

---



**JOSEPH M. COHEN**

November 10, 2015 at  
10:50 pm

Thanks!

REPLY

---

**ROBIN**

November 11, 2015 at  
6:31 am

I'm bringing my ICES to my  
first PT appointment next

week. I have chronic occipital and neck pain as well as right sided weakness due to lateral and central canal stenosis (moderate to severe) throughout cervical area but particularly c4-c7. I am one who uses ICES on low due to mast cell disease. I've been told surgery is in my future and I cannot change the compression without surgery. I will continue to self-hack around my issues. Any thoughts any one has on using ICES in the face of stenosis would intrigue me

REPLY

---

**HENRIK**

November 11, 2015 at  
8:47 am

Hello Trey,

so you use the ICES mostly along the spine to improve for example organ function which are innervated by the nerves coming out of that segment?

I tried ICES for several problems locally and it unfortunately did nothing for

me. I used it to try eliminating my brain fog which is caused by clogged frontal sinuses. But although ICES does something (I actually can feel it pulsing exactly where my sinuses are clogged), it does promote the wrong way. So I get increased brain fog when I tried to use it on my frontal sinuses.

Also I tried it on a light, but chronic inflamed tendon on my elbow. Again no results. I used it some hours during the day and all the night for 3 weeks on that point in opposite configuration. Also tried to use it for lower back pain because of sacroiliac joint pain. Again no results, this time side by side horizontal configuration...

So I have to say that I regret having spent so much money because it did nothing for me.

But I can imagine that it sometimes may help as I certainly felt that it does something (if felt the pulsing in my brain and the frontal sinuses and it made my symptoms worse).

REPLY

---



**JOSEPH M.  
COHEN**

November 11,  
2015 at 8:51

am

They allow you to  
return it now...

REPLY

---

**HENRIK**

November 11,  
2015 at 8:55  
am

I own it for 8  
weeks now. I  
remember  
that they told  
me that in  
case of return  
I would need  
to pay at least  
50\$ +  
shipping  
costs. Are you  
sure that they  
allow return  
after 8 weeks

if the device is  
not defect?

REPLY

---



**JOSEPH  
M.  
COHEN**

Noveml  
11,  
2015  
at 9:17  
am

Oh,  
not 8  
weeks.  
I think  
30  
days  
and  
ya,  
there's  
a  
restocking  
fee.

---

**KARL H.**

October 13, 2015 at 7:10 pm

This website, without question, is one of the best I've ever had the good fortune to discover. Amazing stuff. Thank you, Joseph.

REPLY

---

**ROYMARVIN**

October 13, 2015 at 1:55 am

I've been trying to figure out how the ICES device compares to the, as yet, unavailable PONS device that I read about in, The Brain That Heals Itself. Does it activate dormant brain cells as the PONS device claims to? My primary concern is with brain fog more so than with inflammation. I'm hoping that you have some incite to offer on the subject.

REPLY

---

**DARCY**

August 18, 2016 at  
12:07 pm

I read that book too and was  
wondering the same thing.  
Have you put it in your mouth  
yet?

REPLY

**PADALINO**

October 7, 2015 at 11:10 pm

Joseph, what are your thoughts about  
frequency generator spooky 2 for  
overall health?? (Rife machine)

[http://www.spooky2.com/generators  
/newModel/](http://www.spooky2.com/generators/newModel/)

REPLY

**JOSEPH M. COHEN**

October 8, 2015 at 8:32  
am

Wouldn't buy it

REPLY

---

**IRV**

September 28, 2015 at 6:45 pm

How does PEMF differ from TMS (rTMS) transcranial magnetic stimulation? Are they basically the same technology? I'm wondering if PEMF would help in recovery from mold illness, as the binders are causing heavy herx reactions. The brain fog and fatigue are the symptoms that are effecting me most now.

REPLY

**JOSEPH M. COHEN**

September 29, 2015 at 11:15 am

Very different. ICES helps my gf recover from mold illness.

REPLY

**SANTINO**

September 26, 2015 at 8:16 am

Hello Joe,

you say that you use it one your gut.



I ask myself how you do that?

The side by side configuration reaches max. 50mm into the tissue and the opposite configuration is (according to Dr. Dennis) for thinner body party like knee, elbow, wrist etc..

Maybe that will work for animals but in humans, for me it seems like the magnetic field cannot reach as deep as the colon as long as you either have some muscles or body fat. I am very lean, but if I would try to reach my descending colon for example, then coils (placed on lower left back and left from my navel) would at least be 20 cm apart from each other.

As we know, even the 2 coils together just reach up to 50mm deep on max power. So for me it seems impossible that the two fields can reach each other and the field of either coils never reaches deep enough to get to the colon.

So how do you do that?

REPLY



**JOSEPH M. COHEN**

September 26, 2015 at  
10:08 am

I don't use side by side on my gut – they're separate. 50mm is about 2 inches....I don't believe that's the furthest it goes, though....

REPLY



**SANTINO**

September 26,  
2015 at 10:29  
am

If you think about it logical:  
If two coils side by side reach 50mm (this is stated in the coils configuration document) at maximal intensity, how could one coil reach even deeper? It also can only reach 50mm maximal.

Dr. Dennis said that one coil apart does not work well. It only does in the opposite configuration. He does not mention how deep it goes but he says that this configuration is only for thinner

body parts like knee,  
wrist, elbow etc.

So I don't think that  
you can reach your  
gut with that  
configuration. How is  
that physically  
possible?

REPLY

---



**JOSEPH M.  
COHEN**

September 26,  
2015 at 10:35  
am

50mm is 2  
inches. You  
can reach a  
lot with 2  
inches. But I  
think it goes  
further than  
the manual  
states.

REPLY

---





**SANTI**

Septem  
26,  
2015  
at  
10:55  
am

I had  
email  
contact  
with  
Dr.  
Dennis.  
The  
side  
by  
side  
configuration  
definitively  
is up  
to  
50mm.  
You  
can  
also  
look  
that  
up  
online.  
25mm  
with  
lowest  
setting  
and  
max

50mm.

If the  
opposite  
can  
reach  
deeper,  
then  
the  
physics  
must  
somehow  
differ  
but  
even  
there  
they  
state  
that  
this  
configuration  
works  
for  
thinner  
body  
parts.

---

**WOLLY**  
Septem  
26,  
2015

at  
11:15  
am

I just  
had  
email  
contact  
with  
micro  
pulse.

I think  
John is  
right.  
Maybe  
the  
online  
information  
isn't  
up to  
date  
anymore?

However  
Dr.  
Dennis  
told  
me  
that  
he has  
good  
experience  
with  
the  
coils  
up to

11-12  
inches  
apart.

So  
that  
are  
good  
news I  
hope!



**SANTIA**

Septem  
26,  
2015  
at  
12:20  
pm

Thanks  
Wolly,

those  
are  
great  
news!

I don't  
understand  
the  
physics  
then,

but  
who  
cares  
if it  
works...

---

**COLLIN**

Septem  
28,  
2015  
at  
11:15  
am

Joseph,

This  
sounds  
like a  
really  
interesting  
device  
and I  
definitely  
would  
be  
interested  
in  
giving  
it a  
try. I  
am



wondering  
however  
if  
there  
are  
any  
potential  
conflicts  
of  
interest  
in  
your  
“n=1  
study”  
(haha).  
Are  
you or  
this  
website,  
in any  
way  
affiliated  
with  
the  
company  
that  
sells  
this  
produce?  
Just  
wondering.



**JOSEPH  
M.  
COHEN**

Septem  
29,  
2015  
at  
11:13  
am

Yes,  
there  
are  
conflicts  
of  
interest.

<http://selfhacked.com/disclaimercave>

I get  
about  
10%  
off  
each  
item  
sold.  
But I  
also  
make  
a  
similar  
commission  
with  
anything  
else I  
sell,  
so it

makes  
no  
difference  
what I  
recommend.

---

**HENRIK**

September 15, 2015 at 7:11 am

I bought the ICES from micro-pulse. It will arrive end of the week if I am lucky or next week.

I suffer enormously from brain fog, which is somehow related to my food intake, gut motility and sinus symptoms, likely vasomotor sinus problems. So the brainfog is always accompanied by the feeling that my frontal sinuses are clogged, but not so my nasal sinuses.

If the brain fog get's very strong, I automatically get depressive. It is a low mood, low energy depression and I cannot concentrate or memorize things when I want to learn.

That is the main issue I hope the ICES can help me with.

Other problems I will try it for:

- epicondylitis medialis

- autoimmune nephritis
- iliosacral backpain

I hope it will work for the brain fog.  
Due to hypersensitivity to almost everything there are no supplement or diet solutions available. So I totally depend on the ICES at this moment. Infrared I will also try but at least a few sessions of infrared did nothing.

Maybe I should try infrared on a regular basis.

REPLY

---

**LINDA**

September 26, 2015 at  
8:57 am

Joe

Thanks for this post. I would love to see a side by side comparison of these various devices- PEMF, LLLT, etc- uses, effectiveness.. I am recovering from a back injury since late June. I can credit my chiropractor who also does auricular therapy along with my soma pulse to eliminate acute pain. I also have a micro current neurofeedback device from IASIS. The electrodes are intended to be placed on the

head but I put them on my lower back, ran a current and the muscle spasms were eliminated. Now that the pain is gone, I have intermittent numbness and tingling (presumably from an L5-S1 herniated disc. I have not had imaging studies). Although I am frustrated that I am not completely healed yet I am pleased that I have not had to take any pain meds or forced into stupid decisions like a steroid epidural or surgery. I was wondering if you think I would see faster results with my nerve dysfunction if I used the ICES device instead of the soma pulse. Or any other suggestions are welcome. Many thanks.

REPLY

---

**SURESH  
RANCHOD**

June 16, 2016  
at 10:58 pm

I'm a Chiropractor.  
Have advanced spinal  
stenosis l4-5,5-s1 98%  
blockage. Also  
herniated discs.

Operated by  
endoscopy. Still had  
lots if nerve pain after  
surgery. Yes ISIS works  
along with a  
parapulser (soma's  
competition from  
Germany and a lot  
better.) also tried the  
\$20,000 two tesla  
mega blaster PEMF(  
not recommended for  
nerve pain).  
LLLTHERAPY added  
helps. None of these  
will work well without  
hydration with  
electrolytes which the  
cells need badly to  
function.  
Movement/exercise  
imperative for these  
to work since the cells  
require require  
electrolytes provided  
by circulation. This is  
no BS. For the  
technology to work it  
has to be bathed in  
electrolytes and  
nutrients including  
amino acids simply  
because this is not a  
hypothesis. It really  
won't work well  
without the support.

Yes chiropractic would  
be the icing on the  
cake.

REPLY

---

**PHILIP**

September 14, 2015 at 10:12 am

Joe, these are quite bold words.

I also have spoken to Dr. Robert  
Dennis and he told me that there is  
neither evidence nor much experience  
for ICES in use to treat fatigue.  
Inflammation yes but mostly local not  
in the sense of systemic inflammation  
like it can occur in CFS.

Do you still use it successfully? I don't  
find much on the internet. Once it was  
topic in the bulletproof forum but it  
only helped one person with an  
injured knee...

Best regards,

philip

REPLY

---



**JOSEPH M. COHEN**

September 15, 2015 at

- - 12:59 pm

Yes, I still get benefits from it.

If I ever get fatigued it helps me more than anything else. It helps esp with fatigue after meals when I put it on my gut and brain.

My gf also gets noticeable benefits from it and many/most clients. Some people aren't noticeably helped by it - and some of those ppl aren't using it right.

There was only ONE PERSON on BP forum that wasn't helped by it (DMan) and he has MS and a myriad of autoimmune issues - it prob doesn't anything for MS fog. MS is a systemic autoimmune disease that attacks myelin. He actually commented here as well that it didn't help him - see commenter named Daniel.

You can always buy it and return it if it doesn't help you. Selfhacking is about trying things, some of which won't help you.

And if it doesn't help you for



one purpose, it could help you  
for another.

It's been very helpful also for  
a shoulder injury.

I bought 5 devices for my  
whole family.

I'm now using it on second  
degree burns sustained all  
over my leg.

REPLY

---

**NIKI**

September 12, 2015 at 3:04 pm

Joseph, I'm just about to purchase a iMRS PEMF unit – either omnium1 or proff... and now I'm worried for the cost there is not enough benefits. Can you comment, on whether these whole body systems are comparable to the ISES unit? Or is this more for localized pain/injury. My issues are more lymes disease, GI infections, Brain Fog, hormone/neurotransmitter and Vagues nerve stuff... oh and EMF sensitivity. I follow many protocols and looking for this piece of the puzzle to help. Please offer your thoughts! ☺

REPLY

**JOSEPH M. COHEN**September 12, 2015 at  
6:35 pm

I'd chose the ICES over the iMRS...you're getting way more bang for your buck.

REPLY

---

**NIKI**

September 12,

2015 at 10:08 pm

Thanks, not sure if the PEMF devices spoke of in the videos (as inferior) include the iMRS-does it? I'd like to understand the technology of both devices and why ICES is better than IMRS (specifically not the \$35 amazon devises) or if they are better for different things. Is there somewhere I could find simplified information, as I have trouble following the info in the video for some reason (brain fog ha ha). When I spoke to a sales agent, I had the impression it was a "first aid" device for cuts, and aches/pains...

REPLY



**SANTINO**

September 11, 2015 at 9:36 am

I suffer from severe brain fog. It is

food related but also comes up when my forehead was exposed to coldness.

I am searching for something which is able to relieve it.

I would pay that high price (at least for me it is high) if I knew that it will definitively alleviate the brain fog.

So how likely is it to be able to do that and will it keep working or will my body get used to it?

REPLY

---



**JOSEPH M. COHEN**

September 11, 2015 at  
10:40 am

Try it out and get back to us....Return it if it doesn't help you...

REPLY

---

**BIOMAGNETIC-  
HACKER**

September 11, 2015 at  
3:37 pm

It worked for Brain Fog, for me and for Joseph, although it's

food related, yet worked!

REPLY

---



**SANTINO**

September 11,  
2015 at 4:53  
pm

you say “worked” and  
not “works”. Does it  
mean that you don’t  
use it anymore or that  
it lost effects?

REPLY

---



**JOSEPH M.  
COHEN**

September 15,  
2015 at 1:23  
pm

worked and  
works

REPLY

---

**BIOMAGNETIC-  
HACKER**

September 17,  
2015 at 12:29  
am

I meant  
worked and  
still works.

REPLY

---

**YS**

September 9, 2015 at 6:36 am

Hi,

I have just purchased this ICES device following Joe's recommendation and have been trying in on sore muscles all over.

Joe (and others), I have a question for you. What configuration do you use or your gut and what power setting? Also, which part of the gut did you find most effective.

Thanks

REPLY

---

**JOSEPH M. COHEN**

September 9, 2015 at

7:55 pm

Highest power. I'm not sure which part in particular...I put it all over..

REPLY

---

**BIOMAGNETIC-  
HACKER**

September 9, 2015 at  
9:23 pm

It's a very common question which people ask.

My answer is that before you decide where to put it, one must first ask himself, what is their reason for using it, in the first place?

Like if you get in to a new car, which way do you drive?

The answer is the same. Depends on where you want to go and why you chose to drive and where is your destination?

Most people use it for pain. If this is their reason for using it, then it's very easy to decide exactly where to put it, which is wherever it hurts.

If the reason for using it, is other than for pain, it can't be answered without first defining your goal, which you hope to achieve by using it.

As for power level, most people use it on maximum power level, however the inventor recommends using on the medium power level but he does not provide and clear data (which I'm sure he has), as to which power setting is more effective.

My gut feeling is that the inventor is inclined to think that a lower power setting is often, much more effective, than a higher power setting, which is counter intuitive to conventional thinking, of most people, that more is better, but in this case, he feels that, less can be more, And works better.

Although this is generally, the inventors recomendstion, he has yet to provide any data to support this approach.

It seems to me that the inventor is inclined to reveal as little as possible, when it



come to him revealing his results as to what works better, not just a theory, but supported by data.

As for myself, I use the max setting.

Please keep us updated with your results.

REPLY

---

**PHILLIP**

September 1, 2015 at 5:36 pm

Just want to say that I would not recommend using ICES over your ears. I put it over one of my ears yesterday and I've had bad ringing in that ear ever since. Hopefully it's not irreversible, but we'll see.

Otherwise, ICES has definitely helped decreased inflammation for me. Everyone should just be aware that ICES should be experimented with at your own risk.

REPLY



**JOSEPH M. COHEN**

September 2, 2015 at

- - 2:05 am

Ya, I wouldn't use it on my ears. But I also wouldn't worry too much.

REPLY

---

**BIOMAGNETIC-  
HACKER**

September 2, 2015 at  
10:12 am

There are many things which are generally regarded as safe and are virtually unheard of ever causing any adverse reaction with anyone, such as drinking ordinary water or doing very light exercise like just walking.

That is not to say that no one ever got "worse" from ordinary walking, it certainly did happen, yet it would be incorrect to say that if you were to walk to your local grocery store to pick up a bottle of milk, "do so at your own risk", because no one can guarantee you that walking to the grocery store will not make anything worse is some unusual rare situation.

The same is true for low powered PEMF. I regarded as much safer than ordinary walking to your local grocery store (or drinking a cup of water – some people HAVE choked while drinking an ordinary cup of water, but such rarity is virtually unheard off) – if anything ever does go wrong it's not because of the general beneficial effect of the extremely mild exercise, but because of other unrelated underlying situation, which could be exasperated no matter what good thing you will ever do – which is not a reason to ever, even have the slightest hesitation, from trying to do something regarded as generally safe for everyone.

I would say that the same is true for PEMF on the ear or any other part of the body. If you try it on 10,000 people, you would be hard press to find even one who is not happy.

Nevertheless, all good things, and all generally safe things, occasionally cause difficulty with some people,

temporarily, this can sometimes be because of a temporary healing crisis, or because one part of the body is helped before the other part of the body is ready to “keep up with it”.

Specifically with PEMF, it will increase circulation in one part of the body and release toxin in one spot of the body, where it is applied. If the other part of the body (next to it) is not yet ready for the beneficial increased circulation. nor is it ready yet to dispose of the good effect of the released toxins, it may temporarily “complain” of having difficulty handling the new blessing to the adjacent tissue.

The way to handle that, is either use, a lower power level setting, and or treat an adjacent spot which will balance the circulation better instead of increasing it in one spot while the other spot is not yet ready to handle the new beneficial increase in circulation.

If you listen to one of the

videos by the inventor of ICES, (I think it's on slefhacked), he reports that he, himself, uses it on his own back pain, daily, with great positive effects. He also reports, more interestingly, that he has to put it just on the right spot, and that if and when, he himself, puts it on another spot of his back, it makes his back hurt more, instead of less (i.e. it makes him "worse"), and what he then does it just move it over to the "right spot" to fix the issue.

Rober Dennise, himself, doesn't explain, why when he puts it on one spot on his back, it makes it hurt more or why when he moves to a close adjacent spot it gets better, but I think that the explanation is, as explained above.

In my opinion, I would guess to say that in your situation, if you moved it around to all other parts of your head, you would generally increase circulation and the healing process would ultimately fix and all outstanding issues,

whatever they may be,

BTW

The medical literature is filled with countless reports of people who have had ringing in the ears BEFORE using pemf, and the majority improved, which shows that generally speaking it should be helpful, even for this specific issue.

Please keep us posted with your future results.

REPLY

---

**PHILIP**

September 14,  
2015 at 11:05  
am

biomagnetic hacker,

you make claims for which there is not any evidence like for example that PEMF or ICES releases make cells or your body parts releasing toxins.

Who are you? Are you selling such devices?

After reading such a  
comment I must  
question all of your  
posts here as this is so  
unscientific?!

Can you link the  
medical literature  
where PEMF fixed  
countless ringing  
ears?

REPLY

---



**JOSEPH M.  
COHEN**

September 15,  
2015 at 1:16  
pm

I know he has  
no bias in ICES  
- he's a user  
not a seller.

REPLY

---

**ANDREE**

August 9, 2015 at 3:07 pm

Hi the Low Histamine Chef mentions

you in a recent blog and so I have only just found your site! I think like a lot of us I have spent many years, taken many supplements, tried many therapies and spent a lot of money on the search to improving our health. I have finally found out amongst other issues that I have mitochondrial malfunction. With my other health issues I am in a catch 22 situation where I take supplements only to find it causes an issue else where and feel worse.

I was last year recommended the PEMT machine but at the time did not feel sure especially regarding the cost. I do sense though that the ICES machine is different.

Do you know if it has helped anyone with mito malfunction? And how it improved them.

Thank you

REPLY



**JOSEPH M. COHEN**

August 9, 2015 at 5:54 pm

Yes, it should help...

REPLY



---

**DENVILL**

August 5, 2015 at 8:01 pm

I used ICES on the sides of my head for about 5 hours – it did decrease anxiety significantly but it really reduced my ability to use working memory to all tasks. I would have to repeat something 10 times to remember something. Did you feel similar effect?

How long do you recommend putting it on the head for someone without too much inflammation? When do you it is enough?

REPLY

**JOSEPH M. COHEN**

August 7, 2015 at 2:37 pm

Thanks and no impaired cognition...

REPLY

---

**ROBIN**

August 5, 2015 at 1:33 pm

Joseph,

## Will ICES trigger mast cells?

REPLY

---



**JOSEPH M. COHEN**

August 5, 2015 at 5:07  
pm

no

REPLY

---



**DANIEL**

August 4, 2015 at 8:12 am

So, I use the ICES device quite often and today I had nothing better to do than trying to stimulate my vagus nerve and increase HRV. I read about TVNS where they put an electrode to the ear in order to stimulate the vagus nerve. So I taped the coils to my ears with no difference. on the sweetbeat HRV monitor. Next I put it on my gut. No or maybe insignificant effect. I placed it on my aorta. and on my chest. Also tried another position on my head. I can feel it and it makes me somewhat tired while using it on my brain but I did not see any significant changes in my HRV.

Cheers

REPLY

---



**JOSEPH M. COHEN**

August 5, 2015 at 5:14 pm

Thanks Daniel, I will try it with an HRV device.

REPLY

---



**DANIEL**

August 6, 2015 at 2:22 pm

Yeah, let us know your results.

Have you tried tDCS?  
or do you think it will fry your brain? 😊

REPLY

---

**BIOMAGNETIC-  
HACKER**

August 29, 2015 at 10:43 pm

Hi Joseph

Have you had a chance yet, to try it with HRV, yet and if yes, what results did you notice?

Also, please update us what you think of your Magnetico.

Proponents of PEMF (vs Static Static magnet therapy), claim, that the body gets used to all static magnets, rather quickly, and it's initial dramatic improvement disappears over time, with products such as static magnet mats or Manetico, but not with PEMF who's pattern keeps changing, preventing the body from getting used to it..

Please update us if your still using your Magnetico, and if you still notice any beneficial effect from it, even now. Since you have it since

around January, it's  
long enough to know  
if it's beneficial effects  
are lasting, or not.

REPLY

---



**JOSEPH M.  
COHEN**

August 30,  
2015 at 11:12  
am

Magnetico.....I  
like it....I  
notice an  
improvement  
in sleep...

REPLY

---

**BIOMA  
HACKE**

Septem  
17,  
2015  
at  
12:53  
am

ICES  
helps  
most  
people  
sleep  
better,  
so  
why  
the  
need  
for  
Magnetico?

There  
seems  
to be  
many  
reports  
that  
static  
magnets  
work,  
but  
the  
body  
gets  
used  
to it  
over  
time  
and so  
there  
tends  
to be  
a  
diminishing

return,  
the  
longer  
you  
use it  
but  
not  
with  
ices  
which  
keeps  
changing  
patterns,  
the  
body  
can  
never  
get  
used  
to if.

As for  
the  
magnetic  
field  
of the  
earth,  
it isn't  
a  
static  
field.  
Earth's  
magnetic  
field,  
although  
it has

a  
north  
and  
south  
poll,  
but  
it's  
not a  
static  
magnet  
but  
rather  
pemf  
as can  
be  
seen  
on a  
compass,  
under  
a  
magnifying  
glass.

Have  
you  
done  
an A B  
comparison,  
to  
prove  
to  
yourself,  
that  
even  
after  
using



it for a  
long  
time,  
that  
the  
Magnetico  
helps  
sleeping  
better,  
vs  
sleeping  
all  
night  
with  
ICES?

I think  
it's  
safe  
to say  
that  
NASA  
would  
choose  
what  
works  
best  
for the  
health  
of  
astronauts  
and  
they  
choose  
pemf  
over

static  
magnets.

Although  
I'm  
skeptical  
of  
static  
magnets  
I'm  
still  
maintaining  
an  
open  
mind  
to the  
possibility  
that  
perhaps  
it has  
something  
to it  
which  
pemf  
doesn't,  
but  
I'm  
looking  
for  
concrete  
reports  
and or  
A B  
comparison.

"Trying

it out”  
(returning  
it if no  
results),  
wouldn’t  
help,  
if the  
body  
gets  
used  
to it  
over  
time,  
because  
you  
could  
get  
impressive  
results  
initially  
until  
the  
body  
build  
up a  
tolerance  
for it,  
possibly.

---

**JAMES**

**EINERT, ND,  
CH**

December 29,  
2015 at 12:00  
pm

I use a  
permanent  
magnet size  
4x6x1/2 inch  
on my back  
pain. North  
pole against  
my back, and  
it works for  
me. Usually  
leave it on for  
30 minutes or  
so, and then  
only use it  
when I need  
it, which is not  
very often  
anymore. I  
have not  
noticed it  
working less  
over time.

I am hoping to  
get a ICES  
PEMF device  
soon. My wife  
has chronic  
fatigue,  
tinnitus, a  
balance  
problem, plus  
brain fog

among other  
problems,  
possibly mold  
problems as  
well. I am  
anxious to see  
if it may help  
her.

REPLY

---

**BIOMAGNETIC-  
HACKER**

August 5, 2015 at 8:08  
pm

Daniel,

May I ask, what was your  
reason for wanting to get the  
ices in the first place, unless  
“something was wrong” which  
needed ‘fixing’ and so did it  
work for that?

If someone has a headache  
and takes an Asprin, he will  
most often observe that his  
headache went away, i.e. “it  
worked”.

If someone doesn't have a  
headache to begin with, and  
takes an Asprin, anyway, just  
out of curiosity, he may come

to the conclusion that Asprin  
doesn't work for him because  
"nothing happened" as a  
result 😊

REPLY

---



**JOSEPH M.  
COHEN**

August 7, 2015  
at 2:38 pm

He was taking it for  
MS, but MS is an  
infrared deficiency  
according to Kruse,  
not an  
electromagnetic  
deficiency. Daniel  
does very well with  
infrared.

REPLY

---

**ALEX**

July 26, 2015 at 6:15 pm

Hey Joseph, I'm really interested in  
trying this with my daughter. She has  
epilepsy and very low gut motility  
(gastroparesis). Obviously they are  
related and she has poor vagal tone.  
I've researched vns therapy but don't

like the idea of a surgical implant.  
Using this device seems like a far  
superior alternative. Would this be  
safe to use on a little one? Thanks so  
much! I feel blessed to have found  
your site 😊

Alex

REPLY

---



**JOSEPH M. COHEN**

July 26, 2015 at 6:50 pm

Thanks, yes it's safe. I hope it  
works out for her. Let us know  
if it does or doesn't. I welcome  
negative reports as well.

REPLY

---

**ALEX**

July 27, 2015 at  
1:14 pm

Thanks for the reply 😊  
what negative effects  
have been reported?

REPLY

---





**JOSEPH M.  
COHEN**

July 27, 2015 at  
1:25 pm

none that I've  
seen

REPLY

---

**PHILIP**

Septem  
14,  
2015  
at  
11:13  
am

How  
was  
the  
outome  
Alex?

---

**OM**

July 22, 2015 at 10:53 am

so I have put it on my back and my  
head but have not really felt anything



yet, but I realize it takes time (i guess). Should I just have it on the X or H setting until I feel a difference? I tried finding where he talks about settings in the video but it looks like he says everyone should try them all out....so I was wondering if you could explain the settings at all? and to reiterate, if someone has been dealing with insomnia you would not recommend wearing it over night?

REPLY

---



**JOSEPH M. COHEN**

July 22, 2015 at 7:48 pm

Don't wear overnight...what are you using it for?

REPLY

---

**OM**

July 23, 2015 at  
12:59 am

Ok I won't use it overnight. Lower back hernias/bulging discs...what is x setting for? Is that the highest setting? Also what's a good way to

test to see 'if you feel  
anything' different or  
an effect? Just want to  
make sure this baby is  
doing something

REPLY

---



**JOSEPH M.  
COHEN**

July 23, 2015 at  
6:05 am

X=Highest,  
you prob  
aren't using it  
right...watch  
the videos.  
Pain should  
decrease...Leave  
on all day,  
experiment w/  
dif positions....

REPLY

---

**PHILIP**

September 14,  
2015 at 11:24  
am

Why not use over  
night?

REPLY

---

**BIOMAGNETIC-  
HACKER**

July 23, 2015 at 10:39  
am

I have extensive experience with it, myself and with many other people. I have yet to see even one case where using it overnight is ever an issue.

There will always be an exception to every rule but most of the time, even people with insomnia, sleep better with it.

Some people can have a hypersensitivity, in which case they can use a lower setting of the power level. That's why it has multiple power level settings.

On the other hand, occasionally you can have the opposite extreme, where some people will experience the benefits only after using it for a longer period of time,

depending on their sensitivity  
and depending even more on  
the severity of the issue and  
depending on whether it is  
recent vs. a chronic and  
deeper embedded issue.  
Choosing the right spot where  
to apply it is sometimes key.

It's important to to apply the  
coils as per the instructions  
provided.

REPLY



**JOSEPH M.  
COHEN**

July 23, 2015 at  
11:19 am

Exactly

REPLY

---

**BIOMAGNETIC-  
HACKER**

July 23, 2015 at 4:30 pm

I was saying, that from my  
experience, it's not a problem  
to use it at night, even all  
night. Most people report  
sleeping better, If someone  
has insomnia, it could help

them too. You don't need insomnia, to notice that you are sleeping better.

Regarding placement, try to put it on the spot which hurts most, first.

If you don't feel any benefit yet, leave it on longer, even if it means 24 hours a day (you can't O.D. on it). If you don't feel any effect from lower settings, try the highest setting.

If it still doesn't help, try a different spot. If you have lower back pain because of anxiety, for example. it can sometimes be relieved by putting it on your temples to relieve the anxiety, rather than directly on the lower back.

If your not sure, keep trying and you will find the right spot.

Use the included coil tester to make sure both coils are working.

REPLY

---

**PHILIP**

September 14,  
2015 at 11:27  
am

how can you say that  
someone can't overdo  
it with that device?

Even the inventor  
doesn't really know  
how it works exactly.  
There are no long  
term study and just  
because some people  
use it all the time 5  
years does not mean  
other persons cannot  
overdo it...

Please be careful with  
such comment!

REPLY

---

**JUDD CRANE**

July 18, 2015 at 9:14 am

Could it be used to put on the nose  
and help with allergic rhinitis?

REPLY

**JOSEPH M. COHEN**

July 18, 2015 at 4:46 pm

Try it out and get back to us

REPLY

---

**OM**

July 17, 2015 at 12:06 am

I have a bulging disc/herniated disc and inflamed back. It has been around for almost a year and don't know what to do. Would ICES help me fix the problem? I appreciate your honest feedback, I would normally believe this is wannabe magic or woo woo but since you are recommending it I thought I would ask given my situation.

REPLY

**JOSEPH M. COHEN**

July 17, 2015 at 9:48 am

I think that's something well suited for ICES to help

REPLY

---

**GOOD.VS.BAD  
EMFS?**July 17, 2015 at  
7:56 pm

Why are the VLF/ELF (Very/Extremely Low Frequencies, including -20Hz Infrasound) of ICES/PEMF machines "good for us" whereas the VLF/ELF "man made" Frequencies, EMFs (such as what powerlines emit) are deadly? What is the difference?

The body's "natural, built-in" frequencies are below 20Hz (I've read between 2-18Hz, eyes being 18). But trying to duplicate (man made) what the body naturally



has/does, I don't  
know.

Isn't this a correct  
equation? >

Radiation =  
Frequencies =  
Vibrations = Sound =  
Radiation =  
Frequencies =  
Vibrations = Sound  
(etc., continuous loop,  
meaning they are all  
the same thing)?

I'm already being  
"beat up" by the  
"Smart Grid" AMI  
("Advanced Metering  
Infrastructure") which  
is pumping LF thru HF  
through the  
wall-wiring &  
underground  
powerlines causing  
not only the entire  
bldg. to literally  
"vibrate & hum," but  
is also causing my  
body & internal  
organs & brain & eyes  
to literally vibrate (try  
eating with your  
stomach vibrating! or  
try sleeping with your

brain & eyes  
vibrating!) This  
SmartGrid crap is  
nothing but sheer  
slow-kill torture. So  
how/why is ICES/PEMF  
a good thing (in  
comparison)?

Airline pilots &  
machinists, etc., are  
exposed to  
ELF/Vibrations in their  
jobs & end up with  
death-dealing VAD  
which causes their  
internal organs to turn  
rock hard (research  
study from Portugal  
2004 where they  
autopsied a man  
w/VAD).

And HI-LF (high-  
intensity  
low-frequency)  
stimulates initially but  
crashes you later.  
HI-LF ramped up too  
high can literally  
cause internal organs  
to rupture from the  
Infrasonic  
vibrations/sound  
/frequency/radiation.  
Better keep those

machines on Low/Mild-Intensity. 😊

REPLY

---

**INTESTINALIQ**

July 23, 2015 at 12:38 pm

It has definitely helped my serious lower back problem, and I would recommend it for that purpose. I've been using it for a few months.

REPLY

---

**GEORGE MANLOVE,  
DC**

August 28, 2015 at 10:41 am

Dr. Dennis says that it is especially important to place the coils side by side horizontally across the spine for spinal issues. There is some information on this in the manual which you can access through his site.

REPLY

**SNK**

July 16, 2015 at 5:18 pm

I was wondering if it would help for an elbow ligament injury. The ligament didn't heal properly and it's been almost a year since the 'accident' that gave my elbow a swelling and occasional pain, physiotherapy helped only a little. Has anyone with similar issues used the device?

REPLY

---

**JOSEPH M. COHEN**

July 17, 2015 at 9:47 am

I would guess so, but no one can say for sure....

REPLY

---

**EDUARDO C.**

July 5, 2015 at 10:28 pm

Do you know why they are shipping only to a few countries now? They are shipping only to 14 countries, in the past they had many countries on the list.

REPLY

---

**JOSEPH M. COHEN**

July 6, 2015 at 8:23 pm

“We removed the countries that never had people visited our website. I also removed the countries we had trouble with the Customs Clearance. Like Philippines we have to pay the shipping cost to have the package ship back to us or abandon the package. A few other countries we have to keep contacting the Customs, fill out extra forms and give detailed description about the package to have the package cleared out.

If people live in the country not on our shipping list, but they want to buy our device, we recommend them have their friends or relatives who live in the US help them purchase the device (or they place the order at our website and ship to their friends' address. When we ship the package to other counties we have to claim it as merchandise. When their friends/relatives ship the

package to them, they can claim it as gift. They don't need to pay the duty fee for gift and it's easy to go through customs."

REPLY

---

**YANIV**

June 26, 2015 at 10:44 am

Do you know the 1020 location to target the hypothalamus? If not, do you have a picture of where you place it?

REPLY

---

**COREY**

July 27, 2015 at 11:06 am

T3-T5. Directly above the left ear and about 2 inches back. That whole region is hippocampal.

REPLY

---

**AFFIXTHECROWN**

June 6, 2015 at 12:41 pm

@Joe how do you measure your level of inflammation? If i say “adding ice to a bucket of water cools it” that is easily verifiable because I can measure temperature. But how are you measuring inflammation?

REPLY

**JOSEPH M. COHEN**

June 8, 2015 at 2:02 pm

The best way...[http://www.truehealthlabs.com/ProductDetails.asp?ProductCode=NS\\_!](http://www.truehealthlabs.com/ProductDetails.asp?ProductCode=NS_!)

REPLY

---

**BIOMAGNETIC-HACKER**

June 8, 2015 at 6:16 pm

Affixthecrown

Why would you or anyone want or need to “measure”, inflammation (especially as it relates to the subject of this thread)?

Before wanting to “measure”,  
you would first want to know if  
you even have any  
inflammation.

If you already know you have  
inflammation, it’s because  
you can either see or feel or  
otherwise observe it’s  
symptoms and indicators.

if so, then using anything  
which you suspect has a good  
anti-inflammatory properties,  
will immediately reflect the  
respective symptom  
improvement.

For example  
It’s very common for it to  
cause redness, swelling or  
pain. You can easily observe  
the improvement. If the  
redness, swelling and or pain,  
seems 2x less red, 2x less  
swelling or you feel 2x less  
pain, – you have a “measure”  
of 2x improvement.

REPLY

---

**JOHNNY**

June 5, 2015 at 10:49 am



If anyone that already has this device shares my curiosity of its capacity in regenerating skin and potentially remodeling scars, And is willing to test this out on any scars that they have and document their progress (ideally with photos), I would be thoroughly grateful. I have a scarred face left over from acne that has brought me great distress in my life. The dermatological treatments that I used for scarring, and in which I had great hope, helped little to none in alteing the appearance of these scars. The removal remains a monumental hurdle in medicine, as even with all of our current technology, few people realize they we have made almost no substantial progress on this front.

REPLY

---

**DELTRUS**

June 5, 2015 at 7:32 pm

It helped my acne a ton, but didn't remove scarring. Potentially it would help if you used exfoliators combine with it, but I cannot say for sure.

REPLY

**JOANNA**

June 6, 2015 at 1:47 am

Have you tried tretinoin cream? It is supposed to increase skin turnover rate (growth) which may? help scarring. It is used to prevent acne and reduced stretch marks.

REPLY

---

**CSQUIRE**

June 5, 2015 at 6:52 am

Hi, Joseph

I watched your interview with Dr. Dennis with much interest and have purchased a Micropulse which I use effectively on sore and aching knee joints. During the later section of your Part 2 youtube interview, another machine from Dr. Dennis was mentioned with reference to brainwave activity (delta waves I think?) what is that device and have you tried it? what are the results?  
thanks

REPLY

---

**BIOMAGNETIC-HACKER**

June 1, 2015 at 2:58 pm

Joseph,

In your most recent post, you mention many different tests. I assume you have done many of them on yourself and on your clients.

I think it would be very useful to observe these types (and other types) of test results, differ, before and after pemf application, as an A B comparison – before vs after.

This way, we can gain a better understanding of how and why pemf is such a panacea for just about everything and it also gives us an objective indicator, as compared to someone subjectively reporting how they feel.

REPLY

**JOSEPH M. COHEN**

June 1, 2015 at 4:02 pm

that'd be tough to do bec I use many treatment modalities and I don't want to stop using it for 3 months..

REPLY

---

**BIOMAGNETIC-  
HACKER**

June 2, 2015 at 1:12 pm

Don't have to stop anything.

2) The A B comparison doesn't have to be "instead" of anything currently used only to notice the difference with the addition of ices.

2) Also with new clients of yours, you have a general idea of which improvements you can usually expect with remedy "xyz" (which you can do anyway) but if you notice the improvements to be "off the charts", you know it can't be because of "xyz" because "xyz" never gives such dramatic

results so it proves  
that it's ices at work.

3) I believe it can be  
used not only for  
someone who has a  
problem but even for  
healthy people, to  
maximize  
performance.

It can be tested for  
possible effects for  
example:

Accelerated learning  
Memory improvement  
Cognitive  
enhancement  
Nootropics  
Golf score  
improvement (also  
other sports)

I haven't had a  
chance to do precise  
tests in all the above  
yet, but from what I  
have noticed so far,  
(without precise  
testing) there is little  
doubt in my mind that  
it WOULD do all of the  
above.

REPLY



**JOSEPH M.  
COHEN**

June 2, 2015 at  
2:13 pm

Yes, I am  
paying close  
attention to  
these factors  
in myself and  
clients. Time  
will help me  
determine just  
exactly how  
much it can  
help and who  
it  
benefits....but  
right now it's  
a good bet to  
say that it will  
very likely  
help with  
some health  
issue people  
are having. I  
will get blood  
tests when  
possible.

REPLY

**CHARLES FARRICIELLI**

May 29, 2015 at 4:04 pm

I have seen your blog about PEMF, this is fantastic discovery for every disease. I am so happy because this is really advance technology in world. I have seen many blog there all of medical science team is telling, It is almost 10 years advanced technology!.

REPLY

---

**DELTRUS**

May 28, 2015 at 6:28 pm

Sorry for spamming so many posts, but I am pretty sure I've discovered the cause of my chronic fatigue, thanks to this ICES device.

As I've already mentioned, I have had some sort of regional pain disorder in my upper right body. My right neck is stiff and makes slight grinding noises, when I smile my right side goes up more, my shoulder is stiff, my elbow keeps getting bad pain. Originally I thought this to be a secondary symptom, but now I think it may be a primary one.

The ICES device makes my pain abate a bit and replaces it with a pressure along the frontal right brain, behind the nose and eye. The fatigue is still there but the pain is better.

Using the device for a few more days, I've become more aware and sensitive of this pressure. I've been able to pinpoint it a bit better.

It really feels like this pressure is coming from my c1/c2 vertebrae. Also, touching that area, it really feels like the c1 is in a weird position and the c2 is often sticking out ~2-3 cm more to the right and back. Pushing around on these areas affects the pressure sensation.

I remember starting at like grade 4 my smile was always lopsided in school photos, and this is around when my symptoms started. (some fatigue, lack of focus, anxiety)

I remembered seeing a related post on phoenixrising so I checked it out.

<http://forums.phoenixrising.me/index.php?threads/me-caused-by-squeezed-nerve.31561/>

<http://forums.phoenixrising.me/index.php?threads/atlas-profilax-treatment.12971/>



<http://www.positivehealth.com/article/anatomy-and-physiology/atlas-asymmetry-the-overlooked-phenomenon>

And there is also the vagus nerve hypothesis:

<http://www.sciencedirect.com/science/article/pii/S0306987713002752>

Dr.Amir, one of the experts in this area, says that after years of treating atlas bone problems (c1 vertebrae), he believes that most problems start with a temporomandibular joint dysfunction in the jaw, and that both the atlas bone and jaw bone have to be realigned in order to get long lasting good results.

I'm looking into my options now, but really out of all the causes for CFS that I have read, this seems to be the most reasonable. I've never had symptoms of viral infections(sore throat etc), all my blood tests that the doctor give me come out fine, my genetic tests are clear, most supplements do not affect my fatigue.

Also the three things that affect my fatigue the best, out of 60+ supplements are:

- Coffee when drank very quickly + in high amounts. Drinking coffee in this

way can stimulate the vagus nerve, which is possibly the entrapped nerve sending out aberrant signals.

- Nicotine, which also stimulates the vagus nerve.

- Phenibut, which is an analgesic.

Modafinil, a stimulant that doesn't affect the vagus nerve, has no effect on me. Coffee/nicotine in lower/slower doses have no effect on me. Immune stimulants wreck me completely, and immune suppressors only work a little, and temporarily.

I also only got my food allergies after having fatigue / pain for over a year. It makes sense that the body was trying to find a reason for these aberrant nerve signals, and gained sensitivity to potential threats(plant proteins).

Without this device, my pain/symptoms feel decentralized and it would be impossible to figure it out.

REPLY

---

**BIOMAGNETIC-  
HACKER**

May 28, 2015 at 7:06  
pm

Luigi

Since in your case the issue seems to be on your back, it's a bit difficult to do it all on your own because you can't easily reach every spot on your back.

Based on my experience, one of the best ways of pinpointing the best spot where to place the coils is to have someone help and palpate apply strong finger pressure all over until he finds one or more spots which hurt the most when pressed hard. That is the spot you should put the coil and by doing so, may find the pain from an entirely different location to be affected.

This technique is often used by some of those who practice acupuncture or acupressure or Reflexology. I found that this technique is effective in our coil application too.

Please keep us updated with your results.

REPLY

**BIOMAGNETIC-  
HACKER**

May 28, 2015 at 7:22  
pm

I addressed Luigi but I  
actually was  
addressing the  
comment by Deltrus.

REPLY

---

**LUIGI**

May  
29,  
2015

at 6:44 am

np i guessed  
that 😊

REPLY

---

**DELTRUS**

June 7, 2015 at  
12:58 pm

Alright, here is an  
update.

– The pressure feeling

was because of  
muscle tension  
putting pressure on  
various nerve  
systems.

1. My hyoid bone was  
pulled to the right  
quite a bit, while my  
larynx was still in the  
correct position,  
resulting in a “hole”  
sort of thing above my  
larynx, because my  
hyoid bone wasn’t  
really covering it well.  
I think this caused  
quite a bit of stress on  
the nerves that  
innervate through  
here.

2. My atlas bone was  
also being pulled to  
the right. There are  
lots of chiropractors  
that can “adjust” this  
bone, but like the  
hyoid bone, this bone  
is only supported by  
muscle. If muscles are  
tight, this bone will  
keep going out of  
place. I can actually  
self adjust this bone  
with minimal pressure

by relaxing the muscles holding it, pushing my jaw and the bone in opposite directions. Or alternatively I can tighten the muscles that hold the atlas bone in, only on one side. This feels a lot like using the tongue muscles to push on the roof of the mouth, except a bit lower. Tightening the muscles in such a way will actually shift this bone into the correct position.

3. My default posture made my lower back shift into a > shape while my upper back was in a < shape but my shoulder was still paradoxically being pulled up. I mostly discovered this by trying to reverse my "comfortable position". (which is resting my head on my right hand in a "thinking" pose)

Overall, after correcting my hyoid bone and my atlas bone, the ICES brain pressure feeling goes away. After stretching etc and correcting my below neck posture, my shoulder and neck tightness is fairly alleviated. One of my best stretches is to sit in a chair and look over my shoulder, pushing with my hand on the back of the chair to stretch my muscles in my inner shoulder.

- After being on the antibiotics for 10 days, 1 week later I am still having much better bowel movements and my food sensitivities are 90% gone. I don't have a huge improvement in energy with that alone.

- I still believe my brain has a high glutamate / gaba

ratio. This article  
explains it well:  
[http://www.cortjohnson.org  
/blog/2013/02/15  
/glutamate-one-more-  
piece-in-the-chronic-  
fatigue-syndrome-  
mecfs-puzzle-  
the-neuroinflammatory-  
series-pt-ii/](http://www.cortjohnson.org/blog/2013/02/15/glutamate-one-more-piece-in-the-chronic-fatigue-syndrome-mecfs-puzzle-the-neuroinflammatory-series-pt-ii/)

I probably  
experienced  
glutamate kindling  
with coffee combine  
with chronic stress,  
chronic pain, chronic  
glutamate release  
from inflammation  
etc.

This would explain  
why phenibut is such  
a wonder drug for me.

I quit coffee  
completely, it is weird  
because now I feel  
"drunk" when I'm  
super tired which  
never happened  
before, when I was  
drinking coffee. I think  
my sleep is improving.  
I'm taking 4 mg  
nicotine gum instead



of coffee.

I still have chronic  
fatigue, but I'm  
peeling off each layer  
of the stuff that is  
wrong with me,  
maybe one day I will  
get to the center.

REPLY

---



**JOSEPH M.  
COHEN**

June 8, 2015 at  
2:00 pm

Awesome,  
thanks.

REPLY

---

**JANE DIGNAN**

February 23, 2016 at  
2:30 pm

So glad to hear someone talk  
about the frontal lobe feeling  
of tension behind the eys,  
“my pain abate a bit and  
replaces it with a pressure

along the frontal right brain,  
behind the nose and eye.”  
As this has been my  
experience using the ICES. I  
also noticed an abatement in  
that sensation when applying  
the ICES on those upper  
vertebrae and had been really  
curious about it. I tend to hold  
tension in my throat and  
wonder now if that is a  
contributing factor. Thanks so  
much for sharing your  
experience and analysis.

REPLY



**LUIGI**

May 28, 2015 at 10:09 am

how long is one cycle?

REPLY



**LUIGI**

May 29, 2015 at 3:57  
pm

never mind, its in the manual

REPLY

**LUIGI**

May 28, 2015 at 4:44 am

got my ices yesterday, trying it on my long term chronic gut pain (9 years now), is this the only place to discuss this? forum anywhere? looking forward to playing with this device after listening to Joe and Dennis many times

REPLY

**JOSEPH M. COHEN**

May 28, 2015 at 9:12 am

I'm going to start a forum sometime...

REPLY

---

**BIOMAGNETIC-  
HACKER**

May 28, 2015 at 6:45 pm

Thanks

A dedicated forum

would be very helpful.

REPLY

---



**LUIGI**

May 29, 2015

at 6:43 am

that would be great as  
its difficult to discuss  
stuff in this linear  
column fashion 😊

REPLY

---

**NINA CHRUMOV**

May 27, 2015 at 11:46 am

How long did you put it on your gut?  
what kind of coil placement (both  
sides, stacked, etc)?

REPLY

---



**JOSEPH M. COHEN**

May 27, 2015 at 12:24

pm

all morning and afternoon for  
optimal effects...I move it  
around...

REPLY

---

**NINA  
CHUMOV**

May 27, 2015  
at 2:51 pm

Do you recommend  
placing ICES all over  
the head for the same  
period of time? what  
is your experience?

REPLY

---



**JOSEPH M.  
COHEN**

May 27, 2015  
at 5:06 pm

Ya

REPLY

---

**DELTRUS**

May 23, 2015 at 6:18 pm

Alright, this is pretty cool. Feeling  
great all morning, fasting, then I take:

PQQ  
COQ10  
NAG  
Vit C  
Vit E  
Zinc  
Alpha lipoic acid  
ALCAR

Then for some reason, after 10 minutes, I get a really bad tired but wired type of feeling. This is the type of feeling which normally ruins my days and makes me feel very mentally unstable / tired / stressed / unmotivated. The tired feeling also makes me slow, unable to type quickly, or think/move in a non-sluggish fashion.

I feel like taking a nap but instead try putting ICES on different parts of my body. Arm, no feeling, head, no feeling, neck/chest, no feeling. Then I put it on my abdomen, I can feel my intestines moving a bit, and I start getting energy and wakefulness within 10 minutes. It gave me a bit more feeling in my head than when I normally put the device on that area.

I can only assume that one of the supplements that I took increased inflammation in the gut. Because most of the stuff I took was part of my normal stack, and because they are

mostly essential nutrients, it must have been the n-acetyl-glucosamine. A quick good search says:

“Avoid in people with a known allergy or sensitivity to glucosamine sulfate or its parts. Glucosamine comes from shrimp, crab, and other shellfish, and should be avoided if allergic or sensitive to shellfish or iodine.”

And the NAG bottle says it contains prawn and crab shell.

So apparently I most likely have a shellfish allergy too!

I find it amazing how I can only usually “feel” the ICES device on areas which are currently in pain or inflamed. It doesn’t always work on exactly the same body part every time. When I had arm pain, I felt it more of that sensation in my head when I put it on my arm, when I didn’t have pain on my arm, I didn’t get nearly the same magnitude of that sensation. When I put it on my gut, when I just had the NAG, I believe I felt more of the sensation in my head compared to normal. (normally putting it on my gut doesn’t give me much of the feeling at all).

Of course, none of this is confirmed. The head feelings might be

completely random / unrelated to this.  
But the “take pills -> tired -> put  
device on places -> put it on my gut  
and get great results” thing seems  
fairly real. The change was very  
pronounced. It has been 30 minutes  
and the tired feeling still hasn’t come  
back. Usually it lasts all day.

REPLY

---

**DELTRUS**

May 23, 2015 at 7:04  
pm

“A quick good search says:”  
meant to say google. This site  
needs an edit button! Also it  
has been a few hours and I’m  
still not tired again.

REPLY





**JOSEPH M. COHEN**

May 23, 2015 at 9:50  
pm

Yes, I'm using it on my head,  
gut, thyroid, shoulder  
injury...and I'm even thinking  
of exploring testes to increase  
testosterone...

REPLY

**JOSEPH M. COHEN**

May 23, 2015 at 10:45 am

**UPDATE:**

From my informal survey of clients, it seems to help very much for pain and also for fatigue.

It still helps me a lot if I'm ever fatigued and for a shoulder injury.

I also find it stimulates thyroid hormones, which is very good.

ICES is part of my first line protocol for these two. As I get more user feedback, I'll recommend it for other uses.

**REPLY**

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**DELTRUS**

May 23, 2015 at 12:32 am

I get a warm pressure in my brain when I put the device on certain parts of my body. The pressure feels like it is above the nasal cavity and around the area between/behind the eyebrows. I have no idea what this feeling is, hopefully it will make me a genius somehow (haha..).

Areas on which I put the coils (figure 8 formation) to get the feeling:

Lots of the feeling:

- Upper neck, sides of neck, over heart, over forearms, over hand

Medium amount:

- Rest of front chest other than heart, legs, feet, spine, cranium (maybe low on cranium?)

Low amount:

- Shoulder blade, top of arm part of the shoulder, abdomen, pelvis area

Taking the device off, if it was on the "lots of feeling area", the feeling in the brain lasts around 30 mins.

Even if I don't feel it lots in the brain when I put it on my abdomen, it usually seems to increase gut motility.

The "coil on each side" formation doesn't seem to work that well for me. Haven't experimented too much with the "coil ontop of eachother" formation.

The device seems to have helped my acne quite a bit, I haven't had any new acne since I started using it (4 days ago), and my current acne is healing faster.

I still need more testing before I give my conclusive opinion on the device, but I have been feeling like I have more intelligence and moments of energy in the last few days. And it has some sort of effect on my sleep that needs more testing. I think I had more energy when I went for a run.

On an unrelated note, my doctor found that I had a bowel parasite, *blastocystis hominis* trophs, which may or may not be responsible for my fatigue/gas/IBS. Depends on the strain, some are not pathogenic.

REPLY

---



**JOSEPH M. COHEN**

May 23, 2015 at 10:41  
am

Thanks for your detailed reports!

I wouldn't use it at night btw. I found it can cause insomnia for me when I put it on my head. I only use on my head during the day...

REPLY

---

**BIOMAGNETIC-  
HACKER**

May 26, 2015 at 10:09  
pm

I've used it many  
times at night on my  
head, (actually my  
head is resting on top  
of it), sleeping with it  
all night, ok.

No problem at all  
sleeping with it or  
without it but the  
benefit (of sleeping  
with it) I find is that I  
wake up much more  
alert with more  
energy and I feel like I  
slept far more hours  
than I actually did.

REPLY

**JOSEPH M.  
COHEN**

May 27, 2015  
at 7:56 am

It's good if

you need to  
get little sleep  
maybe and  
function the  
next day.

REPLY

---

**DELTRI**

May  
27,  
2015  
at  
10:42  
am

I was  
taking  
1 hour  
to get  
up  
before  
I got  
this  
device.  
Sleeping  
on the  
device,  
it  
takes  
10  
minutes.

I  
usually  
got 8  
hours  
of  
sleep.  
I don't  
move  
at all  
in my  
sleep,  
which  
is  
good  
for  
once, I  
can  
just  
lay on  
this  
under  
my  
upper  
back  
without  
taping  
anything.

I  
notice  
that I  
kept  
having  
nosebleeds  
from  
super

thin  
blood  
in the  
mornings,  
now  
that  
disappeared.

I feel  
like  
the  
lowest  
setting  
on the  
device  
works  
just as  
good,  
or  
even  
the 2  
setting.  
Saves  
a lot  
of  
power.

This  
device:

-

Made  
my  
acne  
disappear  
90%



- Lets  
me  
wake  
up  
with a  
decent  
amount  
of  
energy
- Interrupts  
cycles  
of  
chronic  
pain,  
but  
doesn't  
stop  
them  
from  
recurring  
when  
certain  
trigger  
stimuli  
occur
- Removes  
big  
bursts  
of  
fatigue  
non-related  
to  
exertion
- Is

fun to  
experiment  
with

It  
didn't:

-

Remove  
my  
post  
exertion  
fatigue  
(a  
really  
big  
issue,  
4.5  
hours  
into  
my  
work  
I'm  
practically  
falling  
over  
and  
dead  
for the  
rest of  
the  
day, it  
is hell)

-

Remove

post  
morning  
fatigue  
(my  
mind  
only  
works  
well in  
the  
morning,  
after  
that,  
I'm  
sluggish  
no  
matter  
what,  
but it  
isn't  
too  
horrible  
unless  
I want  
to  
exert  
myself.)

-  
Remove  
some  
types  
of  
fatigue  
which  
are  
like

“background  
noise  
weakness”.  
It  
removes  
the  
extreme  
brain  
fog  
fatigue.  
But  
the  
constant,  
non-varying  
fatigue  
still  
stays.



**JOSEPH  
M.  
COHEN**

May  
27,  
2015  
at  
10:51  
am

Thanks!  
I don't  
know  
your

case,  
but I'd  
recommend  
using  
it all  
over  
the  
body..If  
I knew  
your  
deal,  
I'd be  
able  
to  
recommend  
where  
to  
focus  
it, but  
it  
seems  
like  
you're  
doing  
well  
on  
your  
own...I  
updated  
the  
post.

ICES is  
a tool  
and as  
you

see  
it's a  
good  
tool,  
the  
best  
single  
tool in  
my  
toolkit.  
No  
body  
has  
reported  
negative  
results  
yet. I  
don't  
screen  
comments  
and I  
welcome  
good  
or  
negative  
results.

Keep  
using  
it and  
I think  
other  
things  
will  
improve  
as

well.  
The  
studies  
show  
that  
the  
longer  
you  
use it,  
the  
better.

---

**JERRY**

May 22, 2015 at 1:17 am

Hi Joe, thanks for all the great info on this site. I recently got both the LLLT device and ICES, I see in the article that you use both, but was wondering if there are any problems with using both on the same day, perhaps only hours a part?

REPLY

**JOSEPH M. COHEN**

May 22, 2015 at 12:56  
pm

No problem....I think they can even be synergistic.

REPLY

---

**DELTRUS**

May 21, 2015 at 11:31 am

- Battery life from a full alkaline battery from walmart lasted for 4 hours on 4 setting and another 7 hours on the 3 setting
- Results on my brain were alright, but nothing that great. Seemed to enhance focus and make stimulants better.

First night I tried it, the battery ran out during the night some time. I didn't get to confirm the effects of the device on my sleep when put on the brain.

- Second night. Putting it on my right arm, I noticed a feeling going up my arm and a tingling just below my right temple. This was intermittent and I could only feel it after a while.

- Just a bit of backstory, my pain originated from a minor repetitive strain injury, and spread to my upper arm, then my shoulder, then the area just to the right of my spine, and then up my neck and jaw. With CBT and a few exercises, I keep this pain



manageable, but my entire right upper body is always tense, gets muscles knots, and has a low level of constant pain.

- When I took phenibut, I had amazing sleep, all my chronic fatigue symptoms were gone. One time, when the phenibut was wearing off, when I woke up, I felt amazing until I remembered that I usually am in pain, and then the pain came back. This makes me think that my pain is central in origin and has no peripheral cause. It most likely was caused by sensitization / kindling ([http://en.wikipedia.org/wiki/Neuropathic\\_pain#Central](http://en.wikipedia.org/wiki/Neuropathic_pain#Central))

- Anyways, back to the device. It is on my arm and I feel that subtle "tingling" ish feeling going up the nerve area. Pain is a bit better, sometimes the area feels warm.

- I cut off the tube of a sock and use it to hold the coils in place (on my arm) while I sleep. 5 hours later, I wake up with a similar (but not nearly as pronounced/weird/sedating) feeling as phenibut. Lots of energy. Nerve pain returned when I assessed myself.

- Just a theory, but maybe this device acts as "white noise" to afferent nerves which are sensitized? In this

way, it can potentially drown out cytokine stimulation / pain in peripheral nerves. As an analogy, I get really annoyed by dogs barking outside(sensitised cortisol response), so I put on the fan and put in some earplugs.

I'm thinking of trying some things to improve my sleep. I'm talking to my doctor about recent blood tests etc trying to find the cause of my constant chronic fatigue. I think I'm going to suggest gabapentin to help with sleep.

REPLY



**JOSEPH M. COHEN**

May 20, 2015 at 12:51 am

Someone emailed me saying they had the same experience and was searching the web to see if others had it and found this post. So that's interesting.

"I have an a9a unit just like you have and I've read every word on your blog about it and listened to both of your videos - all of which I found extreamly interesting, immensely informative, to say the least.....

Some of the very unusual health benefits, which you had personally, achieved by using the a9a, were identical, what I have found myself too.

It's because of your very unusual application of the a9a and because I was searching for anyone's possible experience in this regard - it's how and why I found you.

My hypothesis is that one of (many) underlying mechanisms is the almost instantaneous result we always get with pemf which is: increased blood supply, vasodilation, and most importantly (in my opinion) the resulting increased oxygenation.

That's why you feel so much better and why it alleviates your symptoms when you put it on your head.

Here is the scientific proof, to prove that my theory, above is probably right and is at the very least "on the right track".

<http://www.ncbi.nlm.nih.gov/pubmed/25343187>

Btw

I also have reason (I have some evidence to support this) to believe that pemf causes a very rapid tissue

alkalizing effect (which is usually synonymous with health and healing). But in light of all of the above better tissue oxygenation and alkalization, go hand in hand.

Thanks and best wishes for the best of health."

REPLY

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**DELTRUS**

May 20, 2015 at 12:03 am

Alright I ended up buying this thing.

I'm mostly putting it on my head. I'm not going too far into the subjective effects today, as the placebo effect is in full motion, and it also will probably have different effects on sleep etc. I still haven't stacked it with stimulants yet.

Using it when I listen to music at the same time seems to improve its effects.

It seems to help my pain. Might be placebo.

I tried putting it next to my headphones, you know, for science, and the speaker magnets seems to

make the coil magnets into magnets which attract each-other. And the coil beep gets louder. Yeah, better leave that alone.

Putting the coils under a baseball cap seems to work well to keep them in place.

They make just enough noise to attract attention. I'm trying to stay low key so I just put on the AC.

Right now I have pretty good visual clarity, but most things that increase my visual clarity are not reliable from my experience. Need to try it longer.

I will sleep with it tonight. I definitely see some effect in the first 3 hours.

I also eventually want to put it all over my right arm. I have a longstanding dull pain / weakness along my forearm muscles from repetitive strain injury.

REPLY



**JOSEPH M. COHEN**

May 20, 2015 at 12:47  
am

Thanks!

REPLY

---

**INTESTINALIQ**

April 30, 2015 at 9:39 am

I got the unit yesterday. I've been having debilitating back pain for a few months. I was concerned I had a slipped disk or something

The unit is not that impressive to look at, but I trust Joe to be honest about effectiveness, so I was skeptical, but open minded.

I put the coils on my lower back, wrapped them with an ace bandage and walked around doing my normal activities. After about three hours I felt a warmth down my glutes and the upper back of my legs. I also felt pretty much pain free in my lower back for the first time in months. It was dramatically better. The relief lasted overnight for the most part, but I put the coils back on this morning and will wear them the first half of the day.

I've been involved with alternative healing modalities for a long time. I'm comfortable that I can tell the difference between placebo and real effects. This is the real deal.

REPLY

---



**JOSEPH M. COHEN**

April 30, 2015 at 10:19  
am

Thanks!

REPLY

---

**JOHNNY**

April 27, 2015 at 9:15 am

"It will rejuvenate any tissue you put it on - especially bones, but also joints, skin, etc..."

I'm not exactly sure what "rejuvenation" consists of, as it is a vague and overused term. Is there any evidence (or does anyone have any experience) with this regenerating skin to the point that scarring is remodeled and eliminated?

REPLY

---



**JOSEPH M. COHEN**

April 27, 2015 at 5:49  
pm

upregulates stem cell

expression...also see  
video...Dr Dennis did a clinical  
trial showing much quicker  
healing of skin after surgery.

REPLY

---

**ARTYG**

April 22, 2015 at 10:12 am

Dear Joseph,

Thank you for all the free information  
that you share on your blog. I really  
like your no b.s. approach.

Do you think this device can help  
regrow cartilage in the knee? I 've  
been struggling from Rheumatoid  
arthritis in both my knee joints since  
about 16-17 y.o.

I understand, that in order to treat RA,  
one must try to look deeper and try to  
see the main reason for its  
development – thus i am not intending  
to treat RA with one device.

REPLY



**JOSEPH M. COHEN**

April 22, 2015 at 12:09 pm

Good chance. Try it out and report back.

REPLY

---

**PHIL**

April 12, 2015 at 6:18 pm

Whilst I'm skeptical about this, it does remind me of a recent article in Scientific American about using bioelectronic medicine to create an "off switch" for arthritis, diabetes, cancer etc. Seems like this kind of thing is the future!

REPLY

---

**JONAS**

April 7, 2015 at 9:48 am

Hey Joseph, great article. Do you get kickbacks from products you promote?

REPLY

**JOSEPH M. COHEN**

April 7, 2015 at 9:57 am

[http://selfhacked.com  
/disclaimercaveats  
/#Disclosure](http://selfhacked.com/disclaimercaveats/#Disclosure)

REPLY

---

**ELLAMO**

April 6, 2015 at 4:03 pm

Just got my ICES device. Two questions – first, how frequently do you replace batteries (I intend to use it ~1-2 hours per day)?

Can you be near a computer/screen when using? (I know it may damage the magnetic field)

REPLY

---

**ELLAMO**

April 6, 2015 at 4:09 pm

Also – how long do you place  
it on the back of you head? Do  
you do the back also stacked?

REPLY

**JOSEPH M.  
COHEN**April 6, 2015 at  
10:05 pm

Yup

REPLY

**JOSEPH M. COHEN**April 6, 2015 at 10:05  
pm

You have to change the  
batteries like every week. Get  
rechargeables. Not an issue.

REPLY

---

**WILLIAM**

April 5, 2015 at 1:54 am

Can you really put it...anywhere? I'm curious like that.

REPLY

---



**JOSEPH M. COHEN**

April 5, 2015 at 10:00 am

I would

REPLY

---

**HEATHER**

March 30, 2015 at 2:43 am

I have severe Narcolepsy. The toxic medication only works for a few months and then I have to switch or go to the highest doses. I've had narcolepsy for many years but the last 5 have been bad. I am currently planning on switching to a low histamine diet but ran across this product article by a link in your article about Lectin Avoidance.... I am in crisis mode as I can barely hold down a job because Im so tired. The bills are not being paid some months. I'm a single mom of 2 adopted girls and am struggling beyond words. HAS YOUR UNIT BEEN USED FOR NARCOLEPSY? I'm willing to try anything at this

point.....

REPLY

---



**JOSEPH M. COHEN**

March 30, 2015 at 10:57  
am

It's not "my" unit and I don't  
know how much it will help  
narcolepsy.

REPLY

---

**FRITZ.HARBER**

March 29, 2015 at 12:09 pm

Hi! I just ordered the device. But, as I  
really do not have an hour to hold it  
on my head, how exactly do you use it  
parallel to doing other things?

How do you place it at the back of  
your head? Do you do it with the coils  
doubled?

REPLY

---



**JOSEPH M. COHEN**

March 29, 2015 at 3:22  
pm

See the video I posted in the other comment

REPLY

---

**FRITZ.HARBER**

March 29, 2015 at 6:14 pm

Thanks! Also - what is the battery life of this device? Do you recommend to buy rechargeable batteries or can I just buy 9v energizer battery?

REPLY

---

**THEPRACTICE**

March 28, 2015 at 8:39 am

I bought it. Used it only once but I think it works. Felt clearheaded afterwards. I used the discount code for a free coil. Thanks joe. Ordered a long coil but they sent me a standard one.

Question Joe: drpawluk.com says this

device has a frequency of 10 hz or 100 hz. how do you change it? Does it correspond to the low, medium, high, extra high power setting?

The maker of the earthpulse device says in the comments below that 100 hz may be harmful.

REPLY

---



**JOSEPH M. COHEN**

March 28, 2015 at 9:16 pm

Great, keep me updated.

With all due respect to him, I would ignore what the Earthpulse guy says. Dr Dennis is more of an expert and the device works better for wakefulness.

REPLY

---

**SAMSON ALIN**

March 28, 2015 at 8:28 am

Hy Joseph,  
Thanks for sharing your discovery. At a certain point you said that ICES is way much better than other alternative

-therapies(LLLT comes in mind) and supplement aid(pregnenolone, nootropics). So, if I understood correctly at the present time you are using only ICES or ICES in conjunction with some other form of therapy or supplement intake?

REPLY

---



**JOSEPH M. COHEN**

March 28, 2015 at 9:08 pm

In conjunction

REPLY

---

**CHRIS**

March 25, 2015 at 12:21 pm

The manual states that the device should not be used near the brain, eyes, and ears. Do you know the specific medical reasons about why you shouldn't?

REPLY



**JOSEPH M. COHEN**

March 25, 2015 at 1:35 pm

No

REPLY

---

**LORDLOL**

March 24, 2015 at 6:49 am

the guy commented below had a very interesting question

Do you think itd help with anxiety/overactive stress response? you didnt answer that, and actually i am very curious about this question, since inflammation and stress have a link.

i guess the question will be, if you put your self in a very stressfull situation and use the ices afterwards and before, how will it compare to non ices usage,?

aka can u expect the AFTER effect of the event to go down?

based on KEITH comment i would say yes, but

this anxiety/stress will determine for me how soon i will get the device, i feel like anxiety gets me too much in a social situtaion. it holds me back, and if this indeed helps with stress and anxiety i am going to get it now,

if not i will probably wait few monthes  
.  
depends.

REPLY

---



**JOSEPH M. COHEN**

March 24, 2015 at 1:09  
pm

I believe it will help with  
anxiety because it feels  
relaxing.

REPLY

---

**JBLEZ**

March 23, 2015 at 2:46 pm

Since I trust you I trust this device.  
However, the obscurity and  
self-promoting nature of it alarms my  
quackery intuition. On top of that, it is  
not a widely discussed device in  
science, and the science seems to be  
contained within the circle that  
promotes it.

If this is so effective why is it not  
INSANELY popular? Think about all  
those people on chronic fatigue  
forums that would be raving about it.

Something tells me it'll work but only so much. I'd like to hear what you have to say about this.

Basically, I WANT to buy it but I'm curious why this product seems like its in its own little bubble.

REPLY

---



**JOSEPH M. COHEN**

March 23, 2015 at 3:41 pm

Maybe bec there's so many varieties and configurations of it.

I'm curious, what would a 400\$ device have to do for it to be worth it for you? If it helped you 10%, would that be worth it?

REPLY

---

**JBLEZ**

March 23, 2015  
at 3:46 pm

I don't think 10% would be worth it because I am a student and cannot

waste money, esp  
considering the time  
invested from using it  
for an hour instead of  
just popping a pill.

Do you think itd help  
with  
anxiety/overactive  
stress response? I  
have a hard time  
TRULY relaxing and  
get mild fight or flight  
responses from all  
sorts of things.

REPLY

---



**JOSEPH M.  
COHEN**

March 23, 2015  
at 4:25 pm

If you can't  
accept a 10%  
benefit then I  
suggest you  
don't buy  
ANYTHING  
based on my  
recommendations.  
Maybe go for

the cheapest  
stuff like NAC,  
Zinc or  
whatever.

With my  
mindset, even  
a 5% benefit  
has returns  
over a lifetime  
and I will be  
paid back  
100X my  
money with  
this  
investment.  
It's all about  
return on  
investment.  
But if you  
really don't  
have any  
money and  
you can barely  
afford to live,  
then I don't  
recommend it.

REPLY

---



**JOSEPH  
M.**

**COHEN**

March  
23,  
2015  
at 8:22  
pm

Why  
things  
are  
the  
way  
they  
are  
requires  
post.  
Nothing  
that I  
do is  
accepted  
by the  
mainstream.  
Most  
doctors  
think  
all  
supplements  
are  
placebos.

When  
you  
evaluate  
the  
effectiveness  
of  
something  
based

on if  
it's  
mainstream,  
then  
you  
will  
not  
get  
results  
different  
from  
what  
the  
mainstream  
are  
getting.

---

**ROLLIA**

March  
24,  
2015  
at  
11:57  
am

You  
write  
that  
you  
can  
place  
this

device  
parallel  
to  
doing  
other  
things  
(working,  
typing  
walking),  
could  
you  
please  
elaborate  
on  
how  
exactly  
it is  
done  
(or  
post a  
video)?  
The  
reason  
is that  
I do  
not  
have  
an  
hour a  
day in  
which  
I could  
simply  
hold it  
on my  
head,





**JOSEPH  
M.  
COHEN**

March  
24,  
2015  
at 1:16  
pm

I use  
these  
bandages

---

**SIOUXSIE SLAYER**

March 23, 2015 at 7:36  
pm

Why is it not INSANELY  
popular?

Maybe because the company  
is run by an exemplary  
scientist with impeccable  
credentials who is not a snake  
oil salesman and who refuses  
to make excessive claims.  
ICES is brand new technology  
that is just emerging into the  
market. It will become  
INSANELY popular.

REPLY

---

**THEPRACTICE**

March 24, 2015 at 7:09  
am

Assuming it works, I think it's  
obscure because it doesn't fit  
into the paradigm of modern  
medicine- treating specific  
symptoms with chemicals or  
surgery.

The device claims to improve  
health globally and treat  
multiple different symptoms.  
Such claims are typical of  
pseudoscience and doctors

are highly skeptical of them.

That said, I plan on buying one and I would love to hear more user reviews. I've found a few good ones and not a single poor one.

REPLY



**JOSEPH M.  
COHEN**

March 24, 2015  
at 1:12 pm

Because it functions as an anti-inflammatory and antioxidant it will help pretty much every chronic health issue or disease.

Read my post on "[Science Based Medicine](#)"

REPLY

---

**PAUL BECKER**

March 24, 2015 at 12:31 pm

If i might help Mr. Cohen

because you raise an interesting point. As it seems i'm stuck in the same little bubble. Electric/magnetic stimulation of the body scares the pants of BigPharma because it erases most of the need for chemical medications.

FDA puts up huge barriers of entry if you want to get approvals. \$30MM worth of barriers if you're lucky.

All the rich people own big pharma stock, why would they want to back a company or basket of companies to put big pharma out of business?

The mass media won't dare print anything about the technology (anywhere it's likely to be seen) because they get so much money from BigPharma in advertising, plus the big 8 media companies are all part of the same cabal. all very rich. all own stock in bigpharma/monsanto.

PEMF is the most potent technology ever discovered for restoring/maintaining health. it acts as an electron

donor just like an anti-oxidant.

Our research finds certain frequencies tune the mitochondria so the enhanced healing or improvements in mental, psychological and physiological states are benefited by organically produced ATP. not simply as an electron donor.

The Dennis device set at 10 Hz will do this based upon his research at NASA. there is also a study by Tong and one by Hood that helps explain how the NASA/dennis/goodwin quadrupled tissue regeneration.

Our system was designed after 10 Hz research in Russia. We began sales in late 2002. became aware of the dennis research in 2006. while micropulse/somapulse includes 100 Hz for no apparent reason, we don't go over 14.1 Hz as 15 Hz causes negative behavioral modification as shown in dozens of studies.

20 Hz causes stress hormone production. not very

therapeutic wouldn't you say?

All the other PEMF  
manufacturers include 20 Hz  
and some higher still.

No, unfortunately you won't  
hear about PEMF unless  
you're lucky. Mr. Cohen did  
you a great service by  
opening the door for your  
research.

The micropulse set at 10 Hz  
should give you far more than  
10% improvement if you are  
able to use it enough.

REPLY



**JOSEPH M.  
COHEN**

March 24, 2015  
at 1:07 pm

Thanks Mr Becker,

1) I mentioned that I  
thought it was closer  
to 25%, but it's hard  
to know how it will  
affect other people.  
For me it's really good  
and so far for a the  
few clients who have

tried it.

2) I Googled your name and you seem to be the inventor of the Earthpulse. I actually received that last night and will be experimenting with it and comparing it to ICES.

I can say that the effects are different, but I need to try it at least a few more times before I evaluate it and see how they're different and the benefits of each.

REPLY

---

**KEITH**

March 18, 2015 at 10:08 pm

Update on my personal experience:  
I've had this unit for three days now, and it's a game changer for me. I've been using it on my head after meals, whenever I start dipping energetically, and (sometimes after a brief lull) — it's as if my brain suddenly "locks in"

and I'm focused and able to think clearly – for hours. This is a big deal for me. So, if you're on the fence, it's so worth a try. Heck, I have a \$4000 fancy Tens-type machine sitting gathering dust under my bed, and this little thing does way for me than that ever did.

REPLY

---



**JOSEPH M. COHEN**

March 23, 2015 at 2:05 am

Thanks Keith,  
other client reviews have also been positive so far.

Given that your issue has been so intransigent, it's good to know that my experience has been validated by someone with your level of fatigue.

REPLY

---

**BIERAK**

March 18, 2015 at 1:45 am

Hello do you believe that they can enable shipping to other countries?



I'm from Chile South America, and I  
wan't to get this device

REPLY

---



**JOSEPH M. COHEN**

March 18, 2015 at 2:21  
am

They have intl shipping.

REPLY

---



**PAMOJA**

March 20, 2015  
at 8:37 am

Yes, but to 22  
countries only. Mine,  
Austria, as many  
others, isn't one of  
them ...

REPLY

---



**JOSEPH M.  
COHEN**

March 20, 2015  
at 11:58 am

Ahh

REPLY

---



**JOSEPH M.  
COHEN**

March 20, 2015  
at 5:16 pm

They added  
Austria and  
the rest of  
them

REPLY

---

**LORDL**

March  
21,  
2015  
at 7:43  
pm

well i  
am  
from  
israel  
and  
they

dont  
have  
it.  
what  
should  
i  
do>\?



**JOSEPH  
M.  
COHEN**

March  
21,  
2015  
at 7:44  
pm

Email  
them  
if  
you're  
from a  
country  
they  
don't  
ship it  
to...

---

**THOMAS**

March 17, 2015 at 6:29 pm

Is it primarily the lack of stress response which makes this better than LLLT or is there more?

REPLY

---

**JOHNNY**

March 17, 2015 at 5:18 pm

Skeptical, but intrigued

REPLY

---

**THEPRACTICE**

March 17, 2015 at 1:03 pm

Do you think this would work to clear my sinuses? I have chronically blocked-up sinuses.

REPLY

---



**JOSEPH M. COHEN**

March 17, 2015 at 3:08 pm

no clue

REPLY

---

**THOMAS**

March 17, 2015 at 3:40 pm

Here's a technique you can try <https://www.youtube.com/watch?v=pnbe6nsFvRo&t=1m35s>

REPLY

---

**PETE**

March 17, 2015 at 6:16 am

Here's the most relevant paper I've found on this -

<https://www.dropbox.com/s/niyzod405t0ed19/NASA-TVEMF-TP-2003-212054.pdf?dl=0>

It was the first study done at NASA on the ancestral precursor to this technology, and determined the effect on the phenotypic and genotypic expression of neural cell cultures.

It is a nice resource, particularly in that it describes the degree of up/down-regulation of particular genes, so you can research about the downstream effects of the most altered gene expressions to get a better picture of what the widespread biological effects are.

REPLY

---



**JOSEPH M. COHEN**

March 17, 2015 at 7:20  
pm

That's awesome, thanks!

REPLY

---

**SABRINA**

March 16, 2015 at 9:15 pm

Do you happen to know if the electro-magnetic energy travels via the blood, the connective tissue or some other pathway for systemic effects?

REPLY

**SABRINA**

March 16, 2015 at 8:12 pm

You said you can place the coils anywhere for systemic effects — could you please explain how that process works exactly? How does placing the coils on my foot affect my whole body, for example? Thanks again.

REPLY

---



**JOSEPH M. COHEN**

March 16, 2015 at 9:03 pm

Electro-magnetism travels throughout the body

REPLY

---

**SABRINA**

March 16, 2015 at 7:35 pm

You said you use the micro pulse for systemic effects. How / where on the body, do you place the coils for systemic results? Thanks in advance!

REPLY

**JOSEPH M. COHEN**March 16, 2015 at 8:02  
pm

Anywhere

REPLY

---

**SAM**

March 14, 2015 at 6:52 pm

Being that inflammation assists in muscular repair after exercise. Would this device be counter productive to a serious athlete?

REPLY

**JOSEPH M. COHEN**March 14, 2015 at 7:06  
pm

Only some types. Some types slower healing. I would guess that it would overall be good.

REPLY

---

**SIOUXSIE SLAYER**March 15, 2015 at 12:49  
pm



SomaPulse & Endurance  
Athletes

<http://drpawluk.com/updates/endurance-athlete/>

<http://somapulse.com/testimonials/>

REPLY

---

**DELTRUS**

March 14, 2015 at 3:47 pm

It ends up being \$700 Canadian, and the free shipping code doesn't work outside the US. Dam exchange rates and taxes! One Canadian dollar is .78 USD.

Right now I wanna buy semax + selank: ~100 dollars

This device: ~700 dollars

Stuff to supplement based on 23andme data: ~60 dollars

I'm going to have to get a 3rd part time job! Or maybe I can make some sort of blog. At least NAC seems to be treating 90% of my chronic fatigue, so life is quite a bit easier.

I'll have to hold off on the hi-maize and 4-aco-dmt experiments for another few months. Ah well, I'll get everything eventually.

REPLY

---



**JOSEPH M. COHEN**

March 14, 2015 at 4:55 pm

They will be offering international shipping next week! I will speak to them regarding free international shipping!

UPDATE: INTL SHIPPING IS AVAILABLE.

REPLY

---



**DANIEL**

March 15, 2015  
at 3:45 pm

Cool

REPLY

**JOSEPH M. COHEN**

March 14, 2015 at 6:38 pm

Sounds great.

REPLY

---

**BRIAN**

March 14, 2015 at 2:00 pm

Have you had a chance to compare this with the effectiveness of the method used by the guy at <http://www.diypemf.com> ? He suggests you buy the exact replacement coils for the Somapulse which only cost \$20 and then hook them up to a MP3 player that can play FLAC files that you can load with various wave patterns for different therapeutic purposes.

REPLY

**JOSEPH M. COHEN**

March 14, 2015 at 5:06 pm

I would be surprised if that works. Dr Dennis claims it doesn't. He claims that you're risking breaking your MP3

player/iPhone and it won't work. He's the NASA scientist that invented this shit, so I believe him over some random dude.

See Dr Dennis's video – the details matter and having a DIY machine will have very different details. He's been hacking away at this for years, for his own benefit as well!

I personally would not do the DIY PEMF, even if I was poor. I don't trust the DIY PEMF. But you are welcome to try it and report back your results. If you do it and also do ICES, I would particularly be interested in what the result would be.

The DIY stuff always looks cool, but when we're dealing with our brain, I want to know I'm getting quality.

Here's what Dr Dennis Says:  
"Can I just plug a set of ICES coils into my iPhone and use it as an ICES pulse generator:  
– **We're fine with it if you want to try it, but it really does not work.** Here's why:  
– First, the ICES coil

impedance is too low, so it could damage your iPhone.

Try it at your own risk. **We think you'll probably destroy your iPhone with prolonged use.**

– Second, iPhone audio output amplifiers are limited to audible sound frequencies (20 Hz to 20 KHz), this is way below the high frequency spectrum required for the physics of ICES.

– **We've tested it ourselves... it just does not work. Seriously, using the best electro-magnetic test equipment available anywhere... it really does not work.**

– Your pet deserves better than that if they have a serious injury.

– **\*BUT\***, if you don't mind risking your iPhone and doing **something that is unlikely to work anyway**,

our coil accessories would be an excellent way for you to use an iPhone as a sinusoidal or triangle wave generator, to replace the other much more expensive, much less effective PEMF systems out there.

**But those systems really  
do not work well anyway,  
so why risk your iPhone to  
do something poorly?"**

Answers in our Frequently  
Asked Questions (FAQ)

[https://www.dropbox.com  
/s/udcfre2dmlfix7h/faq.txt](https://www.dropbox.com/s/udcfre2dmlfix7h/faq.txt)

REPLY

---

**PETE**

March 14, 2015 at 10:18 am

This sounds amazing... could you describe a little bit about its effect on your cognitive state, dimensions like energy, attention, clarity etc and how the effects manifest in the short-term/medium-term?

Thanks for bringing this to our attention :]

REPLY

---



**JOSEPH M. COHEN**

March 14, 2015 at 6:06  
pm

Energy – up  
Attention – up when used

after meals

Clarity – up when used after meals

Short (5 minutes), medium (hours) and longer term (days) seem to be good.

REPLY

---

**PETE**

March 15, 2015  
at 2:49 pm

Could you elaborate a little more? Since you esteem it highly I hope that won't be too difficult :) How does it effect your general cognition, mood etc. Is there anything that particularly stands out to you in your experience with it?

By the way, I found a nice concise yet informative written description of the efficacy of this technology – <https://www.dropbox.com/s/z2jlk1an2r9rttd>

[/ICES\\_Tech\\_Brief\\_June\\_2014.pdf](#)

REPLY

---

**LORDLOL**

March 14, 2015 at 6:13 am

and also will there be a post on, why  
does this stuff works and helps u?

REPLY

---

**LORDLOL**

March 14, 2015 at 6:13 am

wait ,arent you hyping it a bit too  
much?

REPLY

---



**JOSEPH M. COHEN**

March 14, 2015 at 8:39  
am

I said it's not a cure...but it's  
the single best tool. Is that  
hype if it's true? I consider  
hype to be something  
inaccurate...Please post what  
may seem inaccurate and I'll  
reassess.



REPLY

---

**DELTRUS**

March 14, 2015 at 1:35 am

My father has skin cancer on his face and degenerative disk disease. This sounds like something that can really help him, judging by those regrown bones that have been shown. It's gonna be awkward trying to convince him this isn't hippie shit. Haha.

What effect do you think this advice will have on cancer? I'm guessing that the increase in growth would also apply to tumors?

Of course, chronic inflammation can create cancer, so it balances out a bit. Just, probably not for existing cancers.

At any rate, I am buying this for myself. There goes next week's paycheck! Normally I would wait for more people to try it but I'll take your word on its effectiveness for inflammation.

REPLY

---

**DELTRUS**

March 14, 2015 at 1:38

am

instead of “advice” I meant  
“device”. Time for bed!

REPLY



**JOSEPH M. COHEN**

March 14, 2015 at 8:46  
am

Cancer is something that is an unknown even on the theoretical sense as to if it would benefit or not. I hope to look into it more, but at this stage I wouldn't recommend it for cancer.

Cancer is often driven by inflammation, but once you have it the processes are different.

I'm most excited about using this for issues that have inflammation at a local level, but also systemic level. I wouldn't personally buy this for cancer.

So inflammation locally in your hypothalamus causes fatigue, etc...Which is why I aim it at my hypothalamus.....It's also

great to use it on any kind of pain or injuries.

It also works systemically, but the beauty of a device over a pill is that it can be concentrated locally...

REPLY

---

**CLARICE**

March 14, 2015 at 12:29 am

I recently bought one of these devices for my daughter, who has lived with chronic back pain for 20 years. She has tried all sorts of things to reduce her pain, including physio, massage, acupuncture, yoga, drugs, and steroid injections, but nothing really helped. Now, after three weeks of using ICES, her back pain is significantly reduced, she has some pain free periods, she is sleeping much better, and her quality of life has dramatically improved. We are so grateful to Dr. Bob Dennis for all that he has done to create this technology!

REPLY

---



**JOSEPH M. COHEN**

March 14, 2015 at 8:40

- - am

Oh wow, great to have  
another user experience!

REPLY

---

**THOMAS**

March 14, 2015 at 12:06  
pm

Ever heard of the Ghokale  
method?.

REPLY

---



**JOSEPH M.  
COHEN**

March 14, 2015  
at 5:15 pm

No, but I looked it up.  
Something to try out  
for back pain, but I'm  
skeptical.

REPLY

---

**THOMAS**

March 15, 2015

at 5:20 pm

Here's her  
book if you  
wanna try:

[https://docs.google.com  
/file/d/0B7Jw-  
ra6uPGkODImMDRiMm](https://docs.google.com/file/d/0B7Jw-ra6uPGkODImMDRiMm)

It's all the  
correct  
information on  
what good  
posture is with  
a chapter by  
chapter "how  
to" section.

Her assertion  
is that good  
posture  
relieves pain  
via  
decompression  
of spinal discs.

REPLY

---

**KURK**

March 17, 2015 at 6:41  
am

Not to say this machine  
doesn't work, but this review  
is most likely faked. There are  
telltale signs in this and the

way it's structured as almost a marketing post.

Joe I really hope your not promoting this to make a profit but truly believe in the effectiveness of this device that has nearly zero human studies to back it.

REPLY



**JOSEPH M.  
COHEN**

March 17, 2015  
at 8:12 am

Kurk, you talking about my review or Clarice's?

I promote products that give me good and noticeable effects.

The percentage commission I make is similar to what I'd make if I were to promote any other product or supplement. So there'd be no reason for me to promote this one over another.

Sometimes I promote products that don't give me any commission.

If people try a product out and aren't helped by it, then that ruins my reputation a bit, which I wouldn't want.

Does this mean everyone will be helped by it? I don't know. People's issues are different. But I think it will help people who have fatigue.

Will this cure your fatigue, if you have it? Not by itself if it's severe, but I assume my audience is mature enough to realize that nothing is ever a cure by itself.

REPLY

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**KURK**  
March  
19,  
2015

at 12:32 am

I was referring  
to Clarice's  
post. I would  
bet a good  
amount of  
money it's  
non genuine.

REPLY

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**PETE**

March  
19,  
2015  
at 4:56  
am

Enthusiasm  
=/  
Disingenuity

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**KEITH**

March 13, 2015 at 10:49 pm

This is awesome intel, thanks! I  
clicked immediately to order — I've  
been looking at PEMF devices for a  
long time, and everything about them



is confusing – from the pricing to variety of machines/frequencies, to the claims made. Thanks for finding a device so straightforward and targeted to my needs...

REPLY

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**JOSEPH M. COHEN**

March 13, 2015 at 11:14 pm



REPLY

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**JOANNA**

March 13, 2015 at 7:04 pm

shame that “ICES” sounds so much like....something else 😊 cool none the less.

REPLY

**JOSEPH M. COHEN**March 13, 2015 at 7:33  
pm

REPLY

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**LISA**

March 13, 2015 at 5:21 pm

Thank you for the update! Where have you been using this tool on your brain? Are you simply placing it on the crown of you head for an hour or are you changing the location every several minutes?

REPLY

**JOSEPH M. COHEN**March 13, 2015 at 6:01  
pm

All over.

REPLY

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**BIOMAGNETIC-  
HACKER**

May 26, 2015 at 8:46  
pm

Hi

I'm the one, whose  
email you quoted and  
posted.

Here is some more  
interesting info on the  
subject.

I can confirm that all  
the findings which  
Joseph mentioned  
about the potential  
therapeutic effect of  
the device is true,  
plus much more. I  
would go even further  
to expect that most  
likely, just about any  
disease, most likely  
has a very good  
chance to be helped  
by it and clinical  
testing of even much  
more crude type of  
pemf devices (20 to  
30 years before nasa  
even made any  
experiments) has long  
before already proven  
this to be true.

Although most the usa pemf device makers claim they are based on nasa work, which implies “nasa (actually Robert Denis) invented it”, in truth it was used medicinally and effectively, decades before nasa even thought of it.

By The Way

It's quite inexpensive to purchase test strips to test ph in urine. Anyone can try to repeat the following experiment to see if they get the same results:

First test you ph for several days in the morning to get a consistent idea of what your baseline ph typically is.

After you have established your usual baseline, go ahead and apply the coils in whichever manner you have found benefits you most and

sleep with it all night.

Test again after 8 to 12 hours of non stop pemf usage and you will likely find significantly lowered urine ph.

I have “a unifying theory” and hypothesis as to how and why the device works.

It’s a bit long and complex to explain in a brief comment however for all those of us who are already thoroughly familiar, in depth, with the innovative theories of Gerald Pollack and of Jack Kruse, they will be able to note some common ground between them.

To put it in very simple words:

One of the most important factors of all living cells and living organisms (and

which is most neglected by most scientist ) is the importance of the electrical charge of water, without which it can't function properly in living cells. This is sometimes referred to as "structured water".

My theory is that the reason why all types of biomagnetics (including static magnets like a Magnetico, works) in general and pemf in particular, is so very broadly effective in any and every aspect of cellular life and can cure just about any and every condition, is because it effects this most crucial aspect, of the often diminished or lacking (of the much needed) negative charge in the water of the the cell or tissue etc.

It's the only way to explain the incredibly

rapid response where pemf almost instantaneously reduces edema and inflammation. It's the exact reverse process and reasoning of what causes the often observed, nearly instantaneous edema and inflammation, as explained by Robert Pollack.

To over simplify even more, we could say that pemf produces "structured water", right inside the tissue, when applied in close proximity to the cells and to the water which comprises the edema etc.

My theory is that all cells and tissue will instantly become more negatively charged, (as per R. Pollack and J Cruse) and that the pemf instantly will raise the ph in the tissue and thereby instantly bring about greater

oxygenation, blood  
flow and lymphatic  
system flow –  
precisely in line with  
the effect we see with  
e-z water.

Robert Cruse explains  
that it's nearly  
physically impossible  
for the heart to be  
strong enough to  
pump through all of  
the very small  
capillaries, (unless its  
possibly because of  
the ez water effect)  
but pemf greatly  
increases  
microcirculation  
instantly! It's the ez  
water effect!

I would expect, that if  
Robert Cruse would  
set up an experiment  
with one of his ez  
water demonstrations,  
then if tried to  
energize the water  
with an external pemf  
device, he would  
observe the same  
increase in the ez  
zone, just as it  
happens when



energized by light.

To put it another way:  
pemf produces ez  
zone water right  
inside the body. And  
when you put it on  
your head that's exact  
what happens. Ez  
zone water is instantly  
created inside your  
brain, your brain  
become instantly  
more alkaline and  
more oxygenated, and  
the brain micro  
circulation becomes  
optimized instantly  
with pemf because of  
the ez water effect.

REPLY

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**JOSEPH M.  
COHEN**

May 27, 2015  
at 7:54 am

Thanks, I was  
thinking about  
PEMF creating  
EZ, but it's

unlikely I'll  
find evidence  
for it unless Dr  
Pollack  
checks...

And I agree  
that I was  
being too  
conservative. I  
started  
putting it on  
other tissues  
and it's been  
helpful...I'm  
going to start  
recommending  
it for a range  
of uses now...

REPLY

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**BIOMA  
HACKE**

May  
27,  
2015  
at 1:29  
pm

I don't  
think  
that

we  
really  
need  
Dr.  
Pollack  
to  
check.

Ez  
water  
is  
something  
most  
people  
never  
think  
about  
but we  
don't  
need  
to go  
to a  
lab to  
get it  
or  
create  
it. We  
live  
with it  
right  
in  
front  
of our  
eyes  
every  
day

but we  
just  
never  
pay  
attention.

I  
believe  
it's  
really  
quite  
easy  
for  
anyone  
of us  
to  
easily  
set up  
a  
glass  
of  
water  
and  
easily  
observe  
the ez  
phenonium  
effect,  
just as  
Dr.  
Pollack  
did.  
Then  
we  
can  
experiment

on our  
own,  
rather  
than  
wait  
for Dr.  
Pollack  
to  
have  
time  
for it.

**SANTINO**

September 26,  
2015 at 9:10  
am

I used the  
device for 3  
days now and  
used it all  
night.

i test my ph  
every morning  
since a  
months now  
because I  
monitor my  
ph, red blood  
cells and  
Leukocythes

because of an  
autoimmune  
disease of my  
kidney.

And I can tell  
you that ICES  
did not  
change it. It is  
exactly the  
same each  
morning,  
because I eat  
exactly the  
same each  
day due to  
intolrances.

I guess your  
ph just  
changed  
because of  
other reasons  
😊

REPLY

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**JANE**

**DIGNAN**

February 23,  
2016 at 2:47  
pm

I appreciate  
your  
comments in  
re: EZ water  
and pH. I have  
noticed what  
seems to be a  
direct  
relationship  
between  
amount of use  
of the ICES  
and an  
increase in  
pH. Not  
scientifically  
undertaken,  
but  
interesting.  
I'm going to  
keep up with  
this testing  
and see what  
happens. I've  
been using  
the ICES for  
about 2 weeks  
now. Many  
interesting  
effects to  
note. Most  
notably a  
dramatic  
decrease in  
pain. I  
appreciate so

much your  
detailed and  
analytical  
analysis of  
your own  
experience.  
Thank you.

REPLY

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**ROSS**

October 12,  
2015 at 1:05  
pm

Hello, Joseph, great post. I was also wondering how to use it on the brain as an alternative to treat anxiety/depression symptoms. I read your post on how to stimulate the vagus nerve but you don't say there how you use the ices there. Can you share a suggestion of protocol? Thanks, I'll be buying mine this week.

REPLY





**JOSEPH M.  
COHEN**

October 12,  
2015 at 5:10  
pm

Use on gut

REPLY

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Website

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Notify me of new posts via email.

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