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BEMER Instructions

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

- Lie out on mat fully clothed, but free of heavy coats or sweatshirts if possible.
- Turn BEMER on: Power light is only on if BEMER is off.
(Be patient- it takes about a minute to load)



- First screen will have four options. Select the left purple button labeled “INTENSITY”:



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FOR YOU :: FOR LIFE :: FOR ENERGY

- The next screen will be numbered 1-10. Always start with level "1" to avoid too quick of a detox. One study I read said Level 1 activates 1/6 of our cells, level 2 activates 1/3 of our cells, level 3 activates 2/3, level 4 activates 5/6 and so on. Eventually, you do want to activate ALL of your cells. But, don't get in a hurry or the side effects could be negative. Go slow and low!! This machine is alternating between two frequencies (10HZ and 30 HZ) to encourage vasoconstriction (10HZ) and vasodilation (30 HZ) to encourage all the things mentioned in the [PEMF article](#).



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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:



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- If it is early in the day, skip that step to leave “PLUS” on. Now push “START”:



- If you would like to run a second applicator, push button with A1/A2 arrow and repeat above steps. A1 and A2 are two separate computers that you are setting independently. This means each applicator will need intensity/program set individually and you will push “START” **twice**—one for each applicator. If two applicators are running, two timers will be running in top left corner. 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.
 - B.Pad and B.Spot are 3 times the intensity of the B.Body, so keep that in mind when setting intensity.
 - Both sides of the B.Body work, so two people could lean up to each side of B.Body while it is running.
- Just sit there and relax for 8 minutes. The BEMER will beep when your time is up! Your circulation is increased as easy as that!

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