

## Depression and BEMERtherapy

Statistics indicate that 10-15% of the population is suffering from depression, making it the most common mental illness of our time. It is estimated that every tenth person will experience some form of this illness at some stage in their lives. However, severe and chronic depression is relatively rare and only makes up 2 of the population. The probability of depression increases with age, and women are more likely to suffer from this illness than men.

There is no known single cause for depression. It is rather a combination of the following factors: hereditary disposition, stressful biographic events and conditions, negative stress in patients' private or work social environment (constant pressure), disturbed metabolism (e.g. side effect from prescription medicines).

### The basic forms of depression are:

- Reactive depression (reaction to psychologically stressful events)
- Psycho organic depression (consequence of diseased organs)
- Endogen depression (primarily mental illness)

All three forms of the illness can occur in various degrees of severity and are characterized by the following adverse effects on the patient's physical and mental wellbeing:

- General listlessness and indifference
- Lack of vitality
- Constant tiredness or bum-out
- Feelings of anxiety and tension
- Difficulties concentrating
- Inability to make decisions
- Brooding and feeling inferior
- Thoughts of death and suicide
- Sleeping disorders
- Psychosomatic organ dysfunction

Upon exclusion of possible organic causes there are numerous therapy concepts used to treat depression. These range from psychotherapy to homeopathy and phytotherapy, or even antipsychotic drugs in severe cases. Complementing these therapies with pulsating electromagnetic fields, such as emitted by BEMER3000, has proven very successful in most cases.

This is not surprising, as most of the above-mentioned symptoms are an indication of a Bioenergetic deficiency, which can be improved with BEMER3000 applications. One major effect of this treatment is a measurably improved oxygen supply and blood circulation, which activates all organ functions, including that of the entire nervous system.

Particularly successful outcomes were obtained in patients with light to moderately severe depression, especially when the depression was of reactive or psycho organic nature. 70 of these cases experienced significant improvement in their condition. Trials with patients suffering from severe, drug resistant depression have also reported considerable successes.

The following physiological effects are of significant importance for the antidepressant impact of the BEMER 3000

### General Effects of BEMERtherapy:

- Improved blood circulation and oxygen supply
- Improved microcirculation
- Activation of metabolism
- Improved organ functioning

These general effects on the organism form the foundation for general physical and mental wellbeing!

### Effects on the central vegetative and peripheral nervous system

- Improved brain metabolism
- Regulation of the neuroendocrinum (central hormone regulation)
- Regulation of melatonin production in the pineal gland (melatonin helps to regulate sleep patterns, acts as an antidepressant and supports the immune system and cell regeneration)
- Improved central regulation of feedback-mechanisms
- Improved transmission of nerve impulses (neurotransmitters)
- Harmonizing of the vegetative nervous system
- Improved psycho vegetative regeneration and anti-stress effects

### The vegetative nervous system

The vegetative nervous system, consisting of the activating sympathetic and the contra regulating parasympathic, controls all organ functions. The coordination of this system occurs via complex networks and feedback mechanisms in the brain, interbrain, spinal cord and the body's organs. All bodily and mental functions ultimately depend on bioelectromagnetic activity, which (among others) is transferred via neurotransmitters, hormones and other messengers. During depression the harmonic flow of this complex coordination process is interrupted, thus leading to various psychosomatic and functional disturbances.

The pulsating electromagnetic fields of the BEMER impulse can produce regulating effects in the central as well as the vegetative nervous system.

#### References

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3. Markwort et al.: Transcranial magnetic stimulation as an alternative to electro shock therapy in treatment resistant depressions, 1997

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Further BEMER3000 reports are available on the following topics:

Acid build up in the organism	Multiple sclerosis
Aging Population	Osteoarthritis
Ankylosing spondylitis	Osteoporosis
Athletes	Pain management
Bone fractures and physical trauma	Physicians user study
Diabetes mellitus	Rheumatic conditions
Fibromyalgia	Strokes
Heart and circulatory diseases	Tinnitus
Migraines	Tumours