

OSTEOPOROSIS AND BEMER

Conventional therapy for osteoporosis often comprises a change in nutrition with addition of calcium and vitamin D, avoidance of alcohol and other substances robbing the body of calcium like red meat and sweets, as well as an increase of time spent outdoors combined with exercises like swimming or physical therapy. In addition, it is advisable to stop smoking, because the loss of substance when actively smoking increases by as much as 50 percent. Prescription drugs which prevent bone loss or promote the formation of bone can also be given. Estrogen therapy for women has received mixed reviews due to the possible increased risk for breast cancer.

The piezo-electrical effect of the bone explains the mechanisms on which bone growth, bone structure and bone healing are based. There is proof that with mild pressure on the bone a weak negative electrical current is developed and with a mild pulling force on the bone a weak positive electrical current is developed. These electrical impulses direct the bone growth and the formation of the characteristic spongy bone through calcium deposits. This ensures that the proper kind of bone structures develop, which correspond to the appropriate individual anatomical patterns of movement and usage.

One type of treatment that has been used in orthopedics for a long time is electro magnetic field therapy. Appropriate, low-frequency, electro magnetic fields induce an electrical current in the bone, which stimulate bone growth and bone healing even in the absence of mechanical weight or movement.

The following effects of electromagnetic fields are of great importance for the treatment of osteoporosis:

General effects:

- Improvement of circulation
- Increase of oxygen concentration in the blood
- Improvement of the viscosity of the blood
- Activation of cell metabolism
- Improvement of function, differentiation and regeneration of the cells
- Improvement of co-ordination and communication among individual cells

Effects on bone structure:

- Loss of bone can be slowed or prevented because of the recreation of the piezo-electrical effect
 - Slow building of bone substance is possible due to the activation of calcium metabolism and stimulation of calcium deposits in the bone
 - Indirect effects due to regulation of the hormone system, which plays a crucial role in regulating metabolism of minerals
 - Improvement of overall well-being and increased activity will have a positive impact on symptoms of osteoporosis

The therapy with electro magnetic fields, which can be accomplished optimally with the BEMER, is a fairly complex method, which can improve metabolism of the bone tissues and its structure, as well as the overall metabolism of the body. In addition to a balanced diet rich in calcium and plenty of exercise outdoors, the following facts should be considered: according to some new findings, calcium found in cow's milk and its products can be difficult to absorb, and an increased need of calcium and phosphorus may require taking food supplements. The following foods are also high in minerals and calcium: green leafy vegetables, seafood, nuts and goat cheese.

Recommendations of Bemer Mat application for osteoporosis

Week 1-4: Morning/evening on the mat according to the basic program, plus once a day level 10.

Week 5 and up: Morning/evening on the mat according to the basic program, plus twice a day level 10.

For treatment of fractures use the intensive applicator on the fracture site with P4 once a day.

A recent physician user study conducted by the Academy for Bio-Energetics documented 28 cases of osteoporosis with an average therapy time of eight weeks.

Sixty-two percent of patients were reported complaint free, 31 percent improved, and 7 percent without change at the end of the therapy time.