# Unraveling the Secrets of Bob Beck's Magnetic Pulse Generator: A Comprehensive Guide to Construction

In the realm of alternative healing, Bob Beck's Magnetic Pulse Generator (BMPG) has garnered immense attention as a potential tool for addressing various health concerns. This DIY device, conceptualized by the renowned inventor, has sparked curiosity among enthusiasts seeking natural remedies. However, constructing a functional BMPG can be a daunting task, shrouded in complexities and misinformation. This comprehensive article aims to dispel the confusion and empower readers with the knowledge and guidance necessary to successfully build their own Bob Beck Magnetic Pulse Generator.

#### **Understanding the Principles of Magnetic Pulse Therapy**

Magnetic pulse therapy, the foundation of the BMPG, involves exposing the body to pulsed electromagnetic fields (PEMFs). These pulses are believed to stimulate cellular processes, enhance blood flow, and promote healing. Bob Beck hypothesized that by applying PEMFs to the body, it could mimic the Earth's natural magnetic field, which is crucial for maintaining optimal health.



WHY, WHAT, & HOW TO CONSTRUCT A BOB BECK MAGNETIC PULSE GENERATOR: Update July 2024

by Jason Hommel

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#### Materials Required for Building a BMPG

Assembling a BMPG requires a specialized set of components. The following list provides a comprehensive overview of the materials you will need:

- 12-volt DC power supply: This provides the electrical energy required to generate the magnetic pulses.
- **555 timer IC**: This integrated circuit serves as the heart of the pulse generator, controlling the timing and frequency of the pulses.
- Transistor (2N3055 or equivalent): This amplifies the signal from the
   555 timer, driving the current through the coil.
- Coil: A copper wire coil wound around a ferrite core, responsible for generating the magnetic field.
- Diodes (1N4001 or equivalent): These prevent current from flowing backward through the circuit.
- Capacitors: These store electrical energy, smoothing out the pulses and preventing voltage spikes.
- Resistors: These limit the current flowing through various components.

- Breadboard or perfboard: This provides a temporary or permanent mounting surface for the components.
- Wire: Used for connecting the components.

#### **Step-by-Step Construction Guide**

With the necessary materials at hand, follow these detailed steps to construct your BMPG:

- 1. **Prepare the Breadboard**: Insert the 555 timer IC into the breadboard, ensuring proper orientation.
- Connect the Timing Components: Connect a 10kΩ resistor between pins 6 and 7 of the 555 timer and a 0.01µF capacitor between pins 6 and 2. These components determine the pulse frequency.
- 3. Add the Discharge Transistor: Insert the transistor onto the breadboard, connecting its base to pin 3 of the 555 timer, emitter to ground, and collector to the positive terminal of the power supply.
- 4. **Install the Coil**: Mount the coil on the breadboard, connecting one end to the collector of the transistor and the other end to the positive terminal of the power supply.
- Add Protection Diodes: Connect a 1N4001 diode in parallel with the coil, with the cathode facing the positive terminal of the power supply. This prevents voltage spikes.
- 6. **Connect the Power Supply**: Connect the negative terminal of the power supply to the ground rail of the breadboard and the positive terminal to the junction of the coil and the diode.

7. **Test the Circuit**: Power on the circuit and use a multimeter to measure the voltage across the coil. You should observe voltage pulses indicating the generation of magnetic pulses.

#### **Optimizing Your BMPG for Health Applications**

Once your BMPG is operational, you may further optimize its performance for specific health applications. Consider the following adjustments:

- Pulse Frequency: The frequency of the pulses can be adjusted by changing the value of the capacitor connected between pins 6 and 2 of the 555 timer. Higher frequencies may be used for acute conditions, while lower frequencies are suitable for chronic conditions.
- Pulse Duration: The duration of each pulse can be modified by adjusting the value of the resistor connected between pins 6 and 7 of the 555 timer. Longer pulses provide more intense stimulation, while shorter pulses are gentler.
- Coil Design: The size and shape of the coil can influence the magnetic field strength and penetration depth. Experiment with different coil configurations to find the optimal setup for your needs.

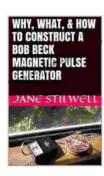
#### **Safety Considerations**

While Bob Beck's Magnetic Pulse Generator is generally considered safe, it is essential to exercise caution and adhere to the following safety guidelines:

 Pacemaker Interference: Individuals with pacemakers should avoid using the BMPG as it may interfere with the device's proper functioning.

- Pregnancy: Pregnant women should consult with their healthcare provider before using the BMPG.
- Metal Implants: People with metal implants should exercise caution as the magnetic pulses may cause discomfort or interfere with the implants' function.
- Overuse: Avoid prolonged or excessive use of the BMPG, as it may lead to tissue damage.

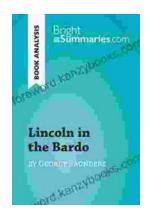
Constructing a Bob Beck Magnetic Pulse Generator is a rewarding endeavor that empowers individuals to explore the potential of magnetic pulse therapy. By following the comprehensive guide outlined in this article, you can successfully build your own BMPG, customize it for specific health applications, and harness the benefits of magnetic pulses while adhering to safety precautions. Remember to approach this project with a spirit of curiosity, meticulous attention to detail, and a commitment to safety.



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