Understanding the Trickle Charge

Cool Down=Trickle Charging= Low-and-Slow

As the word implies, a “trickle” is a low power stream of energy delivered by an accessory.

- **XL PRO** settings 1.0-2.0 PPS and 25% MFS (or less)
- **X1 or X** settings 10 PPS (or more) this will automatically create a weaker MFS

At these settings the pulses are only felt at at the skin level and are not strong enough to cause the involuntary muscle contractions felt at higher MFS.

An **acute condition** that comes on suddenly and exhibits signs of pain, inflammation and swelling is a prime example of when to go low-and-slow with a trickle charge.

- Damaged and stressed tissue that is in the process of healing is not ready to be “exercised” with a stronger pulse which could lead to an aggravation and unwanted discomfort.

- Sensitivity of the **HEAD** may require trickle charging initially but with continued use the sensitivity will diminish.

- If a user experiences soreness or discomfort after a session at a higher intensity, a trickle charge can calm the aggravation in a short 15 minute session.

One way to diminish the chances of that happening would be to incorporate time for a Cool Down (see more in Chris's Trickle Charge Comments).

- **The Cool Down**-- reducing the MFS for the final 10+ minutes of a session changes the pace (like walking after a hard run) and smooths the transition back to a resting state after a rigorous pulsing session.

**Trickle Charge = Low-and-Slow**

Here are suggested settings for acute conditions and sensitivity. Even though very little will be felt by the user, energy is still being directed into body.
### XL PRO settings
- 1.0-2.0 PPS and 25% (or less) MFS
- X1 or X settings 10 PPS (or more) this will automatically create a weaker MFS

Once the signs of inflammation start to diminish, settings can adjusted so the area of issue can be exercised with desired levels of intensity.

### How One Product Specialist Uses the Trickle Charge

*The amazing thing about the Trickle Charge is that it seems to work for everyone, every single time that it is used!*

To this point, I have an estimated one hundred and thirty hours of PEMF pulsing to date. Because I have noticed that I get greater results at the strongest MFS settings, I now turn up the MFS (magnetic field strength) until it hurts and then reduce it slightly to a more tolerable level. In this way, I have been able to make the greatest progress possible.

I am a huge fan of the Trickle Charge particularly after pulsing at strong intensities. This is especially helpful for those individuals who are new to PEMF exercise and for those with health challenges. These can include chronic issues as well as people who are not living a healthy lifestyle.

With these individuals, PEMF exercise will support the cells elimination of toxins which is stimulated by the pulsing. This is especially true with high intensity PEMF exercise. If the pathways of elimination are not able to handle all of the debris being released from inside the cells a detoxification overload can occur.

I can speak about this first hand, as I went through some very significant detoxification symptoms at the start of my PEMF sessions. The first two and a half months of pulsing, I needed a thirty minute Trickle Charge once a week to help clear my fatigue, headaches, and brain fog. The one week that I tried to omit it and keep pulsing at a high intensity, my headaches and brain fog intensified. However, after adding the Trickle back into my program, the symptoms rapidly disappeared.

Due to the progress that I made in the first seventy-five days of pulsing, my body no longer seems to need the Trickle Charge. It appears as though I have moved past the greater part of my detoxification cycle and my eliminative organs are able to process the remaining impurities. Still I’m very happy to have it at my disposal, just in case the need arises. Be sure to make it a part of your pulsing regimen as you progress through your wellness program. You will be glad that you did.