

# Benefits of Bemer Therapy

The importance of being healthy becomes clearer when we are sick or suffering from ailments. But it takes a personal commitment to stay healthy. You have the capacity to feel more vital while performing at your best. We are not giving you our promise. We are keeping our promise to you. Introducing an innovative application that can help you maintain your health and promote optimal function: BEMER. Underlying its profound effect, is a unique multi-dimensional signal proven to influence hemodynamics through its effects on blood flow. Blood flow is vital to maintaining and sustaining optimal function and homeostatic balance.

## The Significance of Healthy Blood Flow

Blood flow is the most important part of the human circulatory system in terms of function, and takes place in the finely and extremely entwined network of the smallest blood vessels. Here it fulfills vital transport functions: it supplies the tissue and organs with oxygen and nutrients, disposes of metabolic end products and boosts the immune system. A restricted or impaired blood flow leads to faster ageing of the cells and is the cause of many disorders and illnesses.

### The Human Organism

- The human heart pumps around 15,000 litres of blood through our body daily. The BEMER session ensures that the blood and its components are better perfused and blood better distributed.
- 21 sextillion (21,000,000,000,000,000,000) metabolic reactions take place in our body every second. BEMER technology provides significant support in the flow of these vital processes.
- Medical text books describe over 45,000 illnesses worldwide. Impaired blood flow is the causal factor in many conditions and diseases.

### Threats to Healthy Blood Flow

Blood flow, too, follows the general rule of life and deteriorates with increased age. This process is however accelerated in many people due to damaging environmental influences, bad eating habits and an unhealthy lifestyle. Air pollution, environmental toxins, noise, stress, aggression, depression, lack of sleep and movement, an unhealthy or unbalanced diet, nicotine, alcohol or drugs can have an extremely negative impact on the microcirculation. The result: weakening of the immune system, higher risk of falling ill to infections, lack of protection against free radicals, reduced performance capacity, disorders, impaired healing, and disease.

### Free Radicals

Free radicals are molecules that are responsible for aging, oxidative tissue damage, degeneration and have been implicated in diseases such as rheumatic diseases, cancer and cardiovascular disease. WE can diminish oxidative damage by eating, eliminating, and detoxifying properly. Our body also has the capacity to make its own antioxidants.

### Stress

Be it at work, at home, in the family, due to the environment or even in leisure time: stress results in illness. Stress has a profound impact on the body and can cause diverse negative effects. Stress leads to an increased concentration of adrenaline, noradrenaline or cortisol in the blood, which can lead to long

term damage to the blood vessels. Furthermore, the results of various studies show that psychosocial stress is a risk factor for cardiovascular diseases.

### **The Immune System**

The immune system is a complex network in the body that protects us from approximately 90% of all infections and many other potential risks to our health by means of “mobile intervention troops”, in coordination with a sophisticated defense system. Attacks from bacteria, viruses, tumor cells, toxins, worms or fungi, for example. The white blood cells, so-called leucocytes, form a part of this complicated defense system. They occur virtually in the entire body and, in the event of an infection or other attacks on our health, are controlled by information proteins or messengers. Despite this power of resistance, the immune system itself is also not impervious to attack. Diseases and infections affect it in the same way as do environmental toxins, poor diet, drugs, and alcohol, lack of sleep or excessive stress.

### **What is BEMER Technology?**

Many years of work have resulted in BEMER research making ground breaking findings on the biorhythm of local and primary regulatory processes associated with blood flow. The core of BEMER technology is a multi-dimensional signal that effectively stimulates restricted or impaired circulation.

### **This is how BEMER works**

- Reduced susceptibility to infections
- Improved supply and detoxification of organs and tissue
- Reduced consequences of stress
- Support in the healing of wounds & sports injuries
- Increased performance capacity & maximum training intensity
- Shorter regenerative periods during sports training
- Improved fitness & smaller risk of sports injuries

The BEMER session stimulates circulation of the smallest blood vessels and improves supply to and cleansing of the organs and tissue. A wide cross-section of the population including all age groups can reap the benefits.

### **BEMER in Sports**

Beit amateurs or professionals – BEMER also impresses with top performance in sports. The BEMER session provides the metabolic support for increased performance, assists in energy-saving warm-up and cool-down (thereby reducing the risk of sports injuries), increases the reaction capacity, enables more training sessions. It is for good reason that the Swiss Olympic team has also relied on BEMER technology for many years, as have many amateur sportsmen and women and world-class athletes.

***Even after short application periods, a significant improvement can be seen in the circulation of the smallest blood vessels.***

An impaired blood flow system leads to accelerated ageing of the cells and can be the cause for many diseases and illnesses. These processes can be effectively counteracted by top-notch technology.

*Information taken from BEMER brochure*