

## **BEMER Therapy and Allergies**

Allergies are caused by an overreaction of the body's immune system to certain foreign substances. In principle, any substance from the environment, food or medication can serve as the trigger for allergies. Based on current estimates, about 15 - 25% of the population of industrialized nations suffers from allergic reactions to one or more substances. A sensitization can be proven for about one third of the population. There are about 20,000 substances that are known to cause allergies. The highest increase by far has been visible in the area of atopic syndrome (an allergic hypersensitivity affecting parts of the body not in direct contact with the allergen); this includes neurodermatitis (atopic dermatitis), seasonal or year-round runny nose (allergic rhinoconjunctivitis), and bronchial asthma.

The true causal factors of many allergies are still unknown or have not been definitely defined. General risk factors for allergies are a combination of genetic disposition, non-specific factors like smoking or air pollutants, and prolonged contact with allergens (pollen, dust mites). Other factors under discussion causing the onset of allergic reactions are high exposure to environmental toxins as well as excessive hygiene during the childhood years, which did not provide proper "training" for the immune system.

The immune system's function is to recognize and eliminate any potentially harmful substances that enter the body like viruses, bacteria and other pathogens. Allergies are the result of a faulty reaction of the immune system to substances that are not dangerous.

The benign substance enters the body through the respiratory system, the digestive tract or through contact with the skin and gets mistakenly identified as dangerous, whereupon certain antibodies are produced that attach themselves to the alleged dangerous substances to render them "innocuous".

The bonding of antigens and antibodies causes the body's immune cells to burst and release histamine. Histamine is a messenger substance that dilates the blood vessels and makes their walls porous so that entire cells can pass through them. Normally, this is a very useful function, because it allows the immune cells to reach the spot where intruders need to be warded off more quickly. In a person with allergies, this needless formation of anti-bodies and the increased release of histamine causes the characteristic general or localized allergy symptoms.

If the heart- and circulatory system is affected by the allergic reaction, symptoms present with an accelerated heart rate and a drop in blood pressure. The most acute and always life threatening reaction is anaphylactic shock.

Localized allergic reactions occur at the entry- or contact point of the allergen. The range of symptoms can be extraordinarily broad:

<i>Point of contact or entry point</i>	<i>Possible allergens or allergenic substances</i>	<i>Frequent complaints or symptoms</i>
Nose / throat Bronchi	Pollen, fungus spores, dust mite excrement	Ongoing cold symptoms (hay fever), swelling of the mucous membranes, bouts of sneezing, shortness of breath, cough, bronchial asthma
Skin	Chemicals, metals, cosmetics, animal hair	Itching, hives, angioedema, eczema, neurodermatitis
Digestive system	Food and drink (fruit, grains, dairy products, peanuts, etc.), medications	Nausea, vomiting, diarrhea, intestinal inflammation

The most effective approach to prevent allergies is the avoidance of allergy-inducing substances. This is easily accomplished in the case of contact-induced or food-related allergies, but is more difficult for allergies to inhaled substances like pollen or dust. Most often, the possibility to move to or vacation in an area that poses fewer environmental risk factors is not feasible. When natural relief of allergies is not possible, conventional therapists resort to hypo-sensitization and /or prescription medication. Naturopathic practitioners may achieve an improvement or absence symptoms with bio-resonance therapy or electro-magnetic therapy.

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 allergies:

- § 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

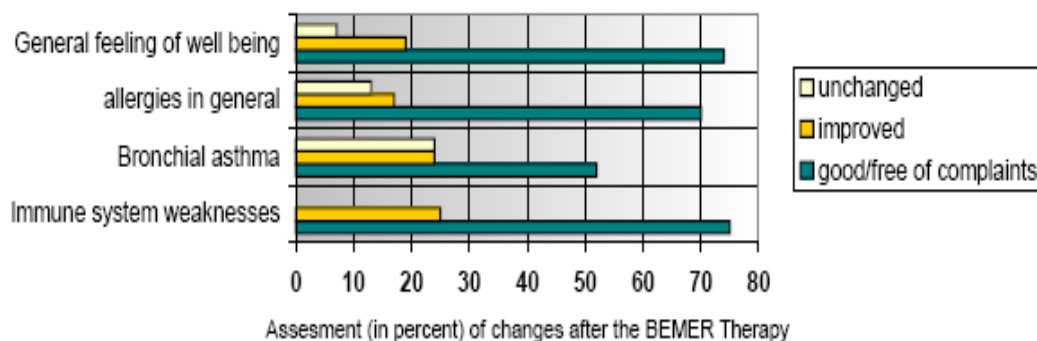
BEMER therapy is a complex method that optimizes energy production by the individual cells (ATP) through improved circulation and increased oxygen utilization, thereby contributing to the overall regulation of the body's metabolism. It is therefore an important and essential foundation for strengthening the body's self-healing mechanisms, supporting other treatment measures in the environment of a holistic approach, and increases effectiveness of clinical treatment concepts. In addition, the effectiveness of prescription drugs may be increased.

## User recommendations for BEMER therapy with allergies

- Twice a day (morning and evening) on the mat according to the basic program
- Once a day (midday) on the mat with level 10
- For acute cases also use the intensive applicator or coil cushion once or twice a day with P4 on any swollen mucous membrane areas.

A European physician's user study under the direction of the AFB documented the effects of the electromagnetic field of the BEMER 3000 therapy system. A total of 2032 cases of illness were documented. The following diagram represents a summary of 283 cases with an average therapy time of 6 weeks.

### Excerpt from the physician's user study with the BEMER 3000 therapy system



#### Literature and studies:

Gesundheitsberichterstattung des Bundes: *Spezialbericht Allergien*. (2002)

Klopp, R.: *Magnetfeldtherapie: Komplementär-therapeutisch sinnvoll oder Unsinn?* Institut für Mikrozirkulation Berlin (2005)

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)

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.