

# ***BEMER and SPORTS***

Elite athletes from every arena – from the NFL to the NBA to the PGA to Olympians and beyond – are turning to **BEMER** technology to hasten recovery and enhance endurance.

The BEMER fitness and wellness system has assisted the athletic community for nearly two decades in both sports performance, endurance and injury recovery.

**BEMER** accelerates the recovery process, by supporting quick transport of lactic acid and metabolic waste, making BEMER the "go to" product and fast-track for athletes to be able to perform at peak levels.

**Here are just a few athletes already onboard with BEMER:**



Jack Nicklaus (*PGA, Won 18 Majors*)



The Bryan Brothers (*Pro-Tennis, #1 doubles-team in the world...Won over 100 tournaments and 22 majors*)



Arizona Diamond Backs



Philadelphia 76ers



San Francisco 49ers



San Diego Padres players



Chicago Bears



Rafael Nadal and camp (*Pro-Tennis*)



James Van Riemsdyk (*NHL*)



PGA Tour Golfers



Retired NFL Players



NFL Alumni Association



RAAM, (*Race Across America TEAM BEMER*)



Boris Becker (*Pro-Tennis, Youngest Wimbledon  
Champion/Grand Slam Winner*)



Robert Karlsson, (*Professional Golfer/World Cup  
Winner 2008*)



Marc Girardelli, (*5-time World Cup Ski Champ.*)



USC Men's Tennis (*Coach Peter Smith*)



Swiss Davis Cup Team (*Roger Federer*)



SWISS OLYMPIC TEAM and many other

## **What are the advantages of BEMER in sports?**

- ✓ Improved cardiac function and physical fitness
- ✓ Enhanced concentration and mental acuity
- ✓ Reduction of stress
- ✓ Enhanced endurance, strength and energy
- ✓ Better general body supply AND waste disposal
- ✓ Relief from muscle ache and structural strain
- ✓ Decrease of post-performance exhaustion
- ✓ Fewer sports injuries or over-training syndromes
- ✓ Minimize downtime. Maximize results!

## **How it works:**

Pulsed electromagnetic impulses, up to a frequency equivalent to earth's natural magnetic field, are applied to the body. The patented BEMER signal, developed by the physicist Prof. Dr. Wolf A. Kafka, is different than the impulses generated by other devices because of its particularly broad frequency spectrum.

## What Top Athletes are Saying:

**Robert Karlsson** – Professional Golfer – World Cup Winner 2008 “I use BEMER on a daily basis. It is the start of my daily routine. When I get back from a long day at the golf course and am feeling too tired to train at the gym, I use the BEMER for an extra boost. After BEMER therapy, I have had some of my best training sessions!”

**Boris Becker** – Tennis Professional “My long career as a tennis professional really affected my body. Since I’ve been using the BEMER system, my discomfort has been greatly relieved and my general feeling of well-being has improved immensely as a result!

## BEMER ADVANTAGES:



FDA Registered Class I Medical Device



20-year-old debt free multi-national



Offered in 50+ countries



1,000,000+ Satisfied Users worldwide



1,000's of professional athletes



4,000+ practitioners, hospitals and clinic



5 International Patents



Unique Signal Configuration



Numerous medical studies



Joint-Collaboration with NASA



Award-winning design



German engineering



Swiss craftsmanship



3-year warranty backed product



Lifetime system updates & users' hotline

We look forward to serving you and bringing more health throughout the Nation!

## **WHAT INFLUENCE WILL THE APPLICATION OF BEMER® PHYSICAL VASCULAR THERAPY HAVE ON MY ENDURANCE?**

Because the body regenerates faster with regular application of BEMER® Physical Vascular Therapy, you can train more (increased scope and better ability to cope with intensive sessions), so that your endurance increases with more frequent training sessions at correct training intensities. An additional advantage is the improvement of the immune system (fewer missed training sessions, better training quality) and improved oxygen extraction through optimization of the metabolism.

## **WHAT EFFECT WILL BEMER® PHYSICAL VASCULAR THERAPY HAVE ON MY STRENGTH?**

It will have an indirect rather than a direct influence. The recovery after strength training is accelerated, meaning that you will be able to perform strength training again sooner. In this respect, BEMER® Physical Vascular Therapy also has positive effects on your strength. In addition, the risk of injury is

decreased, because regular application of BEMER® Physical Vascular Therapy has a positive effect on the muscles and connective tissue. BEMER® Physical Vascular Therapy can be used before strength training as a warm-up support (increased blood circulation).

**I AM ALWAYS VERY NERVOUS  
BEFORE THE START OF MY EVENT.  
CAN BEMER® PHYSICAL  
VASCULAR THERAPY HELP HERE  
AS WELL?**

Yes, it can. Stressful situations such as stage fright or anxiety (fear of the dentist, for example) can be influenced by BEMER® Physical Vascular Therapy in that a calming and relaxing effect is exerted on the vegetative nervous system. This has been proven by a related scientific study.

## **I ALWAYS FEEL RATHER APATHETIC BEFORE THE START OF MY EVENT. CAN I INFLU- ENCE THAT WITH BEMER® PHYSICAL VASCULAR THERAPY?**

Due to the improvement in blood circulation and therefore the oxygen and nutrient situation, it is possible to “activate” all metabolic processes of a healthy athlete as effectively as possible, in both the nervous system as well as in the muscles. A particular and interesting benefit is that there is no increase in pulse or blood pressure.

## **DOES BEMER® PHYSICAL VASCULAR THERAPY HAVE AN INFLUENCE ON MY COORDINATION FACULTIES (REACTION, COORDINATION, ANTICIPATION, BALANCE, DIFFERENTIA TION)?**

Because the metabolic system of the body is optimized by regular BEMER application, this can have a



positive effect on the coordination faculties, because the body takes longer to become tired and stays focused for longer.

## **I HAVE MUSCULAR TENSION. CAN I USE BEMER® PHYSICAL VASCULAR THERAPY FOR THIS CONDITION?**

Yes, apply the basic plan with the whole-body application module B.BODY and the local application module B.SPOT or B.PAD with P3 directly to the stiff area.

## **WHICH LEVEL SHOULD I SELECT AFTER AN INTENSIVE STAMINA TRAINING SESSION OR COMPETITION? IS THERE A DIFFERENCE IN**

## **RECOVERY AFTER STRENGTH TRAINING?**

Given theoretical considerations, using level 3 with the B.BODY after all intensive training sessions (including strength training) is the most sensible option, because

the body is “acidic” and the lactate and the high CK levels should be broken down as quickly as possible. Higher intensities can be used before training sessions or competitions.

## **DOES BEMER® PHYSICAL VASCULAR**

## **THERAPY REPLACE A SPORTS MASSAGE?**

No. However, those who use the BEMER regularly require fewer massages, because by using BEMER they positively influence their muscle tone and optimize their bodies’ metabolism.

## **AFTER A SPORTS INJURY I ATTEMPT TO MINIMIZE THE SWELLING. BEMER® PHYSICAL VASCULAR THERAPY IMPROVES BLOOD CIRCULATION. WILL THE SWELLING NOT INCREASE AS A RESULT?**

No. BEMER® Physical Vascular Therapy supports the body’s own processes, i.e. an improvement in blood

circulation must not be mistaken for an increase in bleeding from a wound (vessel). BEMER® Physical Vascular Therapy ensures optimization of the physiological processes, which means faster wound closure (blood clotting) and initiation of the healing phase (activation/optimization of repair mechanisms). Furthermore, the regulation of the release of synovial fluids in the event of joint injuries can be positively supported and a direct anti-edematous effect achieved. With injuries, it is best to apply the B.SPOT or B.PAD locally as quickly

as possible and, in this case, to repeat the applications several times one after the other according to individual tolerance. Aside from these repeat applications, the twice-daily application of the whole-body application module as basic therapy should continue.

## **I BEGAN TO EXPERIENCE REGULAR CRAMPING OF THE CALVES AFTER THE APPLICATION OF BEMER® PHYSICAL VASCULAR THERAPY. IS THERE A REASON FOR THIS?**

Due to the metabolic activation, muscle cramps in conjunction with the application of BEMER® Physical Vascular Therapy could indicate a latent mineral deficiency (e.g. Mg and Ca). By introducing these mineral elements, these cramps can be eliminated quickly and effectively. Had you had enough to drink beforehand (water, tea)? What kind of training had you been doing? At what time of day did the problem occur?

## **DOES BEMER® PHYSICAL VASCULAR THERAPY HELP RELIEVE ACHING MUSCLES? WHAT DOES IT DO IN THIS CASE?**

Generally, aching muscles should be avoided, as these result from an injury or swelling of the muscle cells (small tears in the muscle fibers). Nevertheless,

BEMER® Physical Vascular Therapy is strongly recommended for use with aching muscles, as it has been proven to accelerate the healing of injuries. Scientific studies have proven that

BEMER® Physical Vascular Therapy supports accelerated wound healing. In this case, it would be sensible to perform the whole-body application plus additional local applications with P3 following the basic plan.

## **IS BEMER® PHYSICAL VASCULAR THERAPY A LEGAL MEANS OF PERFORMANCE ENHANCEMENT, OR COULD IT BE SAID THAT IT IS A FORM OF DOPING?**

Because BEMER® Physical Vascular Therapy only supports the body's own processes without the addition of any kind of substance, it doesn't count as doping. A performance enhancement is possible, but only with qualitatively good training.

## **WHAT INFLUENCE WILL THE APPLICATION OF BEMER® PHYSICAL VASCULAR THERAPY HAVE ON MY ENDURANCE?**

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