

The BEMER

Contrary to what people might think, my BEMER is not an automobile. It's a state-of-the-art healing device that pulsates therapeutic electro-magnetic frequencies into the body. The BEMER is the most researched, and documented energy device of its kind. At the Institute of Microcirculation in Berlin, researchers have shown the BEMER will increase circulation and energy production in the body. It will also enhance the immune system, aid the nervous system, and support organ and skeletal structure in the body.

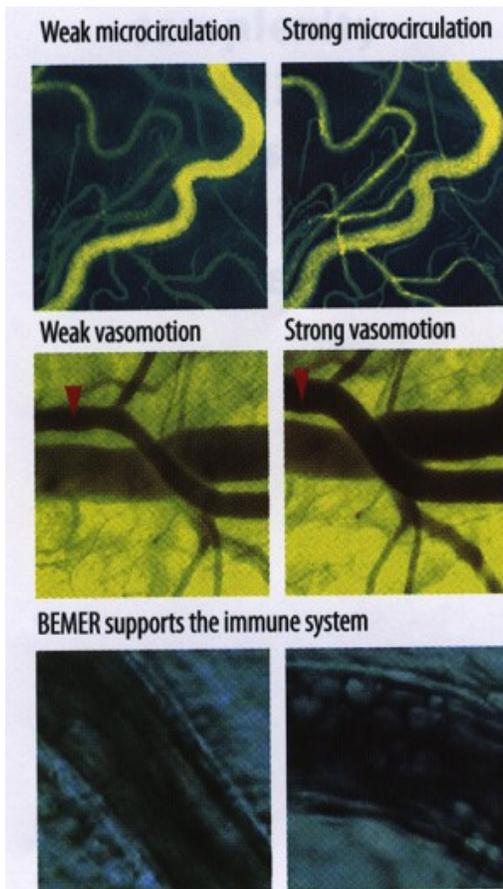
BEMER stands for Bio-Electro-Magnetic Energy Regulation, the key word being regulation. It was developed in 1992 by a German physicist and physiologist named Professor Wolf Kafka. Professor Kafka worked for NASA for many years. It was out of NASA studies that the BEMER had its first beginnings. Now it is manufactured in Liechtenstein. It has been sold in over 50 countries world wide. In many of those countries it is used in hospitals and clinics as an approved medical device. Here in the U.S. It has been awarded an IRB# by the FDA, allowing medical doctors to use this device in their practice and bill insurance companies for its use.

The components of the BEMER include a mat with 6 copper coils that run through it. The coils are placed for optimal positioning when a person lies face up on the mat with their head where the BEMER logo is. The coils in the mat are located between the shoulders and the pelvis when a person lies on it. The coils for the legs are wound in ovals.

The mat plugs into a control unit that looks like a little computer. The control unit plugs into an AC wall outlet. On the electrical cord between the wall outlet and the control unit, there is a transformer

that changes AC current into DC current. The DC current flows through the copper coils in the mat at right angles and creates an electromagnetic field. When the current is increased or decreased, the magnetic field will increase or decrease accordingly. The control unit has a range of 1-10 level setting on it for a duration of 8-10 minutes each. It also has a 1-4 plus signals or programs that will help increase vasomotion, which is the contraction and expansion of the arteriole walls. Our bodies use this contraction and expansion of the blood vessel walls to move blood to other areas of the body where it is needed. The electro-magnetic energy of the BEMER can also move through a smaller device called an intensive applicator. It can be strapped onto or used in any specific area of the body. It is designed for higher intensity, deeper penetrating effects on local areas. It is significant that the BEMER uses DC current. There are two types of electrical current; that is AC or alternating current and DC or direct current. The electromagnetic field of the earth operates on direct current. In DC current, the electric particles are moving in the same direction. Our bodies recognize and benefit from direct current. The BEMER uses pulsating DC current. This type of current supports human physiology.

AC Currents or alternating currents, are emanations from man-made devices. AC currents shift from a + to a - pole 60 times per second in the United States. This shifting disturbs and disorients the



functioning of our cells because the cells of our body only recognize DC current.

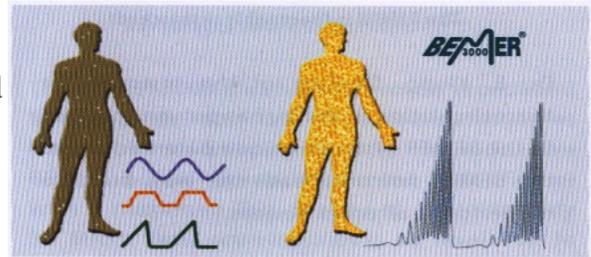
People are becoming increasingly disturbed by the bombardment of some of these very strong, high intensity AC currents than can be 10 to 100 times stronger than the earth's electro- magnetic field. We are feeling the affects of so much electro- magnetic field pollution through our exposure to microwaves, cell phones, high tension wires and satellite devices. Cell phones are high frequency microwaves. Microwaves heat up water. Cell phones heat up the water in our brains. One hour of cell phone use will heat up the brain one degree.

Our bodies are trying to balance excessive electro-magnetic frequencies in our environment all the time. That puts extra stress on us. If we have sufficient energy, we can adapt to these intense energy fields. If our bodies lack energy, eventually they will break down and disease will appear. We didn't have to deal with this type of electro- magnetic frequency stress a hundred years ago. It is a modern day phenomena that our bodies are now having to cope with.

A magnetic field has a density that is known as a force. That force is measured in units known as Tesla. The intensity of the magnetic field varies around the earth. In California, it measures at 45 microtesla. The field at the equator measures at 35 microtesla. At the south pole where it is greatest, the field measures at 75 microtesla.

Every magnetic field has a physiological effect on the body. The BEMER has a pulsed magnetic field that measures between 10 – 30 microtesla. It is lower than the geomagnetic field of the earth so its force cannot be harmful to us.

Electromagnetic fields have a wave pattern. When Dr. Wolf Kafka developed the BEMER, he superimposed 3,000 sinus waves on top of each other. This created a broad based signal of low frequency waves. This broad band spectrum signal has many frequencies and a low direct current intensity that is able to enter and resonate with many cells and tissues of the body. It is the most advanced pulse in electromagnetic field therapy and is patented world wide.



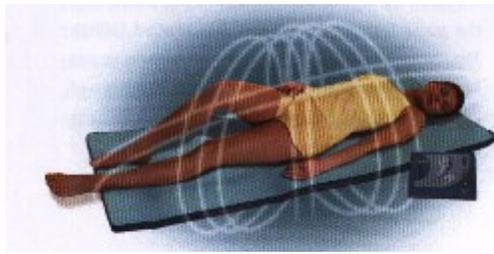
When using the BEMER, a person lies face up on the mat and presses a button for one of the settings. Lights will modulate up and down on the control unit showing that it is in use. A numerical indicator light will display the remaining minutes left in that application as the session proceeds. Settings are chosen according to the appropriateness for that person. A lower setting will produce a less intense wave pattern, which may be desirable for a less healthy person. People can work up to using higher settings as their physiology improves.

Our bodies are biomagnetic organisms that produce and use electromagnetic impulses to regulate cell and tissue growth. I think that we can feel the movement of those energies naturally, and we can also feel them through technologies like the BEMER. The importance of electro-magnetic fields to our bodies became clear in the 1950's when we first sent astronauts into space. After 24 hours of astronauts being in space, NASA scientists found that the astronauts returned to the earth disoriented; their nervous systems and physiology were compromised. Their research concluded that the astronauts had suffered from being out of range of the electro-magnetic field of the earth.

Through those studies, scientists determined that the electro-magnetic field of the earth is critical for the proper functioning and survival of our bodies. All life on this planet has evolved under the influence of this field. Every living being has electric currents running through it. Those electrical signals govern the functioning of that body. The cells in our bodies communicate through the language of electrically charged impulses. Our physiology depends on the transfer of those electrical charges.

How is it that electrical currents in the body create magnetic fields around them? A scientist named Andre Marie Ampere between 1820 and 1825, quantified that phenomenon in a fundamental law of electromagnetism. Ampere's Law states and requires that electrical currents such as those produced

within the body by the activities of the heart, brain, muscles and other organs, must produce magnetic fields in the space around the body. (Oschman, p. 3 Energy Medicine in Therapeutics and Human Performance)



The electromagnetic fields of our bodies are created by the electrical activities of the heart, brain, muscles and other organs. The heart creates the most powerful electricity in the body. Each beat sends out 2.5 watts of electricity that get sent throughout the body as pulsations of electromagnetic energy. That force extends 12 to 15 feet outside ourselves. In this sense, our heart is the master conductor around which our bodies synchronize.

The earth is like a huge magnet with lava containing iron and other essential minerals at its core. The electro-magnetic fields from the sun radiate to the earth and interact with the iron in the molten lava at the earth's core. This creates an enormous static geo electrical magnetic field that surrounds the earth.

The energy field of our bodies interact with the earth's static magnetic field when our bodies are in movement on it. The movement of our bodies is what creates a beneficial interaction between these two fields. Physiological processes and molecular reactions occur in our bodies as a result of the interactions between these two fields. Our electro magnetic fields are stagnant unless we interact with the geomagnetic field of the earth through our movement. When you use the BEMER mat, it is as though you are in direct contact with the earth's magnetic field, even though you are not moving.

When our predecessors were hunters and gatherers, they did a lot of walking and running across the earth. They walked miles a day on foot and hunted and gathered their food. That provided all the stimulation they needed for a healthy metabolism. In comparison today, we sit far too long and it has become harmful to our health, particularly to our cardiovascular systems. Most people work in jobs where they are sitting. Fifty years ago people stood while they worked, not sat. Since then, we have seen a 50% rise in chronic diseases in the last 50 years, and it is projected to continue to rise.

Amazing video clips of activity at the cellular level show the increase of blood flow in capillary beds with the use of the BEMER. Research shows a 10% increase of circulation at the capillary level and more than a 15% increase in oxygen with the use of the BEMER. Movement of blood at the capillary level assists in bringing oxygen and nutrients to the cells and tissues. At the same time, toxins, wastes, and CO₂ are removed.

Capillaries are smaller than the diameter of a hair. In order for the blood to move through them, the red blood cells have to de-clump so they can move through the narrow capillary channels in single file. Dark field microscopy, which uses a camera and lights at the cellular level, shows the de-clumping of the red blood cells that occurs during a BEMER session.

White blood cells will also slow down in their movements along the blood vessel walls during a BEMER session. Instead of rushing along with the rest of the blood, they will actually adjust to a slow rolling lilt along the wall of the vessel. This better enables them to recognize, mark, or destroy pathogens in the surrounding tissues.

After an eight minute session on the BEMER, there is an 18% increase in production of the energy molecule known as ATP. This vital ATP provides the cells the energy they need to work. It is also used to maintain the proper voltage around the cell membranes. Without proper voltage levels, the cell membranes collapse. A large portion of the energy our bodies use helps to maintain a specific electrical voltage of 70 and 90 microvolts at the membranes of our cells. This proper cell membrane voltage allows oxygen and nutrients to enter the cells and toxins and wastes to be removed. Our bodies are like batteries that can be charged by the pulsating electromagnetic field of the BEMER. The BEMER enhances all metabolic functions of the body. It can improve a person's quality of life and well being.