Ankylosing Spondylitis and the effect of BEMER3000 Therapy

Report by the Academy for Bioenergetics (AFB) Liechtenstein

Ankylosing spondylitis (AS) is a systemic rheumatic disease, which is characterized by chronic inflammation, predominantly in the spine and in the sacroiliac joints. However, it can also cause inflammation in other joints, away from the spine, as well as other organs, such as the eyes, heart, lungs and kidneys. AS affects around 0.5 - 1 of the population, whereby men are ten times more likely to develop the disease.

Genetics definitely play an important role in the disease, but the cause of AS is still unknown. Around 95 of patients have a gene called HLA-B27, but only 10-15 of those who inherit the gene develops the disease.

Symptoms of AS most frequently appear in patients between the ages of 20 and 40. The inflammation of AS usually starts around the sacroiliac joints (area where the lower spine is joined to the pelvis) and patients often awaken in the middle of the night with back pain that can extend down both legs. Over a period of time, pain and stiffness may progress into the upper spine and even into the chest and neck, making movement very painful. Ultimately, the inflammation can cause the sacroiliac and vertebral bones to fuse or grow together. When this occurs, the normal flexibility of the spine, including the neck, is lost and the whole spine becomes rigid. Similarly, the bones in the chest may fuse, causing a loss of normal chest expansion when breathing. As no causal therapy is available for AS, treatment should be designed to reduce pain and stiffness, prevent deformities and help the patient maintain normal activities. Conventional treatments only mask the symptoms of the disease, often causing patients to suffer undesirable side effects, and in many cases treatment outcomes are not satisfactory. Therefore, it becomes crucial for the patient to find alternative treatments, which reduce pain and positively affect the entire course of the disease.

Numerous therapeutic effects of extremely low, wide frequency range pulsating magnetic fields have been scientifically proven, whereby the following are of particular significance for the treatment of AS:

General effects:

- Improved blood circulation
- Increased oxygen concentration and improved blood viscosity
- General regulation of cell metabolism
- Improved function, differentiation and regeneration of the cells
- Improved regulation, communication and coordination of cells among each other (neurovegetative, neuroendocrine, activation of transmitters, messengers and enzymes)

Effects on the locomotor system:

- Improved microcirculation in damaged tissue stimulates elimination of acids and metabolic waste products
- Activation of 'repair proteins' and enzymes with anti-inflammatory effects supports regeneration of damaged tissue

Treatment with electromagnetic fields, such as emitted by BEMER3000, is based on a series of complex effects, which not only improve the organism's blood circulation and oxygen supply, but also have a regulating effect on the general metabolism. In combination with other biological or clinical methods, symptoms can usually be alleviated and the entire course of the illness can be positively influenced.