



- PhD in Health and Biotechnology from Universiti Sains Penang (USM)
- Bachelor of Science (First Class Honors) in Biology
- Currently working on the development of medical and healthcare technology
- Worked as a researcher at the National Institute of Pharmaceuticals and Healthcare Products (IPharm)
- Over 1,000 health talks in local and abroad.

## Jac Lim (Ph.D.)

Malaysian Doctor in Healthcare and Biotechnology

# THE UNIQUENESS OF ELECTRIC POTENTIAL THERAPY

Strengthening self-healing abilities through Electric Potential Therapy has helped thousands of people improve their health, especially in sub-optimal conditions.

Electric Potential Therapy has a significant effect on relieving bodily pain and promoting endorphin production. When we lack endorphins, we feel stressed and unhappy. However, after using Electric Potential Therapy, it can regulate our autonomic nerves, restore normal endorphin production, and increase white blood cell count and immunity. Therefore, Electric Potential Therapy greatly benefits our body, helping us enhance our health.

### What is Electric Potential Therapy?

When it comes to Electric Potential Therapy, many people feel apprehensive when they hear "electricity," but in fact, our body naturally generates bioelectricity.

Every cell in the body has a cell membrane potential, also known as bioelectricity. Each cell has a negative charge inside and a positive charge outside to ensure cell functions operate smoothly.

Did you know that both the heart and brain function through electrical signals? Heartbeats depend on rhythm, measurable via ECG, while brain activity is measurable via EEG.

When a healthy cell's electric potential is adequate, the cell can function well, absorbing water, nutrients, and oxygen while expelling unnecessary metabolic waste for purification effects. As we age, bioelectricity decreases, resulting in reduced energy and slower healing, increased inflammation, semi-healthy states, or even cancer cell formation.

### Factors Causing Blood Viscosity

Modern diets, heavily reliant on processed foods, contribute to blood viscosity, negatively impacting health. Inactive lifestyles, chronic stress, and poor sleep quality also affect health by causing toxin buildup and increasing the risk of serious issues like stroke. Maintaining a healthy electric potential in the body can support the immune system, self-healing processes, and reduce the risk of chronic illnesses.

### Therapy for Health Improvement

Electric Potential Therapy helps balance blood pH and detoxify the body. Studies show that this therapy can reduce cholesterol, prevent obesity, alleviate pain, and strengthen the immune system. Research has indicated significant improvements in energy, sleep quality, and overall health after using this therapy.

### Regenerative Sleep Therapy

Regenerative sleep therapy combines Electric Potential Therapy, Thermal Therapy, and Frequency Therapy to enhance blood circulation, relieve pain, and promote relaxation. This therapy focuses on physical and mental health, emphasizing balance between physical well-being and emotional health.

### Features of the Smart Sleep Wellness Device

This device promotes better sleep with easy, relaxing operations through five smart modes, including modes designed to enhance blood circulation and provide anti-aging effects. It uses various electric potential, thermal and frequency settings to improve overall health during sleep. The device aids in blood purification, relieves body pain, calms the mind, and supports holistic health.

It emphasizes prevention, as regular use of this technology can bring long-term health benefits and well-being. This device brings luxury and health benefits into the home, eliminating the need for costly treatments. It is designed to help maintain health and vitality into old age, keeping users pain-free and youthful. The device enhances both physical and emotional well-being by improving sleep quality and reducing stress.

