

HEART AND CIRCULATORY DISEASES and BEMER*therapy* as supporting treatment

Heart- and circulatory diseases are becoming the number one illness statistic among industrialized nations, as well as the number one cause of death and the number one cost factor in the health system. Despite all the developments in modern medicine, the National Heart Foundation of Australia recorded in 1998 that 40% of all deaths could be attributed to cardiovascular disease. In Germany, every second person becomes the victim of direct or indirect aftermath of cardiovascular disease.

We should therefore use all possibilities for preventing and reducing the numerous risk factors. One of these possibilities is the therapy with the low frequency pulsating magnetic fields of the BEMER 3000, which can help lessen the strain on the circulatory system through its specialized effects.

The heart is the most frequently used muscle of the body, and its life-sustaining function determines not only our energy level and capabilities, but also our lifespan. If we assume a pulse rate of about 70/minute and an amount of 4.9 litres of blood to be pumped per minute, we come up with 7000 litres per day, which need to be transported through a blood vessel system of over 1400 meters in length! Calculated over one year, the heart muscle, about the size of a fist, would pump in excess of 2.5 million litres. Some deciding factors, which influence the capacity of the heart, are blood pressure, strength of the vessels, and viscosity of the blood. Only the individually fine-tuned regulation of the heart and circulation insures the sufficient blood supply of all organs and is therefore of great significance for the entire metabolism.

Numerous studies have proven that broad band, low frequency pulsating magnetic fields, like in the BEMER 3000, can influence disturbed organ functions in a positive way. In the case of heart-and circulatory disease, it is especially the **measurable increase of the oxygenation and flow properties of the blood**, which causes significantly less work for the heart. At the same time, the activation of the body's own carbon monoxide system causes the **blood vessels to dilate** and economize the work of the heart.

Blood supply in the blood vessels of the lungs increases as well, and through the resulting **increased oxygenation** respiratory difficulties can be improved, which in turn causes less taxation for the heart. At times, harmful changes in the blood vessels can be reversed and protective mechanisms activated. **This can reduce the risk of thrombosis.**

Stress related symptoms like pressure and pain in the area of the heart would be positively affected. Through further interconnected regulating effects regulation of blood pressure is likely.

We do not recommend the use of the BEMER after a heart transplant, because we do not have enough experience in this area. However, patients with pacemakers can use the BEMER because of its low magnetic field strength. Only the intensive applicator should be kept at a distance of about 30 cm from the pacemaker just to be sure. A few other relative contra indications like severe arrhythmia should be discussed with a physician familiar with BEMER*therapy*.

In addition to proper nutrition, sufficient exercise, and reducing individual risk factors, the Bio-Electro-Magnetic-Energy-Regulation is a very effective therapy for all heart- and circulatory diseases.

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