

The Use of BEMER Therapy with Chronic Fatigue Syndrome

Chronic Fatigue Syndrome (CFS) is a clinically documented yet unresolved condition of profound mental and physical exhaustion.

The characteristic symptoms are a constant, debilitating drowsiness with severe inability to concentrate, paresthesia (disturbances of sensibility), as well as multiple pain sensations in the head, neck, lymph nodes, muscles, joints, etc. Since the complaints are pretty non-specific, and can be considered as symptoms for many other illnesses, a very careful diagnosis that proceeds with a well-defined process of elimination is essential.

As a rule, CFS patients also exhibit a permanently weakened immune system and increased susceptibility to the negative effects of stress, physical strain, and certain prescription medications. In its beginning stages, the disease often takes the course of a severe flu, followed by more or less pronounced phases of physical and mental impairment of varied duration, all the way to becoming confined to bed.

Even though a complex psychological involvement is observed, the illness does not appear to be of a psychogenic nature.

Although a number of scientists from different disciplines have directed their research toward this complex of symptoms, the causes and pathophysiology of CFS have still to be determined.

A wide variety of pathogenic agents (viruses, bacteria, fungi), environmental toxins, disturbances of the hormone system, neurological disorders or stress are being considered as triggers. Furthermore, a severe, chronic over-acidity of the organism, which is present in almost all cases, is being discussed as a causative component. Based on a review of most recent findings, it is assumed that only a combination of several causative factors will lead to the development of CFS. "The main reasons for the onset of CFS are chronic infection, chronic toxins and chronic conflicts, often paired with improper nutrition and misinterpretation (of the clinical picture)." (Martin Straube, Korrespondenzblätter für Ärzte, No 143 Schwäbisch Gmünd, Sept. 1006).

There are no general therapy recommendations, since the individual course of the disease is so varied.

In addition to somewhat controversial medications, treatment recommendations include a change in diet, compensation of deficiencies or excesses, avoidance of toxins or damaging environmental influences, therapy utilizing a so-called "disease magnet", and a variety of naturopathic methods.

BEMER-therapy improves circulatory parameters and supports natural self-regulating mechanisms. The following scientifically proven effects can lead to improvement or stabilization of general well-being parameters and contribute significantly to the treatment of Chronic Fatigue Syndrome.

- § 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.

Please note: Aside from sensible nutrition, sufficient exercise and a decrease of individual risk factors, some additional interrelated factors are of importance. Chronic Fatigue Syndrome can have many different "faces", therefore it is sensible to continually test and evaluate the use of BEMER therapy, to adapt it to changing circumstances and to diagnose new symptoms, integrating them in the therapy plan if appropriate. Furthermore, CFS patients often are very sensitive to prescription medications and need to work with lower doses of medications than is customarily recommended. Since BEMER therapy can contribute to better metabolism of the medications, it may be possible, only after consulting with your physician, to reduce already prescribed medications.

If over-acidity of the tissues is diagnosed, it will be sensible to administer alkaline-based mineral supplements, alkaline baths and other appropriate measures.

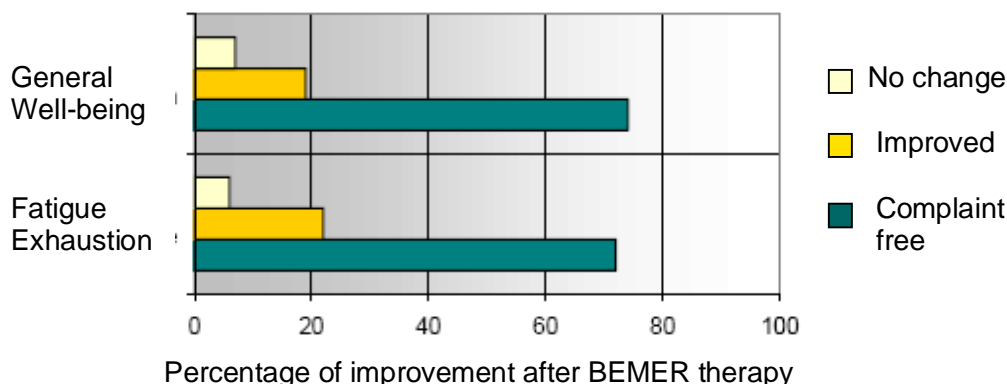
User recommendations for BEMER therapy with CFS

- § Twice daily on the mat according to the basic program, beginning with **level 1**, with weekly increases to level 6.
- § At bedtime on the mat with level 1

A physician's user study under the direction of the Akademie für Bioenergetik documented the effects of BEMER therapy for a total of 2031 patients. 223 of the patients suffered from general malaise, 63 from conditions of fatigue or exhaustion. The average duration of therapy was 6 weeks.

For purposes of the following excerpt, 260 cases were studied for a period of 6 weeks.

Excerpt from the physician's user study for the BEMER 3000



There is not enough documentation specifically for CFS to draw a general conclusion regarding the use of BEMER therapy.

Based on individual testimonies and numerous experiences with similar illnesses we can assume that the combination of the above named responses and empirically determined effects, like acceleration of regeneration, strengthening and stabilization of the immune system, and relief of pain influence the condition of CFS in a positive manner and support the body's ability to regulate and heal itself.

Literature and studies:

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.