

USE OF BEMER THERAPY AS A COMPLEMENTARY AND SUPPORTIVE MEASURE IN THE TREATMENT OF CARDIOVASCULAR DISEASE

The heart and circulatory system with its vast net of blood vessels forms a transportation system that measures more than 1400 km (about 8 miles) in length. At any given time, between 5 and 6 liters of blood are being pumped through the entire body within 60 seconds. The main function of the heart and circulatory system is to provide all areas of the body with an adequate distribution of oxygen and nutrients, and to remove CO₂ and other metabolic waste products.

Statistics for cardiovascular diseases are staggering: within the industrial nations every other person suffers from either primary or secondary (as a result of another condition) cardiovascular disease. Some of the most common and serious conditions are high blood pressure, abnormal changes in the blood vessels like arteriosclerosis, as well as cardiac insufficiency and cardiac arrhythmias.

All these illnesses lead to decreased circulation with the result that cell function becomes impaired, and cell metabolism is impacted negatively through a decrease of nutrients and oxygen. When the veins are affected, the main risk is the possible formation of a thrombosis. Additionally, the patient may experience poor circulation and pain from resulting blockage.

High blood pressure (hypertension)

In the past, a blood pressure of 140/90 was considered normal. New international guidelines recommend therapeutic measures for pre-hypertension already at a blood pressure level of 120/80. In only about 10% of the cases an underlying illness as cause for the hypertension can be determined. The remaining 90% suffer from "essential" hypertension with a number of causal and risk factors: lack of exercise, being overweight, smoking, high consumption of salt or alcohol, diabetes, psychological stress, prescription medications, etc. According to recent studies about 20 to 40% of people with hypertension have a genetic predisposition.

High blood pressure damages the walls of the blood vessels. As a reaction to the elevated blood pressure, the walls become harder and thicker, less elastic and decrease in diameter. This has a significantly negative influence on the body's supply of oxygen and nutrients and eventually leads to arteriosclerosis.

Arteriosclerosis

This condition describes a change in the walls of the arterial blood vessels. The initially minor damages to the interior vessel walls can lead to local infections, which in turn causes increased accumulation of connective tissue cells through a number of chemical processes. The resulting fatty plaque deposits itself on the arterial walls and becomes a significant risk factor for blood clots. These clots can lead to a narrowing or blockage of a blood vessel, which means that the subsequent area is cut off from sufficient blood flow. Depending on the location of the blockage, a decreased blood flow in the lower extremities can present itself with painful muscle cramps, initially only after physical activity, later on also when resting. In the cardiac arena, we see coronary heart disease with a sensation of pressure and pain (angina pectoris).

An acute blockage in the brain will result in a stroke, in the heart it will result in a heart attack, and in the legs it will result in an arterial blockage. The damage is usually dependent on the size of the blocked artery and the duration of the absolute blockage; there is always the danger of necrosis (death of the tissue) of areas not supplied with oxygen.

Some of the risk factors are lack of exercise, being overweight, smoking, diabetes, high cholesterol, etc.

Cardiac Arrhythmias

Cardiac arrhythmias can be caused by a malfunction in creation as well as transmission of necessary stimuli; sometimes they are based on messages from the vegetative nervous system. The triggers for disturbances are varied and can primarily be related to the heart, like poor circulation of the coronary blood vessels, cardiac insufficiency, defective heart valves, but also by high blood pressure, thyroid malfunction, mineral deficiency, toxins (alcohol, tobacco, drugs, caffeine), infectious diseases, and more. (Please refer to the AFB report on cardiac arrhythmias)

The most effective tools for prevention and treatment of cardiovascular diseases are a healthy diet, regular exercise, losing weight or maintaining a healthy weight, not smoking. Conditions like hypertension and arteriosclerosis can be managed effectively, and sometimes improved by adopting a healthy life style. Any opportunity to reduce the many risk factors should be taken advantage of.

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

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.

User recommendations for BEMER therapy with cardiovascular disease

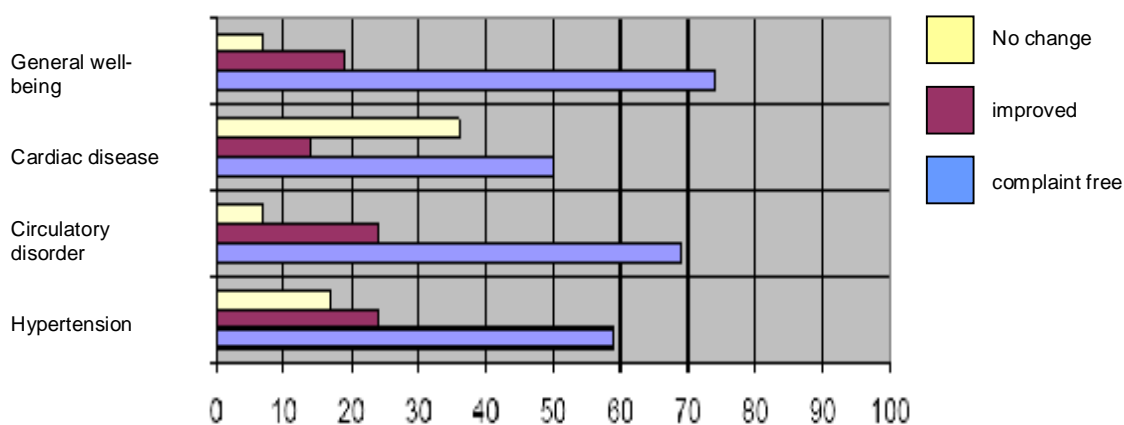
- § Once to three times per day on the mat according to the basic program (level 3-6)
- § At bedtime on the mat with level 1 (for difficulties sleeping)

Because of the very complex character of cardiovascular diseases and a multi-layered clinical picture, the appropriate treatment plan will vary and may need to be modified to

suit individual needs, especially with regard to the intensive applicator. Please consult a medical professional familiar with the BEMER concept for best results.

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 1116 patient protocols were captured. Since several patients presented with more than one clinical condition, 2031 cases of illness were documented. A therapy span of 6 to 7 weeks and observation of 313 subjects (see excerpt below) showed the following results:

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



Percentage values for documented cases

Please note:

Users with pacemakers or cardiac arrhythmia should consult the respective AFB reports for more detail.

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.