

BEMER THERAPY AND RHEUMATIC DISEASES (INCLUDING RHEUMATOID ARTHRITIS)

About 4 to 10 million people in Germany alone suffer from a form of rheumatic disease. Of those, about 5% are severely affected and under a physician's care. Over the past 14 years, the number of people needing to take early retirement because of rheumatic disease has doubled. Therefore, because of its frequency, rheumatism and its effects does not only impact our quality of life, but it also is responsible for up to 60 million sick days per year in a country like Germany. In comparison the situation is at least proportionally similar in a country like South Africa, if not worse.

The world health organization (WHO) defines rheumatism in very general terms: The term rheumatism encompasses all painful disturbances of movement as well as illnesses of the connective tissues and support structures, which can lead to the appearance of chronic symptoms.

The human body has about 400 skeletal muscles, 215 bones, and 100 joints – therefore the occurrence of rheumatic disorders is relatively high. The international classification of diseases (ICD) classifies about 300 to 500 different illnesses within the family of rheumatic diseases. At times, medical classification presents numerous difficulties, because of complex inter-relationships and limited knowledge of causes and precise mechanisms.

Generally speaking, infections, misuse, injuries, immune deficiencies, and incorrect diet can be among the contributing factors.

The pulsating electro magnetic field of the BEMER-therapy, together with other methods used by traditional clinical medicine, can ease the symptoms by means of improving metabolic functions and also affect the future course of the illness in a positive manner.

Some of the excellent results BEMER-therapy has achieved with rheumatic illnesses are documented in some European research, the so-called Euro-study, which included about 300 cases of rheumatic disease. Less severe cases often respond quickly to local treatment with the intensive applicator, which should be used in addition to daily therapy on the Bemer Mat. For very painful, inflammatory arthritis, BEMER-therapy can be especially helpful through the bio-energetic and metabolic effects, which significantly reduce inflammation and therefore lessen pain!

Further deterioration of cartilage can be reduced and in the most favorable cases a regeneration of the cartilage can be stimulated through the activation of "repair proteins".

Often, severe cases of degenerative and chronic rheumatic diseases call for long-term therapy with low frequency electro magnetic fields.

The positive effects of low frequency electro magnetic fields on metabolic functions of the bone and the entire skeletal support system have been proven in several scientific examinations and the basic principles on which they work are well known:

- Regulation of the metabolism of minerals, especially calcium, which is of significance for the building of bone structure and proper function of muscles.

- All-over activation of the metabolism improves excretion of acids stored in the tissues which can be further enhanced with appropriate diet and food supplements.
- In addition, anti-inflammatory enzymes are activated, and the production of the already mentioned “repair proteins” is stimulated, which is of significance for the regeneration processes of several type tissues.
- Another important point is the stabilization of the immune system, which is usually compromised during chronic inflammatory processes. The effects of low frequency electro magnetic fields are many-fold (e.g. activation of macrophages, t-lymphocytes, building of anti-bodies, and decrease of auto-immune reaction) as well as the support the self-healing powers of the body.
- The improved circulation is of special significance for treating muscle tension (e.g. Neck and shoulders).
- Hormonal balances are harmonised through central and peripheral effects, which is beneficial for overall well-being as well as metabolism in the bones.

By means of a balanced co-operation of the factors mentioned above, inflammatory processes can be reduced, pain and movement limitations can be improved and often the entire course of the illness can be influenced in a positive manner.

In principle, rheumatic diseases need to be approached and treated from a holistic point of view, rather than only being treated locally for pain and improved function.

In addition to BEMER therapy we recommend cartilage-building supplements, enzymes, vitamin E, black molasses, aloe vera and other homeopathic preparations. Other measures which do improve metabolic function as well as oxygen therapy may be helpful.