

What To Do When Your Bemer Arrives

ALWAYS MAKE SURE YOU ARE WELL HYDRATED BEFORE USING BEMER TO GET BEST DETOX!!

- There is a great YouTube video showing what the box looks like as well as describing contents:

www.youtube.com/watch?v=Wv8gnRKivYI

It is very easy to set up as it comes with a quick start guide as well as a manual (in 6 different languages).

- Take out the B. Body mat and place on a chair or flat surface, whichever you prefer, with Bemer logo at head.
- Plug in 2 piece American power plug to bottom side of Bemer (It comes with plugs for other countries if you want to travel with the Bemer).
- Gently attach cord of B. Body pad to right side of B. Box (computer panel). Have cord attachment with logo facing up and attach to TOP (A1) slot gently. It is best to go in at an angle so magnet gently grabs attachment.
- Push and hold power button On. Wait for computer to load. Here is a video to guide you along: www.youtube.com/watch?v=nGnA2adMlzo
- You may want to go into settings now to set up time, volume of beeps, brightness of light, etc.
- On home screen, push left purple button labeled "INTENSITY".
- On next screen, press "1". This is a microcirculation machine that detoxifies. START LOW AND GO SLOW! Going up too quickly on intensity could make you detox too quickly and make you feel worse instead of better, although I do know some that went big at first. But, I do recommend you gradually go up in Intensity the longer you use the machine.
- On the next screen, at the bottom of your machine, there is a button that says "PLUS" that is always ON (lit up) unless you press it to turn it off. This gives you a burst of energy (for mornings). If you are using Bemer in the evening, press "PLUS" to turn this off. I did not when I did my first Bemer session at 10pm. I was up till 3a.m. There is also an icon on top next to Intensity level with the PLUS icon to tell you if it is turned on or not.
- Now, push start in lower right corner and lay/sit on mat fully clothed and without cell phones as the BEMER is trying to do the opposite of what radiation from electronic devices do to you. B.Box will signal it is done after 8 minutes. You may or may not feel something. Every person is different. I did not feel anything, but felt ALIVE afterwards. Unfortunately- it was at bedtime, but I learned my lesson about "PLUS". There is a sleep setting you will learn about later.
- If you want to use more than one applicator at a time, gently attach second applicator in lower slot on right side of B. Box. On lower part of screen with start button, there is a box with A1/A2 in it. Press A1 or A2 to toggle between applicators. Press A1, set intensity, decide on "PLUS", press start. Then press A2, set intensity for it, decide on "PLUS", and press start. THIS MEANS YOU WILL PUSH "START" TWO TIMES IF RUNNING TWO APPLICATORS. Both will run for 8 minutes at the same time.