



SPMF-THERAPY

Comprehensive Patient Information in the Treatment of
Osteoarthritis and Spinal Cord Disorders

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Advanced Treatment



SPMF-Therapy: Empowering Healing for Osteoarthritis and Spinal Problems



Pain Free



Drug Free



No Side Effects

Non-Invasive

A non-invasive, drug-free solution for pain relief and healing.

Welcome to this comprehensive patient education material on SPMF-Therapy, offered exclusively by SBF Healthcare and Research Center Pvt. Ltd. In this guide, we will explore the remarkable benefits of SPMF-Therapy for patients with osteoarthritis and spinal problems; typically characterised by neck pain or back pain. This advanced treatment utilizes the power of magnetic fields to provide a non-invasive, drug-free solution for pain relief and healing. We will delve into the science behind SPMF-Therapy, its advantages over conventional treatments, and how it can positively impact the quality of your life.

UNDERSTANDING OSTEOARTHRITIS

What is Osteoarthritis?

Osteoarthritis is a progressive, degenerative joint disease that affects millions of people worldwide. It occurs when the protective cartilage that cushions the ends of bones in joints gradually wears away, leading to pain, stiffness, and reduced mobility.

How Does Osteoarthritis Affect the Joints?

In osteoarthritis, the loss of cartilage causes the bones to rub against each other, leading to pain, inflammation, and the formation of bone spurs. This can result in joint stiffness, decreased range of motion, and difficulty performing daily activities.

Common Symptoms of Osteoarthritis:



Joint Stiffness



Joint Pain



Grating Sensation

These symptoms often worsen over time and can significantly impact a person's quality of life.

Conventional Treatments for Osteoarthritis:

Traditional approaches for managing osteoarthritis include:



Pain Medications



Anti-Inflammatory Drugs



Physical Therapy



Joint Replacement Surgery

Limitations of Traditional Approaches:

While conventional treatments can provide symptomatic relief, they do not address the underlying causes of osteoarthritis or provide long-term benefits. Additionally, some treatments may have potential side effects or require prolonged medication use.

SPINAL PROBLEMS AND SPMF-THERAPY

Degenerative Disc Diseases – Causes and Impact:

Degenerative disc diseases, such as herniated discs and spinal stenosis, can cause neck pain, back pain, and radiating symptoms. These conditions often result from the natural aging process, repetitive stress, or injury, leading to the degeneration of spinal discs and subsequent nerve compression. Symptoms include, radiating pain, numbness, tingling sensation, pain in the upper back or lower back after prolonged sitting, etc.



How SPMF-Therapy Addresses Spinal Problems:

SPMF-Therapy offers a non-invasive and drug-free alternative for managing spinal cord problems. By utilizing sequentially programmed magnetic fields, it aims to stimulate the body's natural healing mechanisms, promote tissue regeneration, and alleviate pain associated with spinal conditions.



Non-Invasive and Drug-Free Nature of SPMF-Therapy:

SPMF-Therapy is a non-invasive treatment that does not require incisions, injections, or medications. It harnesses the power of precisely calibrated magnetic fields to provide pain relief and improve overall spinal function, minimizing the risks and potential side effects associated with surgical interventions and medications.



Benefits of SPMF-Therapy for Spinal Problems:

SPMF-Therapy can help reduce pain, improve mobility, and enhance the healing process in individuals with spinal problems. By targeting the underlying causes of pain and inflammation, it aims to restore spinal health and functionality, allowing for a better quality of life.



Comparing SPMF-Therapy to Surgical Interventions:

Unlike surgical interventions, which carry inherent risks, SPMF-Therapy provides a non-surgical approach to spinal problem management. It can be used early in the treatment process and may help individuals avoid or delay the need for invasive procedures, minimizing post-operative recovery time and potential complications.



Comparing SPMF-Therapy to Medication-Based Approaches:

While medications can provide temporary pain relief, they often come with side effects and may not address the underlying causes of spinal problems. SPMF-Therapy offers a drug-free alternative that aims to promote healing, reduce inflammation, and improve spinal function for long-term benefits.

INTRODUCING SPMF-THERAPY



What is SPMF-Therapy?

SPMF-Therapy, or Sequentially Programmed Magnetic Field - Therapy, is a non-invasive treatment method that utilizes precisely calibrated magnetic fields, precisely focused on to the target tissues with the help of laser guides, to stimulate the body's natural healing processes. It involves exposing the affected area to specific frequencies and intensities of magnetic fields to promote tissue regeneration, healing and pain relief.

How Does SPMF-Therapy Work?

SPMF-Therapy works by delivering targeted magnetic fields to the affected area. These magnetic fields penetrate deep into the tissues, promoting improved blood circulation, cellular activity, and increasing the production of healing factors, while aiding in the removal of toxic metabolites from the joint of interest. This helps reduce inflammation, alleviate pain, and enhance the body's ability to repair and regenerate damaged tissues.

The Technological Basis of SPMF-Therapy:

SPMF-Therapy Therapeutic System consist of specialized coils (MFGs, Magnetic Field Generators) that generate the magnetic fields. These devices are designed to

deliver precise frequencies and intensities based on the individual's condition and treatment goals. The therapy is administered by healthcare professionals extensively trained in SPMF-Therapy techniques.

Understanding Sequentially Programmed Magnetic Fields:

Sequentially programmed magnetic fields refer to magnetic fields that alternate in intensity and frequency over time while remaining focused on the area of interest (area to be treated). The highly complex, precisely controlled, magnetic field exposure helps stimulate cellular activity, enhance blood flow, improve waste removal, and promote tissue regeneration in the targeted area.

Exploring the Healing Mechanisms of SPMF-Therapy:

SPMF-Therapy triggers various biological responses within the body. It promotes the release of various growth factors, reduces inflammation, improves oxygenation, removes waste, and enhances the production of collagen and other substances crucial for tissue repair. These mechanisms contribute to pain relief and the overall healing process.

BENEFITS OF SPMF-THERAPY



Non-Invasive Nature of SPMF-Therapy:

SPMF-Therapy offers a non-invasive treatment option for individuals with osteoarthritis and spinal cord problems. It eliminates the need for surgical incisions, injections, or medications, reducing the associated risks, discomfort, and recovery time.



Drug-Free Pain Relief:

One of the significant advantages of SPMF-Therapy is its drug-free approach to pain management and promotion of natural healing processes. By stimulating the body's natural healing mechanisms, it can help alleviate pain without the need for long-term medication use, potentially minimizing side effects and dependency on pain medications.



Enhanced Healing and Tissue Regeneration:

SPMF-Therapy promotes the healing and regeneration of damaged tissues. By stimulating cellular activity and increasing the production of growth factors, it can accelerate the repair process, leading to improved tissue health and function.



Improved Blood Circulation and Oxygenation:

The magnetic fields used in SPMF-Therapy have been shown to enhance blood circulation and oxygenation in the treated area. Improved blood flow delivers essential nutrients and oxygen to the tissues, aiding in their healing and reducing inflammation.



Reduced Inflammation and Swelling:

Inflammation and swelling are common contributors to pain and discomfort in osteoarthritis and problems associated with the spinal cord. SPMF-Therapy reduces inflammation by modulating inflammatory mediators, helping alleviate symptoms and promoting a healthier joint and spinal environment.



Enhanced Joint Function and Mobility:

By reducing pain, inflammation, and stiffness, SPMF-Therapy enhances joint function and mobility. This improvement allows individuals to engage in daily activities, exercise, and enjoy a more active lifestyle.



Positive Impact on Quality of Life:

SPMF-Therapy's ability to relieve pain, improve healing, and restore functionality can have a profound impact on a person's quality of life. With reduced pain and improved mobility, individuals will experience increased independence, better sleep, enhanced mood, and a greater overall sense of well-being.

SPMF-THERAPY FOR OSTEOARTHRITIS

How SPMF-Therapy Relieves Osteoarthritis Pain:

SPMF-Therapy for osteoarthritis focuses on reducing pain, inflammation, stiffness and improving joint function. By promoting tissue regeneration, reducing inflammation, and enhancing blood flow, it can alleviate pain, increase joint mobility, and improve overall knee function.

Case Studies and Success Stories:

Numerous case studies and success stories have shown the effectiveness of SPMF-Therapy in managing osteoarthritis pain. Patients have reported reduced pain levels, improved joint mobility, and enhanced quality of life after undergoing SPMF-Therapy.

Clinical Evidence and Research Findings:

Numerous case studies and success stories have shown the effectiveness of SPMF-Therapy in managing osteoarthritis pain. Patients have reported reduced pain levels, improved joint mobility, and enhanced quality of life after undergoing SPMF-Therapy.

Osteoarthritis - A Common Condition

Osteoarthritis commonly affects the weight bearing joints of the knees, hips and spinal cord; causing pain, stiffness, and reduced mobility. It can significantly impact daily activities, such as walking, climbing stairs, and bending. Osteoarthritis of the knees is the most common form.

Integrating SPMF-Therapy into Osteoarthritis Management

At SBF Healthcare, SPMF-Therapy is integrated into comprehensive osteoarthritis management plans. Other treatments such as physical therapy, exercise, weight management, and lifestyle modifications are used to complement the benefits gained by SPMF-Therapy to provide a holistic approach to pain relief and improved joint health.





SPMF-THERAPY FOR SPINAL PROBLEMS

Spinal Problems – Causes and Symptoms:

Spinal problems, specifically degenerative disc diseases, can lead to neck pain, back pain, and radiating symptoms. These conditions can arise due to age-related changes, repetitive stress, injuries, or genetic factors.

The Role of SPMF-Therapy in Spinal Problem Management:

Therapy plays a crucial role in managing spinal problems by promoting healing, reducing pain, and improving spinal function. It targets the underlying causes of pain and inflammation, aiming to enhance the overall health and mobility of the spine.

SPINAL CONDITIONS TREATED WITH SPMF-THERAPY

SPMF-Therapy can be used to manage various spinal conditions like:



Herniated
Discs



Spinal
Stenosis



Sciatica



Degenerative Disc
Diseases

SPMF-Therapy offers a non-invasive alternative to surgical interventions and can be employed as a standalone therapy or in combination with other treatment modalities, such as rehabilitative exercise regimes.

Case Studies and Success Stories:

Numerous case studies and success stories have documented the positive outcomes of SPMF-Therapy for spinal problems. Patients have reported reduced pain, improved spinal function, and enhanced quality of life following SPMF-Therapy treatments.

Clinical Evidence and Research Findings:

Clinical research supports the use of SPMF-Therapy for managing spinal problems. Studies have shown pain reduction, improved disc height, and increased mobility in individuals receiving SPMF-Therapy as their treatment plan.



SPMF-THERAPY PROTOCOL AND PROCEDURES

Treatment Protocol for Osteoarthritis and Spinal Problems:

The treatment protocol for SPMF-Therapy is designed to effectively address osteoarthritis and spinal problems. Under the guidance of our professionally trained healthcare provider, the following protocol is typically followed:

1. Duration and Frequency:

The duration of SPMF-Therapy is 21 consecutive days, with no breaks. Generally, the treatment course consists of a single session every day for each area of exposure. Each session typically lasts for 50 minutes. Of this, the first 30 minutes is the sensitization phase and the remaining 20 minutes is the stimulation phase of therapy. It is important to adhere to this recommended schedule for optimal results. This is usually followed by rehabilitation exercises for 15-20 minutes.

2. Positioning and Comfort:

During each session of SPMF-Therapy, you will be comfortably positioned on a bed to ensure proper exposure of the affected joints to the sequentially programmed magnetic fields. Your individual professional healthcare provider will guide you on the correct positioning to target the affected area, whether it is the knees or the spine.

3. Precautions and Safety Measures:

SPMF-Therapy is non-invasive and is considered very safe with no known side effects, but certain precautions should be taken. It is crucial to inform our healthcare provider about any medical conditions,

implants, or devices you may have. Magnetic fields can interfere with certain devices and these may pose risks in specific situations. Our healthcare provider will evaluate your suitability for SPMF-Therapy and provide appropriate guidance.

During SPMF-Therapy you will be advised to avoid all animal milk products. A comprehensive list of such products is provided in the annexure. The lactose contained in animal milk interferes with cartilage regeneration, hence, the advise to avoid animal milk products for 4 months from the date of commencement of SPMF-Therapy. Plant based milk products such as soya milk, almond milk or lactose free milk may be used as substitutes during this period.



4. Patient Responsibilities:

As a patient undergoing SPMF-Therapy, your active participation is important for a successful outcome. Some key responsibilities include:

— Attendance and Compliance:

Attend all scheduled therapy sessions as advised by our healthcare provider. Consistency and adherence to the treatment plan are essential for optimal results.

— Communication:

Maintain open communication with our healthcare provider throughout the treatment process. Share any changes in symptoms, concerns, or questions you may have. This collaboration ensures personalized care and the best possible outcomes.

— Medical History:

Provide accurate and detailed information about your medical history, including any pre-existing conditions, medications, or surgeries. This information will help your healthcare provider tailor the treatment to your specific needs.

— During Treatment Period:

For a period of four months avoiding animal milk products is a prerequisite to ensure efficacy of SPMF-Therapy. You will be required to keep yourself adequately hydrated with barley water, 2 litres per day, throughout the therapy period. Please make sure to diligently adhere to the rehabilitation exercise routine prescribed by our healthcare professional. It is crucial that you perform these exercises without fail, both in the morning and evening, at home.

— Post-Treatment Care:

Follow any post-treatment instructions provided by our healthcare provider. These instructions may include recommendations for activities, self-care, or follow-up appointments. Adhering to these guidelines will support your recovery and minimize potential side effects, while maximizing the benefits derived from SPMF-Therapy.



Expected Outcomes of SPMF-Therapy:

SPMF-Therapy offers promising outcomes for patients with osteoarthritis and spinal problems. While individual responses may vary, the following outcomes are commonly observed:

1. Pain Relief:

SPMF-Therapy aims to alleviate pain and discomfort associated with osteoarthritis and spinal problems. Most patients experience a reduction in pain intensity, frequency, and duration, leading to an improved quality of life.

further contribute to pain reduction and improved joint or spinal health.

2. Improved Mobility and Function:

By reducing inflammation, promoting tissue regeneration, and enhancing joint or spinal health, SPMF-Therapy can enhance mobility, range of motion, and functional abilities. This improvement enables patients to perform daily activities with greater ease and independence.



3. Enhanced Healing and Tissue Regeneration:

SPMF-Therapy has been shown to accelerate the healing process and stimulate tissue regeneration. It promotes the body's natural ability to repair damaged joints or spinal structures, potentially restoring their normal function.

5. Improved Quality of Life:

SPMF-Therapy has the potential to enhance overall well-being and quality of life. By addressing pain, improving mobility, and promoting healing, patients experience increased satisfaction, participation in activities, and an improved emotional state.

3. Reduced Inflammation and Swelling:

The precisely calibrated sequentially programmed magnetic fields used in SPMF-Therapy have anti-inflammatory properties, helping to reduce inflammation and swelling in the affected area. This can

It is important to remember that individual results may vary, and the extent of improvement depends on various factors such as the severity of the condition, overall health, and strict adherence to the treatment plan.

Consultation with our healthcare provider will provide personalized information

about the treatment protocol, precautions, and expected outcomes specific to your condition. They will guide you through each step of the process, monitor your progress, and make any necessary adjustments to ensure the best possible outcome.

Note: Please note that this patient education material is intended for informational purposes only and should not replace medical advice or diagnosis. Always consult our healthcare provider for personalized guidance and treatment options.

Conclusion: SPMF-Therapy offers a revolutionary approach to managing osteoarthritis and spinal problems (most commonly characterised by neck pain or back pain, either localized or radiating). With its non-invasive, drug-free nature, SPMF-Therapy provides pain relief, enhances healing, and improves overall quality of life. Whether you are struggling with osteoarthritis or spinal problems, SPMF-Therapy can be a valuable treatment option. Consult with our healthcare provider to determine if SPMF-Therapy is right for you and embark on a journey towards a pain-free, active, and fulfilling life.



DIAGNOSIS OF OA

Diagnosis of osteoarthritis is commonly based on examination of X-Ray of the affected joint along with physical examination to determine the grade of arthritic changes that have set in.



X-Ray of Normal Healthy Joint

- Equal space on both sides of the joint
- Movement is smooth & painless
- Cartilage covers end of bones uniformly
- Even distribution of weight




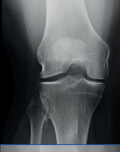
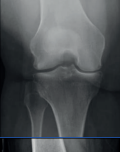


X-Ray of an Unhealthy Arthritic Joint

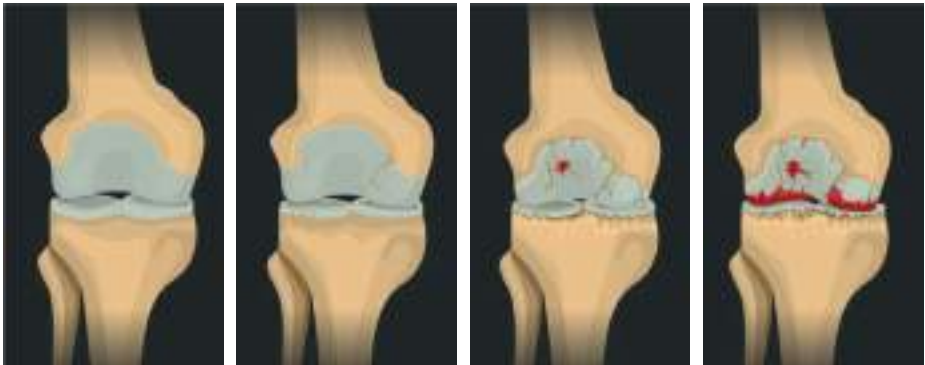
- Space reduced on the lateral side of the joint
- Mobility is painfully restricted
- Cartilage is worn out
- Uneven weight distribution



Pictorial representation of changes in an arthritic joint

GRADES OF ARTHRITIS:

	<p>Grade 0: No OA</p>	No features of OA
	<p>Grade 1: Doubtful OA</p>	Doubtful JSN (Joint Space Narrowing) and possible osteophytic lipping
	<p>Grade 2: Mild OA</p>	Definite osteophytes and possible JSN
	<p>Grade 3: Moderate OA</p>	Moderate multiple osteophytes, definite JSN, some sclerosis, and possible deformity of bone ends.
	<p>Grade 4: Severe OA</p>	Large osteophytes, marked JSN, severe sclerosis, and definite deformity of bone ends.



Minimum disruption.
10% cartilage loss



Joint-space narrowing.
The cartilage to begin
breaking down. Occurrence
of osteophytes.



Moderate joint-space
reduction. Gaps in the
cartilage can expand until
reach the bone



Joint-space greatly
reduced. 60% of the
cartilage is already lost.
Large osteophytes.

Early SPMF-Therapy of osteoarthritis ensures quicker and more complete recovery, ensuring that the regenerated cartilage will last a lifetime.

SPMF-THERAPY

A Comprehensive Understanding of the Mechanism of Action

The human body is capable of amazing feats of regeneration, but this ability can be limited by various factors such as age, injury, and disease.

In a healthy individual, when weight is put on the weight bearing joints like the knees, the cartilage gets compressed (piezoelectric stimulation) and this itself is the stimulus for the regeneration to start and there is forced efflux of hydrogen ions causing changes in the cell membrane potential. This capacity is lost in an osteoarthritic patient. However, by selectively altering the cell membrane potential by use of time varying electromagnetic fields which are tuned to the specific resonating frequency of cartilages one can re-induce this change into the cell at rest.

Piezoelectric stimulation refers to the production of an electrical charge in the body as a result of mechanical stress. Certain tissues in our body are piezoelectric, meaning that they produce an electrical charge when they are subjected to mechanical forces such as compression (ex. during exercise).

Piezoelectricity stimulates the production of collagen and other substances that are important for the repair and growth of cartilage.

Collagen is the most abundant protein in the human body and is responsible for providing structural support and tensile strength to cartilage, tendons, ligaments, and bone. Cartilage contains a relatively high amount of collagen, with estimates suggesting that it makes up as much

as 50-80% of the dry weight of this tissue. Exposure of the arthritic joints to a Sequentially Programmed Magnetic Field (SPMF) induces electric changes similar to piezoelectric stimulation and thus promotes the production of collagen, an important component of cartilage, leading to the regeneration of this important tissue.

In addition to directly mimicking piezoelectric stimulation effects on cartilage tissue; SPMF-Therapy stimulates the production of several signalling molecules and growth factors that are important for tissue repair and regeneration, including:

Interleukins: These are a group of proteins that act as signalling molecules between immune cells and other cells in the body. Interleukins play a role in tissue repair and regeneration.

Transforming growth factor beta (TGF- β): This is a growth factor that plays a key role in the regulation of cell growth, differentiation, and tissue repair. SPMF-Therapy stimulates the production of TGF- β in cartilage cells.

Vascular endothelial growth factor (VEGF): Promotes the growth and development of new blood vessels. VEGF has been shown to stimulate the proliferation and differentiation of cartilage cells, and SPMF-Therapy has been shown to increase the production of VEGF.

Bone morphogenetic proteins (BMPs): Play a key role in bone development and repair. SPMF-Therapy stimulates the production of several BMPs in cartilage cells.



THE SPMF- THERAPEUTIC SYSTEM

The SPMF Therapeutic System is a computer-controlled device which generates sequentially pulsed magnetic fields, by employing multiple MFGs (Magnetic Field Generators). The magnetic field is precisely controlled and applied onto the cells and/or tissues that require to be treated. The MFGs are fired in a programmed sequence to facilitate the focusing of the magnetic field resulting in better patient outcomes.

The extent of the exposure to such pulsed magnetic fields would depend upon the extent of progression of the disorder. The treatment plan results in a determination of one or more of the following: frequency to be used, field width, field intensity, duration of each pulse, pattern of the sequential program, duration of treatment etc.

In the SPMF Therapeutic System, the coils are bidirectional because the coils which are approximately 180 degrees opposite to each other in the tubular gantry are energized at the same time and out of

phase so that the net magnetic flux passes through the core of the tissue or the centre of the region of interest (joint being treated). That is, mated opposed pairs of MFGs fire simultaneously from opposite directions. The highspeed constant switching or the energizing of coils in a rotary pattern causes the focusing to occur in a relatively small area which is the tissue to be treated. The net magnetic flux is directed at the centre of the region of interest with very little emission required from each of the MFGs.

Data is fed into the computer coupled to and controlling the SPMF Therapeutic System. Based on the disease type, the duration, and nature of the disease etc., the computer software calculates the duration of exposure, the pulse frequency, the frequency of the firing and the amount of SPMF depending on the patient and the disease.

The SPMF Therapeutic System used in treatment of osteoarthritis and spinal cord problems consists of: The embedded

system comprising a computer, highspeed processing controller, power supplies, MFGs, a cylindrical gantry that includes a total of 72 MFGs (3 MFGs in one longitudinal row across the gantry clustered into a set of three devices, with 24 sets of MFGs disposed radially over the circumference of the gantry in each transverse plane to the axis. The diametrically opposite devices are paired to form twelve such pairs wherein each

pair is excited to generate a magnetic field) that produce the sensitizing and stimulating frequencies required to treat osteoarthritis and spinal cord problems.

The MFGs are configured with the embedded system for controlling magnetic field strength, sequence and frequency of field excitation in a tailored manner according to the treatment protocol.

In treatment of OA (osteoarthritis) and spinal problems:

The methods of using SPMF-Therapy for regeneration involves planning of the exposure which is based on the amount of degeneration that has already set in and other factors relevant to the particular condition to be treated. The patient is evaluated for any effusion and the dose planning is done. Then the patient is taken into the SPMF Therapeutic system and the magnetic field is focuses on the region of interest with the help of a laser guide. The

cartilage regeneration happens with the pulsing frequency in the range of 8 to about 40 Hz.

Results from SPMF-Therapy confirm significant regeneration of cartilage, increase in strength and stability of e.g., the knee joint and improvement in quality of life, as measured with a MRI system and internationally accepted American Knee Society rating system.



ANNEXURE

Animal milk products to be avoided during SPMF-Therapy (4 months from commencement of treatment):

To ensure that there is no ambiguity in understanding, below is a list of animal milk-based products, listed from an Indian and international perspective:

Indian Context:

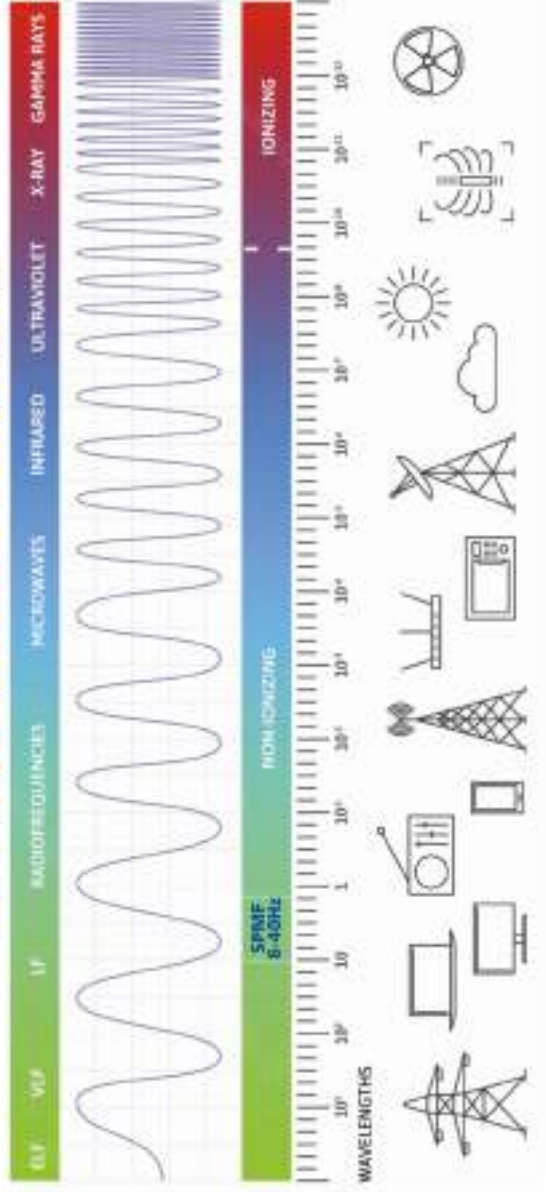
- Milk (cow's milk, buffalo milk, goat milk)
- Yogurt/curd
- Paneer (Indian cottage cheese)
- Ghee (clarified butter)
- Khoya/mawa (milk solids)
- Buttermilk
- Lassi (yogurt-based drink)
- Chaas (buttermilk-based drink)
- Peda (sweet made from condensed milk)
- Kulfi (Indian ice cream made from milk and cream)
- Rabri (sweet made from condensed milk)
- Barfi (sweet made from milk powder)
- Khoa kheer (sweet rice pudding made with milk solids)
- Milk-based sweets like gulab jamun, rasmalai, and cham cham
- Condensed milk-based sweets like coconut barfi and besan burfi
- Flavored milk drinks like Badam milk, Rose milk, and Thandai
- Mithai (Indian sweets) such as burfi, ras malai, sandesh, and barfi that are made with milk or milk solids
- Raita (yogurt-based side dish)
- Butter and cream in bakery items such as cakes, cookies, and pastries
- Milk-based beverages like cold coffee and hot chocolate
- Shrikhand (a dessert made from strained yogurt)
- Indian-style ice cream (kulfi) that is made with condensed milk and heavy cream
- Mawa cake (a dessert cake made with milk solids)
- Basundi (a dessert made from condensed milk)
- Gulab Jamun (a dessert made from milk solids)
- Dairy-based sweets like sandesh, cham cham, and peda
- Indian-style buttermilk, which is made by mixing yogurt and water
- Cheese, which is increasingly popular in India in dishes like pizza and sandwiches
- Condensed milk, which is used as a sweetener in many Indian desserts

International Context:

- Milk (cow's milk, sheep milk, goat milk, camel milk, buffalo milk, yak milk)
- Cheese (cheddar, brie, mozzarella, feta, parmesan, etc.)
- Yogurt
- Butter
- Cream
- Ice cream
- Whey protein
- Casein protein
- Chocolate (milk chocolate)
- Condensed milk
- Evaporated milk
- Caramel (made with milk)
- Custard
- Pudding
- Condensed milk-based sweets like coconut barfi and besan burfi
- Cream cheese
- Sour cream
- Cottage cheese
- Milk-based sauces like Alfredo sauce and béchamel sauce
- Cream-based soups like clam chowder and cream of mushroom soup
- Cream-based desserts like crème brûlée and panna cotta
- Milk-based cocktails like White Russian and Eggnog
- Instant hot chocolate mix
- Protein bars and shakes containing whey protein



ELECTROMAGNETIC SPECTRUM



SPMF recreates piezoelectric stimulus with specific frequencies in the range of 8-40 Hz, based on the grade of OA leading to **cartilage regeneration**

Since SPMF-Therapy employs a very low frequency in treating osteoarthritis and spinal problems it is extremely safe.

The frequency used in SPMF-Therapy of osteoarthritis and spinal disorders is:

- Very low frequency
- Non-ionizing frequency
- Non-thermal frequency

Patients undergoing SPMF-Therapy do not experience any pain or discomfort during treatment.



We treat osteoarthritis, cancer, and spinal cord problems.

www.sbfhealthcare.com

Email: info@sbfhealthcare.com

Bengaluru Treatment Centers

SBF Healthcare

Ground Floor
Barton Center

M G Road 560 001

Phone: +91 63661 06036

SBF Healthcare

#25/7, Level 2, Shree Kote
Ashirwad Towers, Outer Ring
Road, Doddanekundi,

Marathahalli 560 037

Phone: +91 99005 48375

SBF Healthcare

Site # 83, Shanthi Nilayam
3rd Cross, 4th Phase,
Dollars Colony,

J P Nagar 560 078

Phone: +91 99005 48375

Consultation Hours

Mon – Fri : 9:00 AM – 5:00 PM

Saturday : 9:00 AM – 1:00 PM