

**BEMER is a unique, gentle, breakthrough, body and health-empowering technology.**

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## **HOW DOES IT WORK?**

### **The Electromagnetic Field**

The BEMER pad you lie on, and the belt you place where your body needs extra attention, contain copper coils that generate an extremely low frequency electro-magnetic field powered by DC current. Our bodies recognize and benefit from direct current (versus unhealthy stresses of alternating current).



Earth's electro-magnetic field is stronger at the poles (75 microtesla) and lesser at the equator (35 microtesla). The strength of the BEMER electromagnetic field can be set to a range of intensities from 3.5 to 35 microtesla (.04 to .35 gauss). The intensity setting determines how far and effectively the BEMER signal penetrates tissue layers. This electromagnetic field powered by an Earth-wise direct current delivers the BEMER Signal to the body.

### **CELLULAR-LEVEL EFFECTS OF BEMER**

**27 % improved vasomotion**

**29 % increased microcirculatory blood flow**

**31 % improved venous blood return**

**29 % increased oxygen utilization**

**18 % increase in energy molecule, ATP**

The **BEMER system** operates the unique **BEMER-specific** signal -- a worldwide patented 10 and 30 Hertz complex signal that is proven in multiple tests to provide the most effective stimulation for your circulation. The pulsed BEMER signal consists of an overlay of many sine waves to create a wave form with 40 peaks and valleys. It is the most advanced pulse in electromagnetic field therapy with the best physiological impact, and is patented worldwide. **BEMER (Bio-Electro-**

**Magnetic Energy Regulation)** is NOT a "PEMF device." The electromagnetic field it generates is not the prime objective for benefit to the body, but rather, the BEMER signal. **Beneficial effects to the body continue for 12 to 16 hours after an 8-minute BEMER session.**

At the Institute of Micro-circulation in Berlin, researchers have shown the BEMER will increase circulation and energy production in the body. It will also enhance the immune system, aid the nervous system, and support organ and skeletal structure. The Bemer is designed to be used steadily over the long term and is not a quick fix. It doesn't heal your body. **Rather, it enhances your body's ability to heal and regenerate itself.** Bemer is the most researched physical therapy method available today. You can read the published medical studies at [pubmed.gov](http://pubmed.gov).

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Informational meetings with free BEMER sessions are held every Thursday evening at a hotel in Bloomington, Minnesota. I also offer sessions from my home in Highland Park, Saint Paul. Contact me for more information or to attend a meeting.

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