

## **USE OF BEMER THERAPY WITH RESTLESS LEG SYNDROME**

Restless Leg Syndrome (RLS) is a relatively common condition, about 3-5% of the population are affected by it. RLS belongs to the family of chronic neurological disorders, because it is characterized by an irresistible urge to move one's body to stop uncomfortable or odd sensations, even though no pathological structural changes in the nervous system can be determined.

Since the symptoms are of a rather subjective nature, affected persons often do not receive much sympathy from those around them, and their problems are seen as insignificant or imagined. Even today, this condition is often not diagnosed by physicians or treated with inappropriate measures. Intensive research has brought some new insight within the last few years, leading to a better understanding and treatment of the disease.

The cause of RLS is a disruption of the dopamine metabolism in the central nervous system. Dopamine is a neurotransmitter needed for coordinated and controlled movements. The most common "idiopathic" form (no known cause) is thought to be hereditary. More recent research also points to the disturbance of iron metabolism as a possible cause. RLS is called "symptomatic" when additional factors like kidney disease, pregnancy, lack of iron, etc. are present in addition to the hereditary tendency, and therefore is a consequence of other ailments.

RLS can occur at every age and often begins with single episodes with complaint-free periods interspersed. For about two thirds of patients the frequency of the symptoms increases with less and less time in between episodes.

The most prevalent sensations are difficult to describe and occur mostly in the legs, sometimes also in the arms. Rather than actual pain, the patient will experience an uncomfortable sensation like feeling "antsy", pins and needles, or pulling deep inside of the extremities. The sensations usually occur during resting periods, mostly during long periods of sitting and when lying down. There is usually a strong desire to move the body, which cannot be suppressed for very long. The urge becomes so strong that the patient needs to get up and move around; at times there is involuntary movement of the extremities as well. Sooner or later 80-90% of RLS cases suffer from severe sleep disorders, which are apparent through general fatigue during the day, decreased productivity, depression, etc. The quality of life for those affected with RLS can be diminished considerably.

Diagnosis usually happens through description of the typical symptoms and a detailed medical history. An important consideration in the diagnosis, especially in ruling out other conditions, is the fact that symptoms increase during resting periods and dissipate when the patient moves about. To decidedly rule out other medical conditions in the diagnosis of RLS a complete neurological exam and laboratory tests are needed.

Treatment depends on the type of RLS. For the symptomatic form treatment of the primary condition can bring a reduction of symptoms (e.g. kidney transplant, iron supplements). For the idiopathic form of RLS the severity of symptoms will dictate therapeutic measures like prescription medication. If the symptoms are mild or only occasional, no treatment may be prescribed. For frequent and severe occurrences several times per week long-term therapy should be recommended.

The drug of choice among RLS experts are dopamine agonists. These medications provide the body with the necessary amount of dopamine (which is not being produced due to metabolic disturbances). If there are contraindications or incompatibilities with dopamine, severe cases can be treated with opiates and other substances.

In addition to the typical triggers, RLS can in some cases be brought on by fatigue and severe stress. According to observations by naturopathic physicians, additional triggers can also be caffeine, acidity, heavy metals, and vitamin deficiency. Common palliative practices like moving and walking can be supplemented by massages or hot and cold baths.

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 RLS:

- § 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.

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- § 2 to 3 times per day on the mat according to the basic program
- § At night before bed time on the mat with level 1

Please note: Frequent exercise may help prolong symptom-free intervals and/or alleviate some of the symptoms. Acidity of the body and other toxic levels should be addressed with appropriate therapeutic measures.

The case of a transplant operation (kidney transplant) in the symptomatic form of the disease would present a contraindication to BEMER therapy, since activation of the immune system is not desired in this case and could lead to a rejection of the transplant.

Always consult your physician if you are in doubt.

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Literature and studies:

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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.

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