

FAQ

:: Frequently Asked Questions /
Application / Technology

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1. Basic Statements

HOW CAN THE NATURE OF THE BEMER® PHYSICAL VASCULAR THERAPY BE BRIEFLY EXPLAINED ?

It is a therapy for the improvement of circulation in the smallest blood vessels (microcirculation) which supports the body's natural healing processes.

Blood is the body's universal means of transport. Oxygen, nutrients, semiochemicals (e.g. hormones), defense cells etc. are all transported through our blood. Only when all of our body's cells, tissues and organs are adequately nourished and all metabolic products are removed can we be healthy, productive and function properly. The optimal regulation of microcirculation is a prerequisite for health and fitness. Microcirculation matters.

WHAT IS MICROCIRCULATION UNDERSTOOD TO MEAN ?

Microcirculation is understood as the part of our blood circulation system which, by way of regulating blood flow, guarantees the supply to each individual cell of its required oxygen and nutrients. At the same time, microcirculation enables metabolic products such as carbon dioxide, which accrue as a result of cell functioning, to be removed. As is already expressed by the term 'micro', it refers to incredibly small vessels, as the cells are of course very small (somatic cells are not visible to the naked eye). Consequently, we have a huge network of very small blood vessels in our body, some of which are four times thinner than a strand of hair.

They are composed of differing structures: the smallest blood vessels (arterioles, capillaries, venules), initial (those at the beginning), lymphatic vessels and the interstitial spaces (area around blood vessels, cells and lymphatic vessels).

WHY IS MICROCIRCULATION SO IMPORTANT FOR A PERSON'S HEALTH AND PHYSICAL PERFORMANCE ?

Scientific findings confirm that the health and physical performance of a person critically depends on a function microcirculation.

In all advanced organisms, blood circulation regulates the nourishment of cells with oxygen and nutrients, the removal of waste products, vital information about hormones and semiochemicals, immune defenses and much more. The performance and functionality of every individual body cell, of muscles, joints, organs, glands, the immune system etc. completely depends on optimal nourishment and cleansing through microcirculation.

WHY DOES IMPAIRED MICROCIRCULATION LEAD TO A REDUCTION IN FITNESS, AND POTENTIALLY TO EARLY AGEING AND ILLNESS ?

Impaired microcirculation can lead to an energy deficiency in the cells, because they are not adequately nourished. The initial consequence is reduced productive capacity and later impaired functioning of the affected cells. If many cells of an organ or a tissue are affected, relevant symptoms become apparent, which are then defined as a disease.

Energy deficient cells cannot function at their full capacity. From this, diseases which may be regarded as deficiencies develop. Deficiency means weakness, reduced efficiency of muscles, organs, glands, nerve cells etc. which can lead to organ failure.

Most cells have a certain life span, afterwards they become renewed. Cells which are energy deficient die early. The consequences may be chronic degenerative diseases such as arthrosis, degenerative disc disease etc.

Even our white blood cells, and therefore the effectiveness of our immune system, are directly dependent upon the microcirculation and the condition of these cells.

WHAT ARE THE ESSENTIAL CAUSES OF DISRUPTED BLOOD FLOW IN MICROCIRCULATION ?

Above all, the causes of blood flow disruptions, weak performance, early ageing and disease in people in industrial nations are related to lifestyle factors.

The living conditions of the modern person, which in medicine are often presented as risk factors, such as lack of exercise, obesity (poor diet), physical stress and environmental pollution, lead to an impairment of blood circulation and as such are the primary cause of early ageing and the development of diseases.

HOW CAN THE BEMER® PHYSICAL VASCULAR THERAPY BE APPLIED TO DISEASES ?

The BEMER therapy improves the blood flow i.e. the blood circulation by way of improved microcirculation, so that you can feel the effects. It has a fundamentally positive effect when used for the treatment of diseases. Without a functioning microcirculation healing is difficult or can't take place at all.

The BEMER therapy is a complementary therapy which supports the self-healing capability of the body. At the same time it lays the groundwork so that conventional medical therapies as well as natural healing methods can work better. It's the ideal partner for all known methods of therapy.

CAN THE BEMER THERAPY CURE DISEASES ?

The BEMER therapy does not cure diseases, it supports the body in its own self-healing process. Likewise, a doctor or a plaster cast can't heal a broken bone, the healing of the fracture is done by the body. A doctor or a plaster cast merely supports the body's own healing process, for example through immobilization.

WHAT EFFECTS OF THE BEMER® PHYSICAL VASCULAR THERAPY HAVE UNTIL NOW BEEN ABLE TO BE SCIENTIFICALLY PROVEN ?

- >> effects on microcirculation as an essential component of blood flow,
- >> effects on the immune system,
- >> effects on cell productivity and production of proteins (build up and breakdown)
- >> effects on the balance of antioxidants.

ARE THERE SCIENTIFIC STUDIES ABOUT THE BEMER® PHYSICAL VASCULAR THERAPY ?

Yes. Over the years the BEMER® Physical Vascular Therapy has been scientifically examined in a great number of journal articles and the results published.

At present, a database of all scientific research relating to the BEMER® Physical Vascular Therapy is being compiled. Till today there have been 3 books, 4 "PubMed" listed studies and approximately 46 issues published.

WHY IS THE BEMER® PHYSICAL VASCULAR THERAPY BEING INCREASINGLY RECOMMENDED BY DOCTORS ?

- >> because it applies to one of the most important causes of disease (impaired blood circulation and malnourishment) and demonstrates treatment related effects (improved quality of life, performance)
- >> because it supports diverse, natural self-regulating mechanisms (therefore broad spectrum efficacy),
- >> because after long-term use no health-endangering side-effects have become known,
- >> because it can be applied to increased performance, faster recovery after physical and/or mental strain, to preventative health and to treatment of diseases or faster healing of wounds and broken bones.
- >> because it can be easily combined with every other treatment method. It is especially suitable for the support of conventional medical therapies. It can support the action of medications and in certain circumstances lead to a reduction in the required dose of medication.
- >> because it can often show results where conventional treatments have stopped bringing results (cases that are deemed to be beyond treatable)
- >> because its effects are scientifically proven,
- >> because its mode of action is grounded in practice and theory and has been tried and tested over a long period of practical application.
- >> The BEMER technology and the BEMER Pro/Classic systems are tested and approved as medical engineering devices. They are equally suited for both medical professionals and for end-users.

>> BEMER® Physical Vascular Therapy is a form of therapy which has a direct effect upon impaired microcirculation, without being limited to this disorder.

WHAT CONTRAINDICATIONS ARE THERE ?

Every organ and cell transplantation (e.g. bone marrow transplantation), whereby immune system suppressing and doctor prescribed therapies are being applied, presents an absolute contraindication for the application of BEMER.

The body recognizes the grafts (foreign organs and cells) as foreign and attempts to reject them (rejection reaction), therefore the immune system has to be suppressed with medications. The BEMER® Physical Vascular Therapy strengthens the immune system, which in this case is unwanted.

CAN I USE THE BEMER THERAPY WITH METAL IMPLANTS, OR SHOULD I FIRST CONSULT MY DOCTOR ?

Because of the low intensity of the magnetic field which is transmitted by BEMER type signals, the BEMER therapy can be used with all metallic implants (screws, discs, stitching clips). It is not necessary to obtain any kind of special permission or clarification from the treating doctor.

CAN I USE THE BEMER® PHYSICAL VASCULAR THERAPY DURING PREGNANCY, WITH A TUMOR OR SERIOUS DISEASES WITHOUT RESTRICTIONS ?

During pregnancy, tumor diseases and other serious illnesses which require ongoing medical treatment and require medication, the complementary application of the BEMER® Physical Vascular Therapy should be discussed with the treating doctor.

MAY THE BEMER® PHYSICAL VASCULAR THERAPY BE USED AFTER A RECENT STROKE ?

The application of the BEMER® Physical Vascular Therapy after a recent stroke depends on the nature of the stroke in question. In this case the treating doctor must be informed and consulted.

In the case of older stroke incidents, the application of the BEMER® Physical Vascular Therapy depends primarily on the medication prescribed. According to current scientific knowledge, the BEMER® Physical Vascular Therapy can in most cases be used without any problems.

Please consult your treating doctor.

MAY THE BEMER® PHYSICAL VASCULAR THERAPY BE APPLIED IN CASES OF VASCULAR OCCLUSION CAUSED BY BLOOD CLOTS OR THROMBOSES ?

Yes, but only after consultation with the attending physician since any readjustment to the medication dose can be necessary.

CAN THE BEMER® PHYSICAL VASCULAR THERAPY TREAT ATHEROSCLEROSIS ?

Atheroscleroses are in fact fixed to the wall of the vessel and are very hard. According to current scientific knowledge they cannot be unfixed using the BEMER® Physical Vascular Therapy. Admittedly, as a result of disrupted circulation, small blood clots can form along the edges of constrictions where atheroscleroses are present (carotid artery, aorta). In most cases, these are treated with blood thinning medical treatment. In this case, please consult with your treating doctor before use.

CAN THE BEMER® PHYSICAL VASCULAR THERAPY BE SAFELY USED IN CONJUNCTION WITH BLOOD THINNING MEDICATIONS SUCH AS MARCUMAR OR WARFARIN (COUMARIN DERIVATIVES) ?

In consequence of BEMER application the effect of drugs can still be unchanged, strengthened or weakened. Therefore users, who are under a permanent, medically prescribed drug therapy, should contact their attending physician thereof so that any necessary dose adjustments can be made.

WHEN USING THE SLEEP PROGRAM DOES INTENSE SWEATING SOMETIMES OCCUR ?

Every user reacts individually to the effects of the BEMER® Physical Vascular Therapy. During the night, the sleep program fosters increased and improved blood flow to the organs important for metabolism. Because we undergo increased metabolic and emulsive processes during the night, this can lead to increased sweating. This is on account of the intensified detoxification of the body.

CAN OR SHOULD THE BEMER® PHYSICAL VASCULAR THERAPY BE USED BY PEOPLE WITH ELECTRONIC IMPLANTS ?

BEMER technology complies with all applicable legislative regulations relating to active implantable medical devices. For any questions or in case of doubts, contact your attending physician.

CAN SIDE-EFFECTS OCCUR ?

Side-effects are understood to be unwanted accompanying effects; e.g. allergies, bleeding etc. After millions of applications, there have until now been no known occurrences which would be subject to an obligation to report. According to current scientific knowledge, there are no known side-effects.

DOES THE BEMER® PHYSICAL VASCULAR THERAPY FOSTER THE GROWTH OF TUMORS ?

A tumor is composed of degenerate cells, wherein the metabolic processes take place differently to in healthy cells. It was able to be proven in animal experiments that the application of BEMER does not foster the growth of tumors.

CAN A DISEASE BECOME WORSE IN SPITE OF THE USE OF THE BEMER® PHYSICAL VASCULAR THERAPY?

Through the application of BEMER, the homeostasis and self-recovery of the organism is supported. This is, however, only possible when all of the other substances which a person requires are adequately available (nutrients, vitamins, minerals, trace elements). If these substances are not available, it can lead to deficiency symptoms (magnesium deficiency can lead to cramps in the calves, calcium deficiency can lead to cramps in the arms or to cardiac arrhythmias etc.) Such deficiency states can, of course, not be eliminated through use of the BEMER® Physical Vascular Therapy.

If the organism is poisoned with toxic substances (heavy metals, acids etc.), it can lead to an excretion reaction. Therefore the removal of such substances should always be supported by other means. It's especially important to drink enough non-carbonated water.

Due to an improvement in nervous conduction, it's possible that in some cases pain will be sensed stronger subjectively. This is not a reason to discontinue the therapy, but rather the manifestation of a positive effect.

With regard to severe diseases, one must wherever possible consult with the treating physician, BEMER® Physical Vascular Therapy acquainted doctor or user consultant before beginning to use it.

IS THE BEMER THERAPY RECOGNIZED BY CONVENTIONAL MEDICINE?

Conventional medicine is still dominated by mechanical/chemical thinking (surgery and medication treatments). The BEMER® Physical Vascular Therapy is not yet recognized in all professional circles of conventional medicine. However, on the grounds of the measurable and reproducible results which are achieved through BEMER therapy, it is winning ever increasing recognition, including from exponents of conventional medicine.

IS THE BEMER® PHYSICAL VASCULAR THERAPY PAID FOR BY HEALTH INSURERS?

It is not paid for by statutory health insurers.

Many private health insurers have some tariffs for complementary medical treatments. As a result, the meeting of costs of the BEMER® Physical Vascular Therapy differs between private health insurers.

WHAT IS THE ATTITUDE OF DOCTORS TOWARDS THE BEMER® PHYSICAL VASCULAR THERAPY?

Increasingly, doctors are turning towards „integrative medicine“. In this respect the BEMER® Physical Vascular Therapy is at the very front of acceptance. Doctors offer them as so-called „individual health services“ (IGEL), which are paid for by the patients themselves. Among the IGEL devices, the BEMER® Physical Vascular Therapy already occupies one of the leading positions in Germany.

2. Questions regarding use

HOW IS THE BEMER® PHYSICAL VASCULAR THERAPY IMPLEMENTED ?

The application follows after the whole-body application module B.BODY with a predetermined therapy plan. Its continual daily application can improve circulation generally as well as the overall energetic state.

The twice-daily application of the basic plan is the basis of the BEMER therapy for whole-body regulation. For local applications there are special additional application modules (B.SPOT, B.PAD) and for treatment of skin there is the „light application module“ B.LIGHT, which can be used as a complementary module to the B.BODY application module. The BEMER therapy can be implemented in a professional setting, but above all for at-home use twice daily.

WHY DO DIFFERENT APPLICATION MODULES BELONG TO THE BEMER PRO AND CLASSIC SET ?

Two aspects of the application of the BEMER® Physical Vascular Therapy are to be considered:

1. The basis of every therapy incorporates the application of the whole-body application module B.BODY with the basic plan for the general improvement of blood flow and all other listed effects.
2. Support for the general therapy and all effects through additional local stimulation in affected body areas with the B.SPOT (relatively limited surface area) and the B.PAD (larger area).

WHAT IS THE BASIC PLAN ?

The basic plan was consistently adapted and optimized based on years of experience and hindsight of device technologies as well as user feedback.

The basic plan presents the fundamental recommendations for use from the manufacturer and is the basis for the optimal application of the BEMER® Physical Vascular Therapy.

	CYCLE 1					
	WEEK 1	WEEK 2	WEEK 3	WEEK 4	WEEK 5	WEEK 6
MORNING	Level 1 <i>plus</i>	Level 2 <i>plus</i>	Level 3 <i>plus</i>	Level 4 <i>plus</i>	Level 5 <i>plus</i>	Level 6 <i>plus</i>
EVENING	Level 1	Level 2	Level 3	Level 4	Level 5	Level 6
NIGHT	-	-	-	-	-	-
	BY CYCLE 2					
	WEEK 7	WEEK 8	WEEK 9	WEEK 10		
MORNING	Level 3 <i>plus</i>	Level 4 <i>plus</i>	Level 5 <i>plus</i>	Level 6 <i>plus</i>		
EVENING	Level 3	Level 4	Level 5	Level 6		
NIGHT	Sleep Programm 1 x per week	Sleep Programm 2 x per week	Sleep Programm 3 x per week	Sleep Programm 4 x per week		

HOW LONG CAN ONE EXPECT TO WAIT FOR THERAPY RESULTS ?

The length of therapy is strongly dependent upon the severity of the disease, the age of the patient, the duration of the disease and the general lifestyle of the individual. The first noticeable therapeutic improvements present themselves within four to six weeks most of the patients, when the basic plan is followed consistently and regularly.

HOW LONG DO THERAPY RESULTS REMAIN ?

The BEMER® Physical Vascular Therapy is recommended as a long-term application.

The positive effects of the BEMER® Physical Vascular Therapy remain for a long period of time. It depends fundamentally on the individual lifestyle of the respective user.

The aim is the preservation of increased capability and health until well into old age. It is less important how old one is, but rather how one is becoming old (and with what quality of life).

WHAT DOES ONE FEEL WHEN USING THE BEMER® PHYSICAL VASCULAR THERAPY ?

The perception of the BEMER application differs from user to user. Some users experience a light feeling of warmth or a tingle. Most feel clearly relaxed and invigorated after the application.

In case of doubt consult with your treating physician, BEMER® Physical Vascular Therapy acquainted BEMER reference expert or the medical user consultant.

HOW CAN ONE MEANINGFULLY SUPPORT THE BEMER APPLICATION ?

- >> Drink a sufficient amount of non-carbonated water in order to maintain optimal level of fluids.
- >> Adequate nutrition, eat fresh fruit and vegetables, avoid alcohol and nicotine or at least reduce intake to a minimum, in order to avoid inflicting dietary-related stresses on the body,
- >> as much outdoor activity as possible, without overloading the body (observe an age-appropriate heart rate),
- >> introduce vitamins, minerals and trace elements as required; calf cramps are often a sign of a magnesium deficiency, cramps in the arms or also cardiac arrhythmias may signify a calcium deficiency.
- >> Avoid stress during the BEMER therapy (mobiles, telephones, television...).

DOES AN ATHLETE BECOME MORE EFFICIENT THROUGH THE APPLICATION OF THE BEMER® PHYSICAL VASCULAR THERAPY ?

Yes, the BEMER application can elicit an increase in performance. The increased performance results from a shorter recovery period, decreased risk of injury and a strength preserving warm-up. Due to a faster recovery period, training can be structured differently, leading to an increase in performance. In addition, the frequency of infections decreases during the strain of training.

IF AN ATHLETE INFLUENCES THEIR METABOLIC RATE BY USING THE BEMER® PHYSICAL VASCULAR THERAPY IS THAT THEN CONSIDERED DOPING ?

No, the metabolism is merely optimized in the frame of the body's physical condition. A blood flow which has been influenced by overacidification normalizes itself faster, metabolizing products are excreted in a shorter time, and damaged muscle cells can be repaired more quickly.

SHOULD I NOTIFY MY DOCTOR BEFORE I START USING THE BEMER® PHYSICAL VASCULAR THERAPY ?

Yes, you should always inform your doctor. A doctor who is familiar with the BEMER application will always recommend its use as a precursor or accompaniment to therapy.

Doctors who are not familiar with the BEMER® Physical Vascular Therapy cannot express themselves objectively in relation to it. For questions, you can consult a BEMER reference doctor.

DO I STILL NEED CONVENTIONAL MEDICINE AT ALL ?

Of course, conventional medicine is and remains indispensable.

The BEMER® Physical Vascular Therapy can, however, be used as a supporting form of therapy for all diseases and for rehabilitation. As a preventative measure the BEMER® Physical Vascular Therapy serves to strengthen the organism and improve self-regulation. Even healthy people should use the BEMER® Physical Vascular Therapy preventively and to boost performance.

Please remember: BEMER®physical vascular therapy never replaces a conventional medicinal therapy prescribed by a doctor, but in optimal cases could lead to a reduction in the dosage.

3. Technical physical questions

WHAT IS THE BEMER® PHYSICAL VASCULAR THERAPY ?

The working mechanism of the BEMER® Physical Vascular Therapy consists of the transmission of a special, patented and multi-dimensionally configured signal (the BEMER type signal).

This special signal is transmitted in the body via an electromagnetic field. So the electromagnetic field is not the „agent“, but rather the BEMER signal.

WHAT ARE ELECTROMAGNETIC FIELDS ?

Electromagnetic fields arise through electromagnetic interaction.

In general, wherever ions or electrons are moving, i.e. where electricity is flowing, a magnetic field arises perpendicular to the flow direction. This magnetic field in turn acts on electrically charged particles.

SO DOES ELECTRICITY THEN FLOW THROUGH MY BODY ?

No.

WHY DOES A MAGNETIC FIELD PERMEATE THE HUMAN BODY ?

Low frequency, pulsating magnetic fields, which are employed in magnetic field therapy, have, because they diffuse at the speed of light, wavelengths thousands of kilometers long. On the grounds of these very long wavelengths, they permeate all matter, including the human body. However, an electromagnetic field weakens very quickly with increased distance, losing intensity.

CAN I USE THE BEMER SYSTEM IN MY WATER BED WITHOUT HESITATION ?

A waterbed does not present any interference or contraindications for the use of the BEMER therapy.

CAN I OVERUSE THE BEMER THERAPY AND HARM MY BODY ?

The BEMER therapy supports the natural healing processes of the body and an impaired microcirculation resulting either from ageing or disease. In a „healthy“ organism, in which everything is functioning, the BEMER therapy can stimulate the blood flow, but not overstimulate it, in order to strengthen the body's own regulating mechanisms and keep them healthy for longer (precaution, prevention).

In a „sick“ organism, the BEMER therapy stimulates the microcirculation and thereby the nourishment and cleansing of cells, so that they can be improved.

I'VE HEARD OF THE DAMAGING EFFECTS OF ELECTRIC SMOG, DOES THE BEMER THERAPY ADD TO ELECTRIC SMOG ?

At this point, there is no widely recognized scientific evidence that electric smog is harmful to humans. At present, the thermal effects of high frequencies on water retaining tissue have been proven. All possible effects on cell linings and possible resonance in individual cells still await substantial evidence. All alleged effects on the brain or along neural pathways are equally without substantial evidence.

In a statement by the German Federal Agency for Radioprotection in reference to various publicly discussed studies which advised of possible harm from electromagnetic radiation, all studies without exception were criticized for methodical mistakes and insufficient reproducibility of the alleged results. The fact is that all of our products (especially the power adaptors) conform to the stringent EMV-Directives (for electromagnetic compatibility) for medicinal products and their defined values.

4. From unspecified electromagnetic field therapy to the targeted BEMER® Physical Vascular Therapy

The BEMER® Physical Vascular Therapy is at the present the most developed form of therapeutic applications of electromagnetic fields. Its effects have been scientifically proven and are based on conventional medical theory.

The special impulse of the BEMER® Physical Vascular Therapy is protected by patent and is charted against all other types of therapeutically applied impulses due to its broad frequency spectrum.

The electromagnetic field serves only as a carrier substance and transmitter for the special BEMER type signal, which is responsible for the effects on the body.

WHAT IS SPECIAL ABOUT THE BEMER® PHYSICAL VASCULAR THERAPY ?

The uniqueness of the BEMER® Physical Vascular Therapy lies in its signal and its configuration. The signal impulse frequency leads to a (scientifically grounded) stimulation of the smallest efferent vessels, and with the impulse frequency there has likewise been success in stimulating the centrally triggered, somewhat larger vessels, whereby the acting time was also longer.

WHAT DOES THE PLUS SIGNAL MEAN ?

With this special *plus* signal, which is integrated into the normal base signal, the user achieves additional stimulation of the flexibility of the vessel (vasomotion) in the smallest areas of the vessels.

The term vasomotion describes rhythmic changes in the diameter of arterioles and small arteries, which play an important role in the distribution of blood throughout the tissue. Through the optimization of capillary circulation, a clearly improved adjustment of the microcirculation for the metabolic needs of the supplied tissues is achieved.

Through continuing research work and further development of the BEMER PRO/CLASSIC SET it has become possible to use the *plus* signal continuously with all application modules.

CAN I SWITCH THE PLUS SIGNAL OFF ?

Yes, on the BEMER PRO/CLASSIC SETS the *plus* signal can be easily switched off by pushing a button.

AT WHAT FLUX DENSITY DOES THE BEMER® PHYSICAL VASCULAR THERAPY OPERATE ?

The whole-body application module B.BODY reaches a maximum average flux density from between 35 and 50 μT (microtesla), all other application modules (B.PAD, B.SPOT) between 100 and 150 μT (microtesla) (values without and with the *plus* signal respectively).

WHAT TASK DOES AN APPLICATION MODULE HAVE ?

The intensity of an electromagnetic field is defined according to two measurements: by the amperage of the flowing current and by the number of twines in the coil. This means: with equal current intensity the flux density of the electromagnetic field depends on the number of twines in the coil. For the BEMER® Physical Vascular Therapy there are two different types of coils; the weaker whole-body application module B.BODY, and the stronger application modules B.PAD and B.SPOT.

The current intensity is selected via the 10 stages, or rather with three programs. Thereby the above described flux densities are reached.

AT WHAT POTENTIAL DOES THE BEMER® PHYSICAL VASCULAR THERAPY OPERATE ?

The BEMER® Physical Vascular Therapy works with a 12–15 volt direct current. This is generated with an external power adaptor with a mains connection (100 –240 volt, alternating current) or with the accompanying battery.

HOW IS THE WHOLE-BODY APPLICATION MODULE B.BODY CONSTRUCTED ?

Six disc coils are integrated in the whole-body application module B.BODY. When the current flows through these coils, an electromagnetic field is generated perpendicular to the flow direction of the current. Every BEMER system generates a pulsating field this way (see BEMER® Physical Vascular Therapy-Impulse). The intensity of the field (flux density) amounts to on average, depending on the level selected on the control device, between 3.5 to 35 μT (microtesla) without the *plus* signal and up to 50 μT with the *plus* signal (B.BODY) activated.

With the whole-body application module B.BODY effects should be elicited on as many blood vessels as possible throughout the whole-body.

WHAT IS THE B.PAD AND HOW CAN I USE IT ?

The B.PAD is a flexible, long and narrow coil element with three integrated coils.

Because of its flexible structure the B.PAD can be wound around a joint or along the spinal column, or laid upon an arm or a leg as required. Because of its length, large sections of the body can be additionally stimulated simultaneously. Because of its flexible and compact design, it can easily be taken on travels together with the control unit.

MY CONTROL UNIT SHOWS AN ERROR MESSAGE (WITH OR WITHOUT A RECOGNIZED CAUSE), WHAT SHOULD I DO ?

Our devices undergo a strict and comprehensive quality control inspection before delivery. Should an error report present itself against expectations, please refer to the manual.

Should the error report remain in spite of this, please consult your trusted BEMER business partner or the technical service line of BEMER Int. AG (see manual). Refrain from any further treatment until the problem has been rectified.

Should the application module (B.BODY, B.PAD, B.SPOT or B.LIGHT), control unit or cable show visible damage (loosening of the adaptor, failed LED...), please refrain from any further treatment using this application module and promptly contact your trusted BEMER business partner or the technical service line of BEMER Int. AG (see manual).

WHAT IS THE B.LIGHT USED FOR ?

The B.LIGHT is suited only for the treatment of diseases and problems of the skin and for the support of wound healing.

CAN THE LIGHT OF THE B.LIGHT BE COMPARED WITH CONVENTIONAL RED LIGHTS OR WITH OTHER FORMS LIGHT THERAPY WHICH ARE ALREADY AVAILABLE ON THE MARKET (COMFORT LIGHTS ETC...)?

The B.LIGHT works with non coherent monochromatic, i.e. a very pure red light with only one wavelength (660 nm), which is produced by light emitting diodes (LED).

This light contrasts with the red blended light of a cold light, and its effects are based on the first line of a complicated chemical reaction between light particles and skin cells, or rather material in the skin (known as photo oxidation).

HOW DOES IT DIFFER FROM A RED LIGHT LASER ?

A laser is monochromatic (pure light of only one wavelength) and coherent (in phase). The light of an LED (light emitting diode) is only monochromatic.

WHAT SAFETY REQUIREMENTS ARE THERE FOR THE B.LIGHT ?

The LED employed complies with the requirements of DIN EN 62471. The LEDs do not require servicing.

HOW DO I APPLY THE B.LIGHT ?

For the precise application of the B.LIGHT please refer to the instruction manual, consult your trusted BEMER partner or the user consultants of BEMER Int. AG.

IS IT HARMFUL TO THE EYES TO LOOK DIRECTLY INTO THE RED LIGHT ?

It can lead to irritation of the light receptors, which, in turn, can lead to reduced color vision over a long period of time (especially problematic in traffic). Therefore, please never look into the light.

IMPORTANT: Avoid direct light irradiation: always wear the accompanying safety glasses when using the B.LIGHT.

5. BEMER and SPORT

WHAT INFLUENCE DOES THE APPLICATION OF THE BEMER® PHYSICAL VASCULAR THERAPY HAVE ON MY ENDURANCE ?

Because the body regenerates faster with regular application of the BEMER® Physical Vascular Therapy, you can train more (increased scope, likewise better ability to cope with intensive sessions), so that the endurance increases through more frequent training sessions at correct training intensities.

A further advantage is the improvement of the immune system (fewer missed training sessions, better training quality).

Improved oxygen exhaustion through optimization of the metabolism.

WHAT EFFECT DOES THE BEMER® PHYSICAL VASCULAR THERAPY HAVE ON MY STRENGTH ?

No direct influence, but an indirect influence. The recovery after strength training is accelerated; thereby can strength training be undertaken again sooner. In the respect the BEMER® Physical Vascular Therapy also has positive effects on strength.

In addition the risk of injury is decreased, because with regular application of the BEMER® Physical Vascular Therapy the muscles and conjoining tissue are positively influenced.

The BEMER® Physical Vascular Therapy can be used before strength training as well as a warm-up support (increased blood flow).

BEFORE THE START I AM ALWAYS VERY NERVOUS.

CAN THE BEMER® PHYSICAL VASCULAR THERAPY HELP HERE AS WELL ?

Yes, it can. Stressful situations such as stage fright and anxiety (fear of the dentist) can be influenced by the BEMER® Physical Vascular Therapy to the effect that a calming and relaxing effect on the vegetative nervous system is exerted. A scientific study relating to this was able to prove this.

BEFORE THE START I'M APATHETIC. CAN I INFLUENCE THAT WITH THE BEMER® PHYSICAL VASCULAR THERAPY ?

Due to the improvement in blood flow and therefore the oxygen and nutrient situation of a healthy athlete, the best possible „activation“ of all metabolic processes is possible, in both the nervous system as well as in the muscles.

A particular positive is that no increase in pulse or blood pressure takes place.

DOES THE BEMER® PHYSICAL VASCULAR THERAPY HAVE AN INFLUENCE ON MY COORDINATION FACULTIES (REACTION, COORDINATION, REFLEXES, ANTICIPATION, BALANCE, DIFFERENTIATION) ?

Because the metabolic system of the body is optimized by regular BEMER use, this can have a positive effect on the coordination faculties. The body tires slower and stays focused for longer.

I HAVE MUSCLE STIFFNESS. CAN I APPLY THE BEMER® PHYSICAL VASCULAR THERAPY TO THIS ?

Yes, apply the basic plan with the whole-body application module B.BODY and the local application module B.SPOT or B.PAD with S3 directly to the stiff area.

WHICH LEVEL SHOULD I SELECT AFTER AN INTENSIVE TRAINING SESSION OR COMPETITION ? IS THERE A DIFFERENCE IN RECOVERY AFTER STRENGTH TRAINING ?

Given theoretical considerations, using level 3 with the B.BODY after all intensive training sessions (including strength training) is the most sensible, because the body is „acidic“ and the lactate and the high CK levels should be broken down as quickly as possible. Before training or competition higher intensities can be used.

DOES THE BEMER® PHYSICAL VASCULAR THERAPY REPLACE A SPORTS MASSAGE ?

No. Those, however, who use the BEMER regularly, require fewer massages, because by using BEMER they positively influence their muscle tone and optimize the metabolic state of their bodies.

AFTER A SPORTS INJURY I ATTEMPT TO MINIMIZE THE SWELLING. THE BEMER® PHYSICAL VASCULAR THERAPY IMPROVES BLOOD FLOW. WON'T THE SWELLING THEREBY INCREASE ?

No. The BEMER® Physical Vascular Therapy supports the body's own processes, that means an improvement in blood flow must not be mistaken for an increase in bleeding from a wound (vessel). To a greater degree the BEMER® Physical Vascular Therapy solicits an optimization of the physiological processes, which means a faster wound closure (blood clotting) and introduction of the healing phase (activation/optimization of repair mechanisms). Furthermore, the regulation of the release of synovial fluids by joint injuries can be positively supported and a direct anti-edematous effect achieved.

With injuries it's sensible to apply the B.SPOT locally as quickly as possible. In this case repeatedly, according to individual tolerance. Regardless, the twice-daily application of the whole-body application module as basic therapy should continue.

AFTER THE APPLICATION OF THE BEMER® PHYSICAL VASCULAR THERAPY I BEGAN TO EXPERIENCE CRAMPING OF THE CALVES OFTEN. IS THERE AN EXPLANATION FOR THAT ?

Due to the metabolic activation, muscle cramps in conjunction with the application of the BEMER® Physical Vascular Therapy could indicate a latent mineral deficiency (Mg and Ca). By introducing the aforementioned mineral elements this occurrence can be counteracted quickly and effectively. Had you had enough to drink beforehand (water, tea)? What kind of training had you been doing? At what time of day did the problem occur?

DOES THE BEMER® PHYSICAL VASCULAR THERAPY HELP RELIEVE MUSCLE PAIN ? WHAT DOES IT ACHIEVE IN THIS CASE ?

Generally, muscle pain should be avoided, as it results from an injury or swelling of the muscle cells (small torn muscle fibers). Nevertheless, if one has muscle pain, the BEMER® Physical Vascular Therapy is strongly recommended, as it has been proven to accelerate the healing of injuries. Scientific studies have proven that the BEMER® Physical Vascular Therapy accelerates the healing of wounds. In this case, the initiation of the whole-body application according to the basic plan *plus* additional local applications with S3 would be sensible.

IS THE BEMER® PHYSICAL VASCULAR THERAPY A LEGAL MEANS OF PERFORMANCE ENHANCEMENT, OR COULD IT BE SAID THAT IT IS A FORM OF DOPING ?

Because the BEMER® Physical Vascular Therapy only supports the body's own processes without the addition of any kind of substance, it doesn't count as doping. A performance enhancement is possible, but only with qualitatively good training.

WHO CAN I CONSULT WITH THE FOLLOWING QUESTIONS ?

- | | |
|--------------------------------|---|
| 1. General questions, service, | BP and operating instructions |
| 2. Implementation questions | BP, MPB, recommended physician |
| 3. Technical questions | BP, technical service hotline BEMER Int. AG Triesen |
| 4. Scientific questions | Medical Expert Center BEMER Int. AG Triesen |
| 5. Special medical questions | Recommended physician,
user consultants BEMER Int. AG Triesen. |

GENERAL ADVICE:

THIS FAQ LIST DOES NOT REPLACE THE PERSONAL BRIEFING OF A BEMER EXPERT ADVISOR NOR THOROUGH STUDY OF THE USER INSTRUCTIONS.

This information was compiled with the greatest diligence and represents the current state of knowledge of this product and its application. Because science is subjected to constant change and new or further knowledge can lead to changes in the BEMER therapy, only the most recent version of this publication should be used as a guide.

This information should under no circumstance be seen as a replacement for professional advice or treatment from a trained and recognized doctor. The contents of this publication may not be used to produce self-diagnoses or to begin treatments.

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