

## **ARE YOU CONFUSED ABOUT BEMER *INTENSITIES* VS *PROGRAMS*?**

It has come to my attention that new BEMER users may not take the time to read their BEMER Classic or BEMER Pro User Manuals thoroughly. Some are moving too fast with their BEMER sessions, skipping intensities or jumping to higher intensities too soon. Some are mistaking BEMER “Programs” for intended use on the B.Body (full body pad), while “Programs” were only designed for the special applicators (B.Spot, B.Pad, B.Sit) applications. As a result, you may not realize the full benefit of your BEMER sessions if you do not follow the Basic Plan as highlighted in your BEMER User Manuals.

BEMER technology has been intensely, scientifically studied. **The Basic Plan for the B.Body is best because each intensity level goes to a new depth in the layers of tissues throughout the body.** If you have not spent the time to go through the levels properly, or are rushing through levels faster than recommended, there may be a **blood disruption** at a particular depth that is simply not being addressed for the length of time needed. BEMER recommends, for the chronically ill and seniors, to go Low and Slow for maximum benefit.

**Intensity levels 1 and 2:** address the most superficial depths of the body. The most superficial aspects of our body. These layers are rich in nerves and small blood vessels. BEMER is providing superficial penetration into the body. The low levels are excellent for a more relaxing therapeutic session when one needs stress relief, and gentle stimulation.

**Intensity Levels 3 through 6:** achieve greater depth of penetration into tissues throughout the body.

**Intensity Levels 7 through 10:** achieve deepest penetration into dense tissues like bones.

**\*Depth of Penetration:** To be clear, the depth of penetration into the body depends on the level of intensity. Lower intensities achieve superficial penetration; intensity 10 achieves the greatest penetration into dense tissues like bones.

Consider that there are over 70,000 miles of capillaries in the body (if laid out in a straight line they would circle the earth almost three times). They are the tiniest vessels in the body, but they have the biggest job. It is through them that the BEMER signal is designed to aid your body in restoring functional blood flow, oxygen and delivery of nutrients to all the cells in the body; to sustain cellular health, eliminate waste, increase performance, repair and regeneration.

The Basic Plan recommends 8 minute B.Body sessions, twice daily. This plan is based on studies performed with top athletes and has a proven track record that works. BEMER has many research studies and over a million users worldwide.

Once you have gone through the first cycle of six weeks (1<sup>st</sup> week at Level 1, second week at Level 2, third week at Level 3, fourth week at Level 4, fifth week at Level 5 and sixth week at Level 6), simply go back and start over again at Level 3 week 7, Level 4 week 8, Level 5 week 9, Level 6 week 10. *BEMER recommends that these are the most beneficial levels (levels 3 through 6) ongoing.*

NOTE: Levels 3 through 6 are used by most people, while Levels 7 through 10 are used by young people and athletes in training and in competition.

**Note:** If you are taller than the B.Body pad, not to worry. The B.Body addresses the core of the body systemically. Your feet and arms do not have to be directly on the B.Body pad, as the B.Body stimulates circulation systemically throughout the body.

***\*Once you have completed the first six weeks at the levels recommended on the B.Body, you may then follow recommendations for the Sleep Program (see Bemer User Manual).***

**\*IMPORTANT:**

**The PROGRAM MODE settings (P1 to P3) were developed for Bemer special applicators ONLY: (B.Spot, B.Pad, B.Sit). These Program Modes combine different intensities and penetrate to different depths into the body during an application. Each program also runs at increasing intensities over time.** (Consult your user Manual for confirmation). The B.Spot is used over smaller areas where more focal

stimulation is desired. The B.Pad is used over areas where it may be desired to cover a larger area. With the flexibility of the B.Pad, it can be used in many orientations to cover the region that you wish to direct the field. The B.Sit has a larger coil imbedded within its ergonomic and comfortable memory foam. The B.Sit is ideal for application where one would sit on it or place it over different regions of the body. Many animal owners use the B.Sit with their pets.

While the BEMER B.Body application targets excellent support to the entire body, regardless of whatever symptom you may be experiencing, the B.Pad, B.Spot, and B.Sit are not targeting a specific disease or symptom with any specific setting. Lower Program Mode intensities achieve less penetration, while higher Program Mode intensities go deeper. It is advisable to increase the Program levels when using the special applicators (B.Spot/B.Pad/B.Sit) when targeting specific areas.

Listen to your body. Increase the Program Mode intensity as you desire. However, if you feel more discomfort, this may be an indication to use a lesser program or intensity level. Remember, it is not the power of the field that is solely effecting the body, it is the information within the field. In addition, it is very important to drink water before and after you use the BEMER as hydration is key to functional blood flow and all cellular processes.

### **Comparing Day and Nighttime Programs:**

- **Daytime Use of the BEMER** stimulates those tissues where blood is more involved with physical activity (Muscle, Skeleton, Stomach and the Brain).
- **During the night your body redistributes blood to the organs:** liver, kidneys, skin, gastrointestinal track and pancreas. It is in this sleep phase you detoxify, repair, and regenerate. **The BEMER Sleep Program** supports exactly this function by improving blood flow to the organs.

I hope the above information helps you to understand why hurrying through this, or skipping intensity levels, will not necessarily give you the benefits you are seeking. **BEMER addresses the body systemically.** It will enhance your body in ways you cannot imagine. It is the most advanced signal in the field of Pulsed Electromagnetic Field Therapy (PEFT) and has 5 very rigorous, strong patents worldwide. There is no technology like this in the world. The BEMER enhances all metabolic functions of the body and can be a method for prevention like nothing we have ever experienced before. It can improve one's quality of life and well-being. **Please take your time, be patient and let BEMER grace your life - *for the rest of your life.***