

# What Is the Basic Plan?

## *How to Start Using Your New Bemer*

The basic plan has been consistently adapted and optimized based on years of experience and considering device technologies as well as continuous user feedback. The basic plan constitutes the manufacturer's fundamental usage recommendations, and is the basis for optimal application of BEMER Therapy.

**Follow the schedule below to maximize the effectiveness of your new BEMER:**

	CYCLE 1					
	WEEK 1	WEEK 2	WEEK 3	WEEK 4	WEEK 5	WEEK 6
MORNING	Level 1 <i>plus</i>	Level 2 <i>plus</i>	Level 3 <i>plus</i>	Level 4 <i>plus</i>	Level 5 <i>plus</i>	Level 6 <i>plus</i>
EVENING	Level 1	Level 2	Level 3	Level 4	Level 5	Level 6
NIGHT	-	-	-			
	BY CYCLE 2					
	WEEK 7	WEEK 8	WEEK 9	WEEK 10		
MORNING	Level 3 <i>plus</i>	Level 4 <i>plus</i>	Level 5 <i>plus</i>	Level 6 <i>plus</i>		
EVENING	Level 3	Level 4	Level 5	Level 6		
NIGHT	Sleep Program 1 x per week	Sleep Program 2 x per week	Sleep Program 3 x per week	Sleep Program 4 x per week		

### How to start on Bemer Therapy?

The therapy is carried out using the whole-body application module B.BODY following a predetermined usage plan (shown above), which can improve the general circulation and the overall energy state if used daily on an ongoing basis. The twice-daily application of the BEMER following the outlined basic plan is the fundamental basis and cornerstone for systemic support to our circulation.

For local applications, there are the additional modules B.SPOT, B.PAD, and B.SIT. For applications related to the skin, there is the "light application module" B.LIGHT, which can be used complementary to the B.BODY application module. The BEMER can be applied twice daily either in a professional setting or at home.

## **How to enhance and maximize the benefit from Bemer Therapy?**

Drink a sufficient amount of non-carbonated water to maintain an optimal fluid level. Eat a balanced and nutritious diet. Avoid alcohol and nicotine or keep consumption to a minimum to avoid inflicting stress on the body. Carry out as much outdoor activity as possible without putting excess strain on the body.

## **Does Bemer Therapy work with my prescriptions and supplements?**

As a preventative measure, BEMER serves to strengthen the body and improve its innate self-regulating mechanisms. It never replaces a conventional medicinal therapy prescribed by a doctor, but in optimal cases could lead to a reduction in the dosage of prescribed medication.

## **How do I use Bemer with Corticosteroids Medication?**

With corticosteroids, or for any “anti-inflammatory”, the BEMER may not have the same extent of beneficial effects. BEMER supports the natural self-regulation process in the body (inflammatory cascade) to facilitate the shift to the regeneration phase of inflammation. Corticosteroids suppress this process. While BEMER has been utilized for many years with people on these and other drugs, it is pertinent to consult with your doctor about BEMER use and to adjust medication if any heartbeat irregularities occur.

## **How do I use the Bemer application on areas of the head?**

While there is not a set rule for application of the BEMER applicators around the head region, it is recommended to limit the application to Program 1 without the plus signal. If lower levels are desired, intensity levels 1-3, without the plus signal may also be used. If using the **BEMER Pro**, application around the head region may be done at the same time as the B.Body or following the B.Body use.

## **Can I overuse the Bemer Therapy and harm my body?**

The BEMER supports the body's natural regulating mechanisms. However, it is important to follow the recommended **Basic Plan** as shown on the previous page (outlined in the user manual) to ensure that the appropriate levels are being used to strengthen the body's own regulating mechanisms. The intensity levels used are based on the desired depth of penetration, and not necessarily reflective of the overall effect of BEMER Therapy.

## **When will I can see the result from Bemer usage?**

Improvement in overall circulation occurs with each application and the results are cumulative. The first noticeable improvements may be detected within a very short time of use for an individual who is in moderate to good health and longer (4-6 weeks) for those users more metabolically challenged or with chronic health concerns. The BEMER is most effective when the basic plan is followed consistently and regularly.

## **How long do application results of BEMER usage last?**

BEMER Therapy is recommended as a long-term application. The positive effects of BEMER Therapy last for a long period of time, but this depends fundamentally on the individual lifestyle of the user. The average user can expect a single application to last half a day or more.

## **What does Bemer feel like?**

The perception of the BEMER application differs from user to user. Some users experience a light feeling of warmth or a tingling sensation. Most feel noticeably relaxed and invigorated after the application.

## **Can I use Bemer during chemo treatment?**

The BEMER Therapy may also be used in conjunction with both allopathic and/or naturopathic interventions, although there may be certain medications that a BEMER user should be more cautious with. For example, individuals receiving chemotherapy should always consult with their oncologist before using BEMER. BEMER is known to increase general circulation and therefore potentially enhancing clearance/detoxification of the medication. The amount of chemotherapy drug that is within the blood stream to be delivered to the target tissues is highly controlled for effectiveness (pharmacokinetics). Despite this, it may be advantageous to apply BEMER Therapy after chemotherapy to support the recovery process as conventional medicine is limited in this regard.

## **Bemer Therapy on someone who has been using beta receptors long-term?**

Individuals taking beta-receptor antagonists over a long term should consult with their prescribing doctor to discuss the use of BEMER, which acts upon the same region of the vessels where these receptors are present. In a few rare cases the beta-receptor antagonist may not work well with the BEMER.

## **How do I use Bemer Therapy after stem cell treatment?**

Stem cell treatment is not a contraindication for BEMER therapy. BEMER therapy may be beneficial for patients after the stem cell treatment. The full body application (B.BODY) should be used at low level, following the Basic Plan. The local applicator(s) such as B.PAD or B.SPOT may be used right after full body application, starting with program 1. Individuals should also consult with their primary physician on post-op progression.

## **Can I use intensity level 10 on the B.BODY?**

Level 10 use on the B.Body it is not generally recommended. The Basic Plan (outlined in the user manual) has been put together based upon the measurements of multiple people and the resultant optimal effects. Levels 7-10 are only for younger, very fit athletes. Rotation of levels 3-6 on the B.Body and application of the programs with the special applicators is recommended for general use.

## **Under what conditions should I be monitored by a physician while using the Bemer?**

This notification is used primarily to protect the user and has no direct connection with the efficacy of BEMER.

### **Unexplained Fever:**

A fever is actually a defensive reaction, not a disease. The cause of a fever must generally be identified by a doctor, because a fever is the body's usual response to infections. The doctor will then decide if and how BEMER will be used.

### **Severe Cardiac Arrhythmias:**

Severe cardiac arrhythmias can be life-threatening. First, the cause of the cardiac arrhythmias must be identified by a doctor. If the cause is a deficiency of certain minerals, these should be introduced prior to the application of BEMER to avoid worsening of symptoms.

Essentially, BEMER has a stabilizing effect on the cardiac rhythm. However, fear of the electromagnetic field can present a barrier to therapy, and may have undesired effects. Therefore, we recommend that the initial applications of BEMER be performed under a doctor's supervision in the case of severe cardiac arrhythmias.

### **Major Aneurysms:**

An aneurysm refers to a protrusion of a blood vessel as a result of vessel wall damage or disease. Badly damaged blood vessels can burst at any time and cause fatal internal bleeding. Blood pressure can decrease under the influence of BEMER (if used correctly), which can alleviate the strain on the vessel wall. In the best-case scenario, the probability that a blood vessel will burst can be minimized.

BEMER has a stabilizing effect on the vessel wall in the long term. However, fear of the electromagnetic field can present a barrier to therapy and blood pressure may even rise temporarily. Therefore, for the safety of the patient, we recommend that the initial applications be performed under a doctor's supervision who can reassure the patient.

### **Non-Pharmaceutically-Compensated Seizure Disorders:**

If these seizures (especially epilepsy and schizophrenia) cannot be compensated by medications, we recommend that BEMER applications be performed under a doctor's supervision for the safety of the patient.