

Suggested BEMER Usage

BEMER is not intended to treat, cure or prevent any disease or illness. If any medical condition is present, it is always important to consult your physician. The increased circulation not only delivers nutrients to cells more efficiently, but is also removing more waste. If detox occurs (mild headache, tiredness, etc.), drink more water and reduce intensity.

B-BODY (the mat):

Only 8 minutes 2x per day...
More may get reduced results.

ON A TRIAL SESSION: Settings for the B-Body (mat):

Intensity 1 - if critically ill,
Intensity 2 - if moderately ill,
Intensity 3 - if fairly healthy

FOR DAILY USE:

Intensity 1 for a week. Intensity 2 for a week. Intensity 3 for a week. Intensity 4 for a week. Intensity 5 for a week. Intensity 6 for a week. Then repeat... Intensity 3 for a week. Intensity 4 for a week. Intensity 5 for a week. Intensity 6 for a week. Then repeat.

B-PAD (the belt):

3X the intensity of the B. body
Preferably 10 to 12 hours apart (AM & PM).
Drink 8-12 oz of water before and after session.
Avoid coffee or alcohol immediately before and after sessions.
All Intensity levels are for 8 minutes.
If someone is critically ill to the extent that they experience detox even at Intensity 1, it may be beneficial to first have them use water that has been treated (see below).
May be used as often as needed.
May be used at the same time as the B-Body.
For intense discomfort use the program 1, 2 and 3 back to back

REMEMBER that high intensity is not necessarily better.

ATHLETES:

Prior to performance: Intensity 6-9. After performance: Intensity 3-6

EXCEPTION:

Over the head (like a bonnet) with middle coil on top of head and a side coil over each temple and ear. Use Intensities 2-4, depending on sensitivity. NO PLUS

EXCEPTION:

On the head or face for tooth issues, etc. use Intensities 2-4 depending on sensitivity. NO PLUS

B-SPOT (round accessory):

Localize to most needed areas.

3X the intensity of the B. Body

May be used as often as needed.

May be used at the same time as the B-Body.

PLUS FEATURE:

On the bottom of the screen you can see the word PLUS with a squiggly mark. You can also see this mark at the top of the screen indicating that it is on. Touch the word PLUS and this feature will turn off. Touch the word

PLUS to turn it back on. The unit automatically defaults to the PLUS being on. The PLUS feature adds 5 strong beats every 20 cycles. This extra stimulation may interfere with sleep because of the added energy, and it may be necessary to turn this feature off during evening sessions.

B-LIGHT:

This accessory fits in the same holder as the BSPOT and helps stimulate surface capillary performance and stimulates collagen production. Hold an inch from the skin. If it is being used on the face you should use the included glasses or moistened cotton balls or pads over the eyes. Those who have used this unit with the most success use L4 (8 minutes) at level 10. You will be amazed at the results.

BEMER WATER:

Many have experienced significant results by drinking water that has been exposed to the BEMER signal. Simply place a glass container of filtered water on the middle of the B-Body (the mat) and also wrap the B-Pad around the container. Turn both the B-Body and the B-Pad on Intensity 10 for 8 minutes. The results are amazing for people, animals, and plants.

BEMER and ChemoTherapy/Radiation:

It is best if we don't put someone on the BEMER during Chemotherapy or Radiation treatment. Before treatments begin or after treatments have ended would be the time to put people on the BEMER.

REMEMBER THESE SESSIONS ARE HARMLESS BUT NOT AVAILABLE FOR ANYONE WHO HAS HAD AN ORGAN TRANSPLANT OR ON ANTI-REJECTION DRUGS

If you or clients are dealing with a respiratory illness:

*Use B-Light of bronchial area L4 10

*Then on back over each lung the same

*They might use 1tbsp baking soda to 8oz water morning and night for two days, to alkalize body quickly.

*Additionally use trace minerals to maintain alkalinity in a nutritional long term way.