

The Aura Wellness Nova HD PEMF device is a high-powered, portable, and easy-to-use device that can help you improve your health and wellness. It uses pulsed electromagnetic fields (PEMF) to stimulate your cells and enhance your body's natural healing abilities. Here are 41 ways you can use your Nova HD device for various purposes:

1. Relieve pain and inflammation in your joints, muscles, or nerves by placing the large loop or butterfly loop over the affected area and choosing the intensity level that suits you. Treat as often as possible until you obtain your desired results.
2. Boost your energy and mood by applying the large loop over your chest or abdomen for 10 to 20 minutes in the morning.
3. Improve your sleep quality by using the large loop over your head or pillow for 10 to 20 minutes before bedtime.
4. Enhance your immune system by using the large loop over your thymus gland (located in the center of your chest) for 10 to 20 minutes daily or as often as possible.
5. Support your brain health and cognitive function by using the butterfly loop over your forehead or temples for 10 to 20 minutes daily or as often as possible.
6. Promote wound healing and prevent infection by placing the large loop or butterfly loop over the wound site and using a low to medium intensity setting for 10 to 20 minutes daily or as often as possible.
7. Reduce stress and anxiety by using the large loop over your heart or solar plexus (located below your rib cage) for 10 to 20 minutes or as often as possible.
8. Detoxify your body by using the large loop over your liver or kidneys for 10 to 20 minutes daily or as often as possible.
9. Improve your digestion and metabolism by using the large loop over your stomach or intestines for 10 to 20 minutes daily or as often as possible.
10. Increase your blood circulation and oxygen delivery by using the large loop over your legs or arms for 10 to 20 minutes daily or as often as possible.
11. Stimulate your lymphatic system and reduce swelling by using the large loop over your neck or groin for 10 to 20 minutes daily or as often as possible.
12. Balance your hormones and endocrine system by using the butterfly loop over your thyroid gland (located in the front of your neck) or adrenal glands (located above your kidneys) for 10 to 20 minutes daily or as often as possible.
13. Enhance your bone health and density by using the large loop over your spine or hips for 10 to 20 minutes daily or as often as possible.
14. Support your respiratory system and lung function by using the large loop over your chest or back for 10 to 20 minutes daily or as often as possible.
15. Improve your skin health and appearance by using the butterfly loop over your face or neck for 10 to 20 minutes daily or as often as possible.
16. Accelerate muscle recovery and growth by using the large loop over your muscles after a workout or physical activity for 10 to 20 minutes as needed.
17. Prevent muscle cramps and spasms by using the butterfly loop over the affected muscle area as soon as possible for 5 to 10 minutes as needed.
18. Alleviate headaches and migraines by using the butterfly loop over the base of your skull or forehead for 10 to 20 minutes.

19. Reduce sinus congestion and inflammation by using the butterfly loop over your nose or cheeks for 10 to 20 minutes.
20. Ease menstrual cramps and discomfort by using the large loop over your lower abdomen or pelvis for 10 to 20 minutes as needed.
21. Support your reproductive health and fertility by using the butterfly loop over your ovaries or testicles for 10 to 20 minutes daily as needed.
22. Improve your sexual performance and pleasure by using the butterfly loop over your genitals or perineum for 10 to 20 minutes before intercourse.
23. Enhance your hair growth and thickness by using the butterfly loop over your scalp for 10 to 20 minutes daily or as needed.
24. Strengthen your teeth and gums by using the butterfly loop over your mouth or jaw for 10 to 20 minutes daily or as needed.
25. Prevent or reverse hair loss and graying by using the butterfly loop over your scalp for 10 to 20 minutes daily.
26. Reduce eye strain and fatigue by using the butterfly loop over your eyes for 5 to 10 minutes daily.
27. Improve your vision and eye health by using the butterfly loop over your eyes for 10 to 20 minutes daily.
28. Prevent or treat ear infections and tinnitus by using the butterfly loop over your ears for 10 to 20 minutes daily.
29. Improve your hearing and ear health by using the butterfly loop over your ears for 10 to 20 minutes daily.
30. Relieve allergies and asthma by using the large loop over your chest or back for 10 to 20 minutes daily.
31. Boost your memory and learning ability by using the butterfly loop over your temples or behind your ears for 10 to 20 minutes daily or as needed.
32. Reduce depression and mood swings by using the large loop over your heart or solar plexus for 10 to 20 minutes daily.
33. Improve your creativity and intuition by using the butterfly loop over your third eye (located between your eyebrows) or crown chakra (located at the top of your head) for 10 to 20 minutes daily or as needed.
34. Enhance your meditation and spiritual awareness by using the large loop over your whole body or the butterfly loop over your heart or crown chakra for 10 to 20 minutes daily.
35. Support your weight loss and appetite control by using the large loop over your stomach or intestines for 10 to 20 minutes before meals.
36. Prevent or treat colds and flu by using the large loop over your chest or back for 10 to 20 minutes daily.
37. Improve your skin elasticity and reduce wrinkles by using the butterfly loop over your face or neck for 10 to 20 minutes daily.
38. Increase your flexibility and range of motion by using the large loop over your joints or muscles for 10 to 20 minutes before or after stretching.
39. Reduce inflammation and pain from arthritis, rheumatism, or gout by using the large loop over the affected joints or muscles for 10 to 20 minutes daily.

40. Improve your kidney function and prevent kidney stones by using the large loop over your kidneys or lower back for 10 to 20 minutes daily.
41. Improve your liver function and prevent liver disease by using the large loop over your liver or upper right abdomen for 10 to 20 minutes daily.