

MIGRAINES AND THE USE OF BEMER*therapy*

Migraines are suddenly occurring severe headaches, mostly limited to one side of the head. The pain, which is piercing, pounding and torturing, usually begins in the area of the forehead or temple and spreads over half of the skull. In some cases the pain may be felt over the entire head. Migraines can last from several hours to several days, and are often accompanied by nausea, light sensitivity and/or disturbances of vision. Sometimes there are also muscle cramps, weakness in one arm, or noise in the ear.

Possible causes:

The migraine attack can be caused by fluctuations in the blood flow of the vessels in the brain. First there is a brief, spastic constriction of the blood vessels, which causes a lack of oxygen in the tissues and produces pain. " Pain is the cell screaming for oxygen". This leads to widening of the arteries, as well as to the activation of a number of biochemical processes, which causes further pain. The disposition toward migraines seems to be hereditary. Many of those affected can name initiating factors: foods that tax liver function like chocolate, certain kinds of cheeses, fatty substances, and alcohol; for women hormonal changes during the monthly cycle and pregnancy; physical or psychological demands; environmental influences like weather or bright light, or stress.

Many patients with migraines suffer from a prolonged stress level. When this is over and a period of relative relaxation begins, they experience a migraine attack (e.g. weekends, vacations, or after an important decision has been made).

Traditional medical treatment:

Treatment with traditional medicine is symptomatic, that is prescription drugs are used to ease pain and to reduce the frequency and strength of the attacks. Through this the patient may be drawn into a vicious circle, since many drugs themselves contain substances which cause head aches or lead to addiction. Generally speaking, most prescription drugs cause stress for the organism, especially the liver and kidneys.

Alternative medical treatment:

Good results have been achieved with acupuncture, transcutaneous stimulation of the nerves, homeopathy, and electromagnetic field therapy. These measures are meant to stimulate the self-healing powers of the body, or to remove fields of disturbance.

Cause related therapy:

This therapy primarily focuses on eliminating the disturbances of circulation as well as avoiding attack-triggering factors. The following effects of pulsing electro-magnetic fields are of great importance for the treatment of migraines:

Overall effects:

- **Improvement of circulation**
- **Increase of oxygen concentration in the blood**
- **Improvement of the viscosity of the blood**
- **Activation of metabolism in the cells**
- **Improvement of function, differentiation and regeneration of cells**
- **Improvement of regulation, communication and coordination of cells amongst each other (neuro-vegetative, neuro-endocrine, transmitters, enzymes)**
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Effects on blood vessels and nervous system:

- **Activation of the body's own carbon monoxide systems**
- **Improvement of the micro circulation in the muscles and the brain**
- **Improvement of the metabolism in the brain**
- **Regulation of melatonin production (melatonin can improve sleep, prevent depression, and support the immune system and cell regeneration)**
- **Improvement of the central regulation processes and feed-back mechanisms**

Electromagnetic therapy with the BEMER 3000 stimulates complex processes, which not only improves the circulation and oxygenation of the blood, but also activates the all-over metabolism. In addition, we recommend balanced nutrition, sufficient exercise and elimination of individual risk factors.

We also would like to mention two essential considerations:

1) As we know from traditional Chinese medicine and holistic medicine, a weakness of the liver is a frequent cause of migraines. If we look at the factors that cause an attack, we often find them to be foods or drugs, which the liver needs to metabolize acidic – detoxify, adding strain for the already weakened liver. Often, these patients experience problems sleeping through the night, that is they wake up between one and three o'clock (According to the Chinese clock, this also signals a disturbance of the liver meridian).

Therefore, the intake of acid forming foods should be minimized and no uncooked fruit or vegetables should be eaten six hours before going to bed. Any partially digested raw fruit or vegetables will ferment during the night and form alcohol, which can tax the liver and their break down will interrupt sleep. Strengthening of the liver can be accomplished through acupuncture, homeopathic preparations, and detoxifying measures.

2) A further cause can be muscular tensions. If they are caused by psychological problems or stress, it makes sense to look for ways of overcoming these causes or to manage them (like yoga, bio feedback, Tai Chi, etc.). Sometimes the cause for tensions can be rooted in improper posture, among others because of faulty work space setup or favouring a part of the body due to injuries. In that case, exercise, stretching and massage can contribute to muscle relaxation.

The following results are from a physicians' user study conducted in Europe with the BEMER 3000 system (168 cases over 6 weeks):

	Complaint free	Improved	No change
Migraines	73%	20%	7%
Headaches	80%	10%	10%
General Wellbeing	72%	21%	7%
General Pain	68%	32%	0%

The following results are from a Multicentric Physicians user study, 49 patients over 6 weeks. (AFB 24.10.2003)

	Complaint free	Improved	No change
Migraines	61%	29%	10%

Headaches may be a sign of serious disease. See your doctor if any of the following applies to you:

- You start getting headaches after the age of 50
- You get a sudden severe headache - 'out of the blue'
- You have a constant headache, which is getting gradually worse
- You develop a headache after exertion, straining, coughing or sexual activity
- Your headache causes you drowsiness, confusion, or memory loss

Testimonials:

"I have suffered from Migraines for the past 22 years, suffering severe attacks every 3 or 4 days ((brought on by serious spinal injuries from a motor vehicle accident). Since using Bemer therapy, I may now only have a migraine once every 3 –4 weeks. Daily I use the Base Program at least once, and when I suffer an attack, I find using the intensive applicator on P4 on the forehead to be the most effective. This therapy has dramatically reduced the amount of painkillers I use – in fact, I'm hardly using any! My sleep has improved, and I experience a general sense of well-being.

I recommend that all Bemer users attend the training seminars that are conducted from time to time, to understand all the wonderful and specific ways the Bemer 3000 can be used, not just for yourself, but for the whole family."

A. L. T, Sydney Australia

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