



Naturopathic Health CARE
Centre for Alternative Medicine Research & Education

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Scientific studies PEMF / Enzymed

Headache - Migraine

- * R. Sandyk: 'The Influence of the Pineal Gland on Migraine and Cluster Headaches and Effects of Treatment with Picotesla Magnetic Fields' International Journal of Neurosci. 67 (1-4), November-December 1992, pp. 145-171.
- This article reports on a migraine patient with acute attacks who was treated and cured with external pulsating electromagnetic fields.

- * Prusinki et. al.: PEMF in the Treatment of Headaches, Hungarian Symposium on Magnetic Therapy, 2nd Symposium, May 16-17, 1987. - This study investigates the effect of PEMF on Patients suffering from chronic headaches. Positive results were achieved in 88% of the cases with stress headaches, in more than 60% of those with classical migraines and in 68% of those with so-called cervical migraines.

- * B.M. Popov, T.A Al'Shanskaya: 'Use of Traditional and Non-traditional Methods in the Treatment of Headache,' Millimetre Waves in Medicine and Biology. Digest of Papers of the 11th Russian Symposium with International Participation, 21-24 April 1997, Zvenigoro, Moscow Region, pp. 68f -
This study investigates the effect of therapy in the treatment of 107 patients who suffered from headaches of a wide variety of causes. Acupuncture points were stimulated electromagnetically. More than 80% of the patients had a positive experience.

- * J. Gicze, A. Guseo: 'Treatment of Headache [with] Pulsating Electromagnetic Field, a Preliminary Report,' Hungarian Symposium on Magnetic therapy, 2nd Symposium, May 1987.- This study shows the efficacy of PEMF in prophylactic and therapeutic use on migraine patients.

- * Pelka, Jaenicke, Gruenwald. Uni. Bundeswehr München Germany.

This double blind, placebo-controlled study assessed the efficacy of 4 weeks of impulse magnetic-field therapy (16 Hz, 5 Mikrot Tesla), delivered through a small device, for different types of headache and migraine. Eighty-two patients were randomly assigned to receive either active treatment or placebo (n = 41 each) and were characterized according to one of seven diagnoses (migraine, migraine combined with tension, tension, cluster, weather-related, posttraumatic, or other). Efficacy was assessed in terms of duration, severity, and frequency of migraine and headache attacks, as well as ability to concentrate. Data for 77 patients were analysed. In the active-treatment group, all assessed criteria were significantly improved at the end of the study ($P < .0001$ vs baseline and placebo). Seventy-six percent of active-treatment patients experienced clear or very clear relief of their complaints. Only 1 placebo-patient (2.5%) felt some relief; 8% noted slight and 2% reported significant worsening of symptoms. No side effects were noted. PMID: 11571822 PubMed