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The B.Box control unit is a computer, so treat it like you would a laptop!!!

BEMER Instructions

- Lie out on mat fully clothed, but free of heavy coats or sweatshirts if possible.
- Turn BEMER on: Power light is only on when BEMER is off.

(Be patient. It takes about a minute to load)



BEMER
PARTNER

FOR YOU :: FOR LIFE :: FOR ENERGY

- First screen will have four options. Select the second blue button that says “PROGRAM”:



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- The next screen will have lots of numbers. A program goes up gradually through different intensities, so it is always best to start slow, so you do not detox too quickly which could make you worse instead of better. To refresh your mind on what the BEMER is doing, go to the PEMF article mentioned in the introduction on our website. For starters, select "1" on the top left:



Level 1: Intensity 2,3,4

Level 2: Intensity 2,3,4,6

Level 3: Intensity 6,7,8,9,10

Also keep in mind that the B.Pad and the B.Spot are 3 times stronger than the B.Body.

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- The next screen will be the start screen. If it is late in the day, select the “PLUS” button before starting to shut it off as it gives you a burst of energy. If it is early in the day, skip this step:



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- Now push "START":



- See adding another applicator below if adding another applicator.

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- To add a second attachment, press the A2 button and repeat above steps:



- Please note, if 2 applicators are being used at the same time, that means you will push “START” **two times**. A1 and A2 are 2 separate computers, so each applicator needs to have intensity (or program in this situation) set and “START” pushed. A timer for each applicator will be running in the top left corner of the above “B. BOX”.
- You should be sandwiched between applicators not placing applicators one on top of the other. Lay on the B.Body (big mat) with the B.Pad (strip) across belly for lower back or on top of the knees or across the front of the shoulders or wherever you have pain or want increased circulation. The top 6" of the B.Body does not have coils in it, so it is ok to put B.Pad under or around neck, though.
- Now just sit there and relax for 8 minutes as your circulation increases. You will not feel anything while you are on the mat. The effects are cumulative.

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