

Fibromyalgia (Fibrositis syndrome) and the BEMER therapy

Fibromyalgia is one of the so-called soft tissue rheumatic conditions which encompass about 60% of all forms of rheumatism. This condition does not directly affect the joints but manifests itself in the connective tissue, tendons and ligaments. Its true cause is still not known, but genetic factors are suspected and psychological stress, immune or endocrine abnormalities, or biochemical abnormalities in the central nervous system (eg altered serotonin levels) can also contribute to the development or sustainability of the disease. Severe pain covering large areas of the muscles and tendons and usually continuing for an extended period of time (several years) represents the primary symptom of Fibromyalgia. Further characteristics are a gradually decreasing physical and mental capacity (loss of vitality), general fatigue, sleep disorders, headaches and depression. Fibromyalgia is further characterized by so-called “tender points” which hurt when pressed but do not refer pain.

Due to the ambiguity surrounding the origin of fibromyalgia, no causal therapy for the disease exists so far and treatment currently follows a rather symptomatic approach, dependent on which of the wide range of symptoms are being displayed. The often limited success of treatment with painkillers and corticoids does not justify the directly linked side effects experienced by patients.

Thorough psychotherapeutic treatments, complemented by low dosed antidepressants can help patients to gain relief from the symptoms of Fibromyalgia. Further positive effects can be achieved by means of various physical therapies, such as gentle exercise, massage, heat/cold therapy and acupuncture.

BEMER therapy is recommended for the treatment of fibromyalgia due to its scientifically proven activating effect on the metabolism, which directly addresses one of the prominent causal factors of the disease and ultimately leads to improved physical and mental health. The increased blood circulation and oxygenation in the tissues can help to ease tension, reduce inflammatory processes, as well as support regeneration in general. In addition, neuro-vegetative regulation brought about by BEMER 3000 applications, can reduce mental and psychosomatic symptoms, hence improving the patient's general well-being.

Application recommendation for the use of BEMER Therapy

Thrice a day - application of the coil mat according to the model of the basic program. It is recommended in principle that the coil mat with Level 1 be used in the evening before going to bed.

During acute inflammatory episodes, the intensive applicator or the coil cushion (without reducing cable) with P3 is used.

It is important to remember that all rheumatic diseases are accompanied by a latent acidosis of the tissues. BEMER therapy should therefore be complemented with mineral supplements, which will cause the neutralization and elimination of acids and improve therapeutic effects.