



What is PEMF Therapy?

Learn how PEMF Therapy Can Enhance Your Health

Buzz around Pulsed Electromagnetic Field (PEMF) therapy has been steadily rising over the past few years, but research into this technology has been going strong for more than two decades now. While the technology has been gaining serious traction and wider usage, the mechanics behind the therapy and these devices can be a little esoteric at first glance.

To start, it's important to establish that all energy within the body is electromagnetic in nature. No process within the body is possible without an electromagnetic exchange between cells. For instance, these electrical signals are how electrocardiogram (EKG) and electroencephalograph (EEG) tests are able to provide information on electromagnetic activity within your heart and brain respectively.

To demystify PEMF technology, we decided to tackle the most commonly asked questions and concerns around this treatment and Bemer's unique approach to these systems.

What Does PEMF Therapy Do?

PEMF therapy has a number of benefits, but Bemer's main focus is on aiding in healthy blood circulation on the microcirculatory level. Around 75% of the blood vessels in your body are microvessels, such as arterioles, capillaries, and venules. This vasculature is where the rubber meets the road so to speak for the transport of oxygen, nutrients, and metabolic waste to and from your tissues at a cellular level.

This process is called cellular respiration. Your red blood cells (RBC) deliver oxygen and nutrients and take away carbon dioxide and metabolic waste to be disposed of or recycled. This process forms the basis for every mechanism, system, and organ to operate within the body — without healthy blood flow, every other bodily system suffers.

Where Bemer's PEMF devices come into play is in temporarily increasing local blood circulation in

healthy muscles at the microcirculatory level using the patented Bemer signal of electromagnetic pulses. These waves have been carefully tuned to match the human body's natural blood pumping rhythms by stimulating electrical activity within the muscle tissues.

Is PEMF Therapy Safe?

The goal of any therapy is to seek first to do no harm and to support the body's natural ability to heal itself. PEMF utilizes similar low-frequency waves that your body's process naturally produces. On the electromagnetic spectrum, radiation is classified into two types (ionizing and non-ionizing) based on the radiation's capability of ionizing atoms and disrupting chemical bonds. The frequencies utilized by PEMF treatment are on the polar opposite of the spectrum from ionizing radiation like X and gamma rays. In fact, the waves used by BEMER devices sit below even what a home WiFi router will emit.

BEMER devices have even received certification as an FDA Class II consumer medical device – one of the first of its kind for PEMF devices. Adding to that, there are numerous studies cataloged on www.PubMed.gov on not only the safety of these treatments but the positive effects that patients experienced as a result.

Does PEMF Therapy Have Benefits Outside of Blood Circulation?

There are a few interesting layers to this question because good blood circulation is so closely tied with other bodily systems and functions. First of all, one of the benefits of PEMF treatments comes from the energizing of the individual cells themselves, aiding the mitochondria in the production of ATP (Adenosine Triphosphate). ATP regulates cell metabolism by transporting chemical energy within our cells. Low ATP levels cause our cells to be sick and decreases their ability to recover, regenerate, and/or function properly.

The sum of this means improved performance at a cellular level for all of your body's systems — all of which are intertwined with healthy blood circulation. Now to get into some of the tangible results of this, strong blood circulation is tied with improved physical fitness, higher energy and increased vitality, more strength and endurance, enhanced performance and muscle conditioning, and an overall general sense of relaxation and well-being.

To learn more about the benefits of Bemer PEMF treatment technology, read testimonials from physicians, third-party researchers, and fitness trainers on the importance of microcirculation, visit life.bemergroup.com.

*BEMER does not provide any medical advice or services. This device is not intended to diagnose, treat, cure or prevent any disease. It should not be used for any purpose other than as described in the user manual. Please consult your own healthcare provider if you have any medical issues.



BEMER uses PEMF technology to deliver its proprietary signal throughout the body targeting the microcirculatory system resulting in optimized blood flow.

About BEMER

- ~ BEMER Stands for "Bio-Electro-Magnetic-Energy-Regulation"
- ~ Leading innovator in PEMF technology
- ~ Founded in 1998 - headquartered in Lichtenstein
- ~ Over 20 years in business
- ~ Health Canada Class 2 Licensed Medical Device
- ~ Several peer-reviewed medical publications (www.pubmed.gov)
- ~ Multiple worldwide patents
- ~ Winner of various scientific and design awards
- ~ Proprietary signal configuration
- ~ A+ rating with the BBB



BEMER Enhances:

- ~ Impaired vasomotion.
- ~ Microcirculation
- ~ Physical fitness, endurance, strength, and energy
- ~ Vitality and well-being
- ~ Minor pain relief
- ~ Stress relief and relaxation
- ~ Sleep quality
- ~ And more...

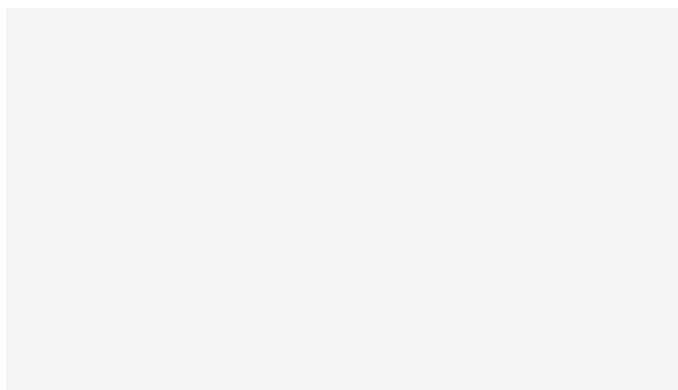
Pro-Set Features:

- ~ Non-invasive Drug-Free Pain Relief
- ~ Improves microcirculation by up to 30%
- ~ Increases blood flow to the muscles for improved athletic performance and recovery
- ~ Rejuvenation and Regeneration
- ~ Easy and quick to use: only 8 minutes, twice a day

The BEMER Pro-Set Includes:

- ~ B.BOX Professional control unit
- ~ B.BODY Professional
- ~ B.PAD & B.SPOT application modules for local & targeted application
- ~ B.LIGHT with Protective Goggles
- ~ B.SCAN Scan Module

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BEMER is used by Medical Professionals



Stephen Weiss M.D.

Private Practice in Integrative Medicine, Santa Fe, NM, Board Certified Family Physician

BEMER has been a true blessing in my life! Since starting to use the BEMER in 2014, I no longer need to wear glasses for driving/distance vision, I got off prescription drugs for sleep which I had unsuccessfully tried to do for 6 years, and have experienced significant hair growth on my balding scalp.* I use it every day, and am continually amazed by its many health benefits, ease of use and safety.



Dr. Stephen Chan, DMD, BS, CFT.

Functional Whole-body Dentist, Elite masters sprinter

BEMER helps me recover from frequent muscle stress due to the explosive demands of the sport on an older body. It only takes half the time to recover and enable me to train and compete again.* Professionally, I use it on my patients for so many benefits in terms of healing and post op management.



Elizabeth Pearl, MPT

CEO & Owner Pearl Physical Therapy, 20+ years of clinical practice as a PT

As a PT and lifelong athlete, I'm always looking for optimal ways to support the best performance of the mind and body. BEMER has been that answer for me as it allows my aging body to feel and function better than it has in years.* Integrating BEMER into my daily routine has been a game changer for me and my clinical practice. BEMER allows individuals to access great self care at home daily and support peak performance of their own mind and body.



Doug DiOrio, MD

Sports Medicine and Family Medicine

I have had great success in improving my performance and recovery for all of my workouts. I have seen this in all levels of athletes that I take care of as well. I am sleeping better and have more energy every day.*



Dr. Jonathan Lazar, D.C.

Upper Cervical Chiropractor; Clinic Owner, Professor, Author and Radio Show host

BEMER has helped me offer a higher level of care and better results to my patients. We've seen patients have incredible turnarounds when they combine our care with the benefits of in-home, lifestyle support from BEMER. It has also given me a chance to build a business where I can help people get the care they need at home in a season when people were required to stay home.



Dr. Kevin Shaw ND, EAMP

Triple board certified in Naturopathic Medicine, Chinese Medicine and Acupuncture.

Even after 7 years of using BEMER therapy I have been pleasantly surprised to see further benefits in energy and exercise recovery. Thanks to BEMER I'm in better shape now than I was 15 years ago. The restorative sleep I have using the BEMER sleep program allows me to run a busy clinic and keep helping others.* I enjoy seeing improved overall health and function in my patients by safely supporting their circulation with BEMER therapy.



Judson S. Millhon MD, FACC

Cardiovascular Disease and Interventional Cardiology Specialist

As a cardiologist, I know the importance of a healthy circulation. The patented BEMER signal increases vasomotion within the arterioles which propels the blood into the capillaries. This vascular network delivers oxygen and nutrients to our cells. The signal also increases the elimination of metabolic waste. Thus, BEMER assists in maintaining healthy organs in our body.

* Individual results may vary, and testimonials may not reflect the typical person's experience and are not intended to represent that anyone will achieve the same results. These spokespeople may have been compensated for their testimony.

BEMER Therapy

BEMER is registered and licensed through Health Canada as a Class II medical device and may be used over the counter (OTC) or by medical professionals. The intended use of the BEMER medical device is to increase impaired frequency of vasomotion of small and very small precapillary arteriolar vessels (<100µm). This results in an improved distribution of blood in the capillary network of microcirculation.

BEMER products are designed for stimulating impaired vasomotion (rhythmic contractions) of the smaller and smallest blood vessels by utilizing a specific biorhythmically defined, low intensity, low frequency stimulus (PEMF) to stimulate muscles and increase local blood flow.

Contraindications

- Immunosuppressive therapy in consequence of transplantation.
- Immunosuppressive therapy in consequence of allogenic cellular transplantations or bone marrow stem cell transplantation. Other conditions often requiring immunosuppressive therapy, e.g. autoimmune diseases or dermatological diseases are not contraindications to the use of BEMER therapy. BEMER therapy application has to be cleared by physician in charge.
- All active medical implants that are intended to administer medication (medication pumps) are an absolute contraindication and prohibit the use of BEMER therapy.
- Active medical implants that lead to stimulation (e.g. pacemakers, defibrillators, brain stimulators, muscle stimulators) represent a relative contraindication. The use of BEMER therapy must be discussed with the patient's attending physician.

With active medical implants as a relative contraindication, it is imperative to ensure that the implantable device is compatible with BEMER use and operates as intended without interference. Implantable devices that are electric, magnetic, or electromagnetic have a threshold of exposure to electromagnetic energy that ensures operational safety. Therefore, it is important that the physician is aware of the output power of the BEMER as to ensure its use will not negatively impact the active implant or its functional operation.

The BEMER signal is emitted at a maximum average flux density (intensity) of 150 microTesla (µT) or 1.5 Gauss at the applicator surface and decreases exponentially with distance from its source.

If the doctor is not familiar with the maximum thresholds for electromagnetic exposure to the implantable device, the published guidelines from the device manufacturer should be referenced to ensure safety and efficacy of the active implant during BEMER use. This may guide the doctor in their decision about BEMER use with the patient's active medical implant.

We encourage you to contact us via usage-support@bemer.services or 1(800) 554-9117 ext #3 if you have any questions or concerns.

Disclaimer and Liability Release – BEMER HUMAN SETS

Intended Use: The intended use of the BEMER devices is to increase impaired frequency of vasomotion of small and very small precapillary arteriolar vessels (<100 µm). This results in an improved distribution of blood in the capillary network of microcirculation. The application module B.LIGHT supports regeneration processes of the skin. Light-emitting diodes (LED) emit a pulsating, monochromatic red light with wavelength of 660 nm.

The BEMER device can be used for the following: to increase overall vitality, relaxation and well-being; to temporarily relieve minor muscular aches and pains; to stimulate impaired vasomotion; to promote a temporary increase in local blood flow; to reduce stress; to support sleep management.

Contraindications: Here is the full list of the contraindications for the BEMER device:

- Immunosuppressive therapy in consequence of transplantation;
- Immunosuppressive therapy in consequence of allogenic cellular transplantations or bone marrow stem cell transplantation. Other conditions often requiring immunosuppressive therapy, e. g. autoimmune diseases or dermatological diseases are not contraindications to the use of BEMER therapy.
- Active medical implants that lead to stimulation (e.g. pacemakers, defibrillators, brain stimulators, muscle stimulators) represent a relative contraindication. The adjuvant application of the BEMER therapy must be discussed with the patient's attending physician.
- All active medical implants that are intended to administer medication (medication pumps) are an absolute contraindication and prohibit the use of BEMER therapy.

You agree that you understand these contraindications, have had the opportunity to obtain more information about them and consult your doctor if you have any questions or concerns.

Disclaimers: BEMER does not provide any medical advice or service. Nothing provided by BEMER in connection with the BEMER shall be construed to provide professional medical advice, diagnosis, treatment or cure. Before starting a health protocol or using a medical device such as BEMER or if you have any medical concerns, pre-existing injuries or illness, please consult a licensed health care provider. For more information, please consult the product manual or call BEMER at 1-800-554-9117. During a BEMER product presentation, you may have heard or read testimonials by users or our ambassadors. Note that individual results may vary, and testimonials may not reflect the typical person's experience and are not intended to represent that anyone will achieve the same results. BEMER spokespersons may have been compensated for their testimony or be a distributor who receives commission based upon their sales.

Release of Liability: You agree that you are using the BEMER product voluntarily at your own risk. You hereby release and hold BEMER, its parent, subsidiaries and affiliates and their officers, directors, employees, agents, attorneys, affiliates, partners, distributors, contractors, assigns and permitted assigns ("us") harmless from any and all loss, liability, damages, costs, claims, demands or causes of action of any nature and kind, known or unknown, which you or any third party has or may in the future have against us resulting directly or indirectly from your use of the BEMER products. You agree that any claim you may have against BEMER or a BEMER distributor related to your use of a BEMER is permanently barred one year after such claim arose.

COVID-19 Release, Assumption of Risk & Indemnification: You agree and represent that (a) you do not have symptoms of COVID 19; (b) you do not live with or visited a person or family member that has been diagnosed with or suspected of having COVID-19; and (c) you consent to having your temperature checked by a BEMER representative, if applicable. You further acknowledge and agree that (1) the product demonstration may include possible exposure to and illness from infectious diseases including but not limited COVID-19 and the risk of serious illness and death does exist; (2) you, and/or on behalf of your spouse or other invitee KNOWINGLY AND FREELY ASSUME ALL SUCH RISKS, both known and unknown, EVEN IF ARISING FROM THE NEGLIGENCE OF THE RELEASEES or others, and assume full responsibility for your attendance; and (3) you and/or on behalf of your spouse or other invitee as well as on behalf of your heirs, assigns, personal representatives and next of kin, HEREBY RELEASE AND HOLD HARMLESS ALL RELEASEES WITH RESPECT TO ANY AND ALL ILLNESS, DISABILITY, DEATH, or loss or damage to person or property, WHETHER ARISING FROM THE NEGLIGENCE OF RELEASEES OR OTHERWISE, to the fullest extent permitted by law. For purposes of this provision, "Releasee" is defined as BEMER, its parent, subsidiaries and affiliates, and their respective officers, directors, employees, agents, independent contractors, attorneys, and permitted assigns.

Arbitration: You agree that any and all claims related to your BEMER product usage will be arbitrated, and you hereby waive your right to maintain a lawsuit or a jury trial. Any claim related to your BEMER product use shall be brought within one year of its accrual and be determined by arbitration before one arbitrator, to be administered by JAMS under its expedited rules and procedures.

By signing below, you acknowledge that you are 18 years of age or older, have the legal right to perform this disclaimer, and that you have read, understood and accepted all of the foregoing. If you are injured in any way, this release prevents and prohibits any recovery of money from BEMER or any BEMER distributor.

Signature: _____

Date: _____

IBD # (if applicable): _____

Email Address: _____

Printed Name: _____

Cell Phone: _____