



# Frequently asked questions (FAQ)



## **1. WHAT IS ELF EMMIT AND HOW DOES IT WORK?**

ELF emmit is the first non-invasive, daily wearable brain stimulator that synchronizes your brain speed with the state of mind you want to achieve, regardless the environmental influence. Based on neuroscience it enhances concentration, increases ability to learn, improves sleep and reduces effects of negative stress.

## **2. WHERE DOES THE NAME COME FROM?**

ELF stands for "extra-low frequency," since it uses extra-low frequency electromagnetic pulses to stimulate the brain. The "emmit" part? Well, let's just say it's a creative spelling of "emit" as in "emitting electromagnetic pulses."

## **3. WHAT IS ELF EMMIT MADE OF?**

ELF emmit is made of non-allergic plastic. It is smooth, flexible and completely latex-free. Designed as hairbelt it contains sophisticated technology. Please treat your ELF emmit with care and avoid unnecessary bending. Let it become your personal assistant for many years!

## **4. WHAT DO I FIND IN THE BOX?**

Something that will help you! In the box you will find:

- ELF emmit non-invasive, wearable brain stimulator
- User Guide
- Quick Start leaflet

## **5. HOW CAN I CLEAN MY ELF EMMIT?**

Clean the exterior of your ELF emmit device with Isopropyl Alcohol or alcohol-based sanitizer applied to a cloth or cotton swab. Do not submerge the device in any liquids.

## **6. IS ELF EMMIT A SAFE DEVICE?**

Of course! We've created ELF emmit as device that relies exclusively on natural low frequency electromagnetic waves which are complementary to the chemistry and functions of the body. It is entirely non-invasive and completely safe.

## **7. IS IT FDA APPROVED?**

ELF emmit doesn't require a FDA approval, as it's not considered a medical device. But the scientific principle on which it is based, PEMT (pulsed electro-

magnetic therapy) is FDA approved.

## **8. WHY IS ELF EMMIT A HEADBAND?**

Low frequency electromagnetic waves that ELF emmit produces penetrate through the body. However, the intensity decreases as the distance grows. That's why we designed ELF emmit as a headband.

## **9. CAN I WEAR ELF EMMIT FOR A LONGER PERIOD?**

Yes. But we recommend you to follow the user guide instructions. Why? Because using a single frequency longer than necessary may lead to loss of a benefit previously experienced. It's like entering a room full of flowers. After a while you get accustomed to the scent.

## **10. HOW CAN I CHARGE MY ELF EMMIT?**

ELF emmit uses mobile phone or tablet as a source on energy. As long as your phone or tablet is charged ELF emmit is charged, too.

## **11. WHAT ARE THE BENEFITS OF MY ELF EMMIT BEING POWERED VIA THE HEADPHONE JACK?**

This system offers a safety guarantee—if you are comfortable wearing headphones, which get their power from the headphone jack, then you'll be just as comfortable wearing the ELF emmit, as the same, entirely harmless, amount of electricity powers both. This also allowed us to make the ELF emmit as slim and lightweight as possible, since it does not need to contain a bulky battery.

## **12. HOW DOES THE ELF EMMIT SMART PHONE APPLICATION SEND INFORMATION TO THE DEVICE?**

The ELF emmit application communicates with the ELF emmit device via the cable, which plugs into the headphone jack of your tablet or smartphone, and which likewise powers the device.

## **13. CAN ELF EMMIT GET WET?**

ELF emmit is water resistant, but not waterproof. It will do well through the normal day-to-day use but please don't go swimming with it.

## **14. WHAT TECHNOLOGY DOES ELF EMMIT USE?**

It uses PEMS (pulsed electromagnetic stimulation) technology that naturally changes the predominant brain speed pattern. Our bodies are electrical and

chemical: every heartbeat generates electromagnetic pulses that chemically stimulate tissues and cells. ELF emmit encourages the brain to produce a certain rhythm that best suits the state of mind you'd like to be in, with the use of low frequency electromagnetic stimulation.

## **15. UH, WHAT'S PEMS TECHNOLOGY, AGAIN?**

Brain frequencies are produced by masses of neurons communicating with each other, changing according to what we are doing or feeling. Different brain frequencies result in different states of mind. PEMS technology uses very weak electro-magnetic impulses in extra-low frequencies, to encourage our mind to work at a speed we choose, to best perform the task at hand. In the same way that meditating along with the rhythmic sound of drums, gong therapy and steady flashing lights all transport you into a state of thoughtfulness and transcendence, PEMS can guide your mood.

## **16. IS THE EFFICACY OF PEMS SCIENTIFICALLY SUPPORTED?**

Yes, it is! The concepts behind PEMS technology have been around for millennia. The ancient Greek physician, Galen, wrote about the healing properties of magnets back around 200 BC, and it has always been a staple of Chinese medicine. Even in the US, it was used widely until 1908, when a medical report by physician Abraham Flexner dramatically changed the way America medicated, leading to a shift towards an almost complete reliance on pharmaceuticals over other, less-invasive treatments. There are several variations on this therapy such as PEMF (pulsed electromagnetic field therapy) and PEMT (pulsed electromagnetic therapy).

PEMS, PEMT and PEMF have a rich history in the US, as well as FDA approval. Magnetic therapy was marginalized in the US until the early 1970s, when a Dr Friedenbergh published his findings that electromagnetic field therapy helped certain types of bone fractures to heal more quickly than similar fractures in patients who were not exposed to this treatment. This was expanded by Dr Andrew Bassett of Columbia University Medical Center, who in 1974, found further success in treating non-healing bone fractures and pseudarthroses, with the use of low frequency electromagnetic signals. In 1979, the FDA approved the use of electromagnetic therapy for fractures. A decade later, the FDA approved its use for treating pain and edema. In 2011, transcranial magnetic stimulation received FDA approval for treating depression, and for treating migraines in 2013. ELF emmit draws on this long, rich history of the scientifically-proven success of electromagnetic therapy.

## **17. DO I NEED TO BE AT A CERTAIN PLACE TO USE ELF EMMIT?**

Not at all. You can use it anywhere. All you need is a tablet or smart phone to choose the working mode.

## **18. CAN THE ELF EMMIT IMPROVE MY GENERAL HEALTH?**

Absolutely! ELF emmit can help reduce stress, improve concentration and aid sleeping.

## **19. HOW DOES ELF EMMIT INFLUENCE MY BODY?**

ELF emmit produces low frequency electromagnetic pulses that gently encourage your brain waves to join in with the chosen frequency of the pulses. With regular use, your brain will quickly synchronize with your chosen state of mind, thanks to ELF emmit acting as an intermediary.

## **20. WILL I FEEL THE EFFECTS RIGHT AWAY?**

You will not feel the effects the instant you turn on the device for the first time. ELF emmit trains your brain, rather than suddenly altering it the moment you first turn it on. We recommend regular use for at least a week, at which point you will certainly notice a difference. The brain takes a bit of time and practice to synchronize with the pulses produced by ELF emmit. Once your brain has been trained to sync with ELF emmit, you should feel results immediately and regularly when using it.

## **21. CAN I USE ELF EMMIT TOO MUCH?**

No. Low frequency electromagnetic stimulation has minimal-to-no effect on healthy cells. Actually it seems to be ignored by cells that are in optimal condition, balanced and in no need for extra energy. Use it as much as you like, but only when you need it.

## **22. I WAS TOLD ELECTROMAGNETIC WAVES PRODUCE "ELECTRO SMOG," AND THAT THIS IS A BAD THING.**

Electro smog comes from devices with particular field strengths and high frequencies. These frequencies can induce heat in tissue and potentially damage cells. Our technology is based on carefully-selected low frequency stimulation that is non-invasive, natural, and does not create electro smog. No worries.

## **23. DOES ELF EMMIT WORK WITH IOS AND ANDROID?**

Yes. ELF emmit works with both iOS and Android.

## **24. WHERE CAN I DOWNLOAD THE APPLICATION?**

The application is available both in Google Play and the Apple Store.

## **25. WHAT DEVICES ARE COMPATIBLE WITH ELF EMMIT?**

Most smart phones and tablets are compatible with ELF emmit.

## **26. IS THERE A WEB APPLICATION?**

We do not have a web application at this time.

## **27. DO I HAVE TO PAY FOR THE APP?**

The ELF emmit application is absolutely free.

## **28. HOW CAN I TELL THAT IT'S ON AND WORKING?**

The electromagnetic pulses produced by ELF emmit have no physical sensation on the skin, which is one of the reasons it's so non-invasive, comfortable and easy to use regularly. Plugged in, and with the app running, the ELF emmit is working - the screen will dim, and the text will indicate that the device is working. The app is designed to tell you if there is a problem and the product is not functioning.

## **29. IS ELF EMMIT RECOMMENDED BY HEALTH PROFESSIONALS?**

Yes, it is. Although ELF emmit is not a medical device, and does not substitute for medical advice or doctor's appointments, health professionals endorse ELF emmit and believe that it contributes to better overall health, primarily through decreasing stress, increasing concentration and improving sleep.

## **30. IS ELF EMMIT A MEDICAL DEVICE?**

No. ELF emmit does not diagnose or cure any health condition or problem, so it is not officially considered a medical device, though it can contribute to better overall well-being and an improved lifestyle.

## **31. DO YOU PROTECT MY PRIVACY AND HOW?**

We absolutely protect your privacy on a high level. All your data belongs to you. We take the responsibility of protecting your data and privacy seriously.

