

Use of BEMER Therapy with Attention Deficit Hyperactivity Disorder (ADHD)

Attention deficit hyperactivity disorder (also known as hyperkinetic syndrome or attention disorder with hyperactivity) is characterized by an aggregate of symptoms including:

- § **Impaired attention**, with low levels of concentration and patience as well as distractibility
- § **Impulsiveness** in the sense of impulsive behavior (acting before thinking) and abrupt changes in mood
- § **Motor hyperactivity** with a strong, often erratic need to for activity

Today, most experts assume that ADHD is an illness with biological causes. It is suspected that those affected by the disorder suffer from faulty information processing between the various areas of the brain, which is caused by a neurobiological malfunction of metabolic processes in the brain. Recent research substantiates that that these metabolic disturbances could be linked to a lack of micronutrients.

More and more experts and evaluation teams are requesting comprehensive laboratory tests to detect possible deficiencies.

Once a diagnosis has been made, treatment generally is based on a combination of psychotherapy, movement therapy and relaxation therapy as well as extensive counseling and support for the parents, teachers, and educators. In addition to well structured surroundings and keeping a well-ordered daily schedule with a sufficient amount of sleep, creative and movement-intense activities will have a positive effect. Over-stimulation through watching television, playing video games, or spending time in a hectic environment should be avoided at all costs.

Additionally, diagnosed deficiencies should be compensated with adequate amounts of nutritional supplements. Of special importance is magnesium; a high percentage of affected children were found to have significant magnesium deficiencies, and providing magnesium supplements achieved good to very good results in 80% of the subjects within three weeks. Experts today recommend an obligatory treatment with magnesium supplements before any anti-psychotic drugs are being prescribed.

Prescription drug therapy (e.g. Ritalin) is still the subject of intense and controversial discussions, mostly due to the frequent possibility of side effects. Closely observed individual cases, however, show the possibility of substantially diminished symptoms.

BEMER-therapy can be used to improve the circulation and to give general support to the body's self-regulatory mechanisms. Through the following scientifically proven effects, BEMER therapy can lead to the improvement or stabilization of physical well-being and can contribute significantly to the complementary treatment of cardiovascular disease:

- § Positive physiological effect on the condition of microcirculation, and increased utilization of oxygen in the capillary tissue
- § Positive effect on the protein biosynthesis (repair proteins)
- § Improved micro-hemodynamic conditions for the first steps of immunological processes, and thereby in indirect strengthening of the body's own defense mechanisms
- § Positive effect on the vegetative nervous system

User recommendations for BEMER therapy with ADHD
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- § One to two times per day on the mat according to the basic program (starting at level 1 if needed)
- § At bedtime or during times of increased stress on the mat with level 1

As a rule, children with ADHD enjoy using the BEMER because it feels “so light”.

Please note: Many children with ADHD suffer from significant disruptions to their intestinal flora. This will hinder proper digestion of carbohydrates, causing fermentation that leads to small amounts of toxic alcohols, which in turn can affect the already susceptible brain metabolism and trigger the characteristic hyperactivity. To that effect, cleansing of the intestinal flora and an appropriate change in diet can be a sensible accompanying measure.

Literature and studies:

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Michaelis, H.: *Ärztliche Anwenderstudie 09/03*. Akademie für Bioenergetik (2003)

Michels-Wakili, S., Kafka W.A.: *BEMER 3000-typisch gepulste elektromagnetische Felder niedriger Energie reduzieren Zahnarztangst* (2003)

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www.pharmazeutische-zeitung.de/pza/2005-07/pharm4.htm

Please note: Broad acceptance of medical products generally takes several years. We are committed by law to advise you that the effectiveness of electromagnetic fields is still being discussed controversially and has not been commonly accepted.