

## THE BEMER THERAPY IN PAIN THERAPY

More and more people suffer from all kinds of pain. Migraine and tension headaches have become widespread diseases. In industrial countries one-third of the population already suffers from backaches, and more and more people are afflicted by joint, bone, muscle or wound pains.

These circumstances have led to pain therapy becoming an independent field of study. Conventional medicine assumes that pain must always have a concrete cause, and if the cause of the pain cannot be found or relieved, then the symptoms should at least be treated. In the field of complementary medicine the viewpoints on pain therapy vary widely. Interdisciplinary research (physics, biology, medicine) has led to completely new ideas about the capabilities of living systems. The view of man as a chemical-mechanical system is rounded out by the higher ranking physical view. Above all the realization that the body is capable of self regulation and self healing has led to new perceptions about health and disease. From this viewpoint a new evaluation of pain must be undertaken.

Pain has many faces. It can appear as penetrating or acute pain, or as dragging or dull pain or as superficial or deep pain. Every individual feels pain differently. Although pain is always unpleasant, it is also a „a good friend“, or expressed differently „a guardian of good health“. It acts as a type of alarm signalling that something is going wrong. Often pain can become independent. Sometimes humans still feel pain even though the cause has already been alleviated.

### Causes of pain:

All pain presumes the existence of a stimulus. This stimulation is transported by the nerves to the brain and causes a corresponding reaction. All pain stimulants have one thing in common and that is a change in human tissue or cell surface. Briefly, it is a „scream for more oxygen“. Pain is associated with chemical changes in the cells which release pain-causing substances, such as hydrogen ions, potassium ions, histamines or serotonin. It has many causes. However, when these causes are carefully investigated, they all deal with metabolic cell changes.

This is most evident in pain caused by injury. All wounds constitute tissue destruction, ie cell membranes are destroyed. This negatively affects cell metabolism and also neighboring cells. Every case of hematoma, contusion, sprain or even muscle cramp results from the finest damage to the cell structure. In 1994 reports about so-called electrical „gene switches“ appeared in „Science“ (soll das Science, NY sein? Wenn, denn ist es nicht in der Literatur gelistet). The potential of the nerves and muscle necessary for all movement are activated by genes in the cells. They regenerate a specific protein synthesis, the so-called repair proteins, which then repairs the cell membranes. By using an adequate electromagnetic signal, as in the BEMER 3000, wound and bone healing can be accelerated by as much as 40%.

Inflammatory pain is also caused by a disruption of the cell metabolism. It does not make any difference if the cause is bacterial or septic or whether the pain is acute or chronic. Without exception inflammation is hyperemia (blood overabundance due to a blockage of blood outflow) and increased capillary pressure. This results in the appearance of blood

fluids, the exsudates and infiltrates, in the tissue. This leads to swelling which hinders the metabolism. In addition, hydrogen ions are released that can cause acidemia (over-acidity) which in turn can lead to the death of the cells (necrosis).

Pain caused by muscle tension is a result of a narrowing of the blood vascular system, e.g. through mental stress or malposition leading to an oxygen deficiency in the cells. In cases of lumbago the spastic contractions of the muscles causes a reduction of the blood circulation which also adversely affects the metabolism.

### Conclusion:

Whenever pain therapy concentrates only on the suppression of pain, then it ignores reality and can even hinder the healing process. Regeneration and healing are based on a functioning metabolism.

The concept of Bio-Electro-Magnetic-Energy-Regulation (BEMER-Therapy) is part of a therapy that activates the metabolism and thus supports self healing. This improved regeneration leads to a reduction of chronic pain, faster healing of injuries and reduced tension.

The following effects of the BEMER-Therapy in treating pain are significant:

### Overall effects

- improved blood circulation
- increased oxygen concentration in the blood
- improved blood flow
- overall metabolic regulation of the blood
- improvement of the cell functions, differentiation and regeneration
- improvement of the regulation, communication and coordination of the cells with each other

### Potential effects, particularly on pain

- activation of the body's own nitric oxide system leading to vascular widening and thus to an improvement of the blood circulation. This effect supports therapies for migraines, Diabetes mellitus, heart-circulation diseases, tinnitus and strokes.
- improvement of microcirculation in damaged tissue and a more efficient elimination of acids and other metabolic endproducts.
- improved transport of macrophages, lymphocytes and antibodies through the blood to the source of the problem
- activation of the so-called „repair proteins“ and anti-inflammatory enzymes which support the best regeneration of the damaged tissue possible
- swelling and inflammation are reduced

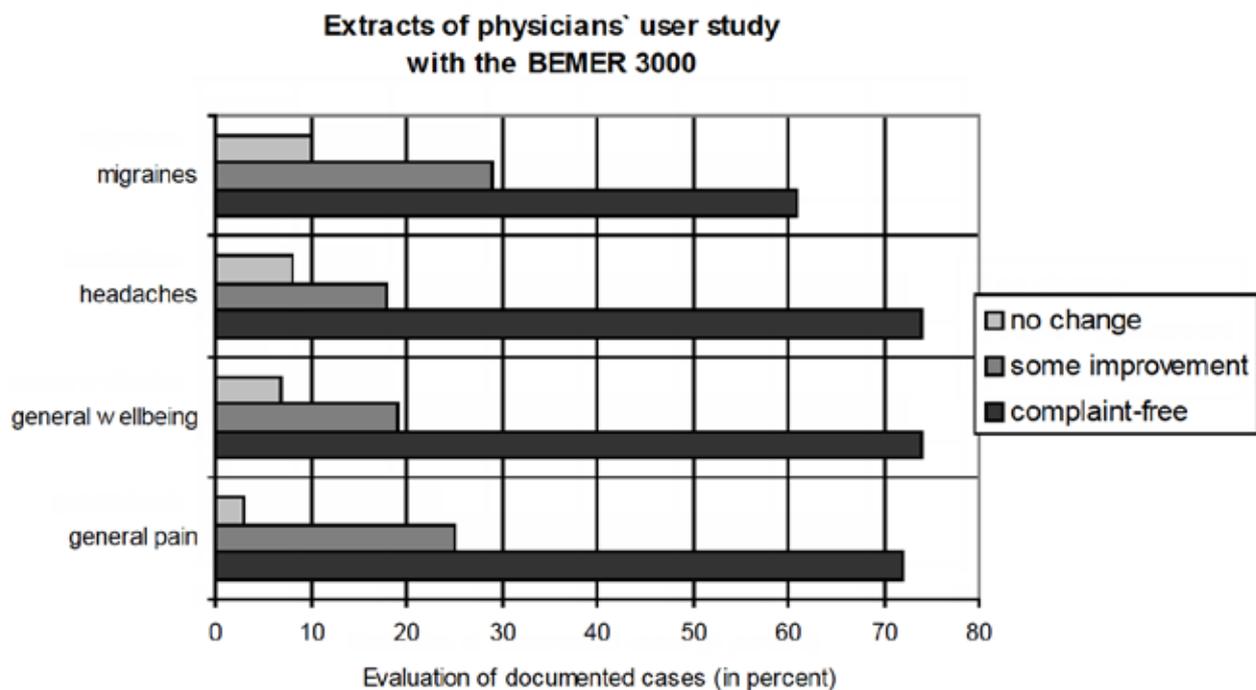
- cells are once again supplied with sufficient oxygen and nourishment

### General recommendations for use

Due to the wide variety of pain-causing illnesses and the above mentioned different types of pain, it is recommended that the AFB guidelines be observed and, when necessary, a physician familiar with the BEMER-Therapy should be consulted.

Before using the BEMER 3000-Therapy System, you should have a physician explain your pain and ailments to you, if that has not yet been done!

The effects of the electromagnetic field of the BEMER Therapy System on humans have been and are being documented in a European wide study under the auspices of the AFB. A total of 1 116 cases were evaluated. Since a number of the participating patients suffered from several illnesses, this resulted in a total of 2 031 cases. The average time of therapy was between two and five weeks and 313 cases were evaluated (see graph). The results were as follows:



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2. Michaelis, H., Fachinformation BEMER 3000 – Therapie, ACADEMY for bioenergetics, 5/99

3. Akademie für Bioenergetik, Fürstentum Liechtenstein, Ärztliche Anwenderstudie, 09/03  
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