

## **RHEUMATIC DISEASES (including rheumatoid arthritis)**

In Australia, about 65 persons out of every 1000 suffers from Rheumatoid Arthritis, in Germany 4 to 10 million people suffer from a form of rheumatic disease. Of those, about 5% are severely affected and under a physician's care. Over the past 14 years, the amount of people needing to take early retirement because of rheumatic disease has doubled. Therefore, because of its frequency, rheumatism and its effects does not only impact our quality of life, but it also is responsible for up to 60 million sick days per year.

### **What is Rheumatoid Arthritis?**

The World Health Organization (WHO) defines rheumatism in very general terms:

The term of rheumatism encompasses all painful disturbances of movement as well as illnesses of the connective tissues and support structures, which can lead to the appearance of chronic symptoms.

Arthritis is a general term that is used to describe inflammation of the joints in the body. Rheumatoid arthritis (RA) is a type of chronic arthritis that occurs in varying joints such as the hands, wrists or knees and will appear in the joints on both sides of the body at the same time. This appearance of the inflammation on both sides of the body (such as both knees, or both wrists) is one way of identifying RA from other types of arthritis (there are more than 150 different types of arthritis). In addition to affecting the joints, RA is known to affect organs of the body including the skin, eyes, lungs, heart, blood and kidneys.

The human body has about 400 skeletal muscles, 215 bones, and 100 joints – therefore the occurrence of rheumatic disorders is relatively high. The international classification of diseases (ICD) classifies about 300 to 500 different illnesses within the family of rheumatic diseases. At times, medical classification presents numerous difficulties, because of complex interrelationships and limited knowledge of causes and mechanisms.

Generally speaking, infections, misuse, injuries, immune deficiencies, and incorrect diet can be among the contributing factors.

### **What are the symptoms of rheumatoid arthritis?**

- General feeling of ill-health.
- Pain in the affected joints.
- Swelling of the joints.
- Stiffness, which restricts movement, especially early in the morning.

### **How is rheumatoid arthritis diagnosed?**

There are a number of different ways to diagnose rheumatoid arthritis, with diagnosis usually decided by considering a combination of the following:

- the specific location of the painful joints and if they affect both sides of the body (called symmetry);
- the presence of stiffness and pain in the joints in the morning;
- the presence of bumps and nodules under the skin (called rheumatoid nodules);
- results of X-rays that show inflammation or damage to the joints; and
- positive results of a blood test for RA to identify the rheumatoid factor in the blood, however, this is not a conclusive test as the rheumatoid factor may be present in people who do not have rheumatoid arthritis.

## What you can do

- Consult a doctor to find out what type of arthritis you have.
- Rest the joint until the pain subsides, then resume normal activities to prevent stiffness.
- Keep the joint warm at night and in cold weather.
- Gentle exercise, such as swimming in heated swimming pools, can be of help.

However, a balance of rest and exercise is important. When there is a worsening of the joint inflammation, rest is indicated and you may need to use a walking cane or joint splints. When the inflammation decreases, gentle exercise is needed to maintain mobility in the joint and to strengthen the surrounding muscles.

**The pulsing electromagnetic fields of BEMERtherapy, together with other methods used by traditional clinical medicine, can ease the symptoms through improving metabolic functions, and also affect the course of the illness in a positive manner.**

Some of the excellent results **BEMERtherapy** has achieved with rheumatic illnesses are documented in our Euro-study, which included about 300 cases of rheumatic disease. Less severe cases often respond quickly to local treatment with the intensive applicator, which should be used in addition to daily therapy on the mat. For very painful, inflammatory arthritis, **BEMERtherapy** can be especially helpful through the bio-energetic and metabolic effects, which reduce inflammation and therefore lessen pain!

Further deterioration of cartilage can be reduced and in the most favourable cases a regeneration of the cartilage can be stimulated through the activation of "repair proteins"(HSP70).

Often, severe cases of degenerative and chronic rheumatic diseases call for long-term therapy.

The positive effects of pulsing magnetic fields on metabolic functions of the bone and the entire skeletal support system have been proven in several scientific examinations and the basic principles on which they work are well known:

- Regulation of the **metabolism of minerals, especially calcium**, which is of significance for the building of bone structure and proper function of muscles.
- **All-over activation of metabolism** improves excretion of acids stored in the tissues, this can be further supported through diet and food supplements.
- In addition, **anti-inflammatory enzymes** are activated, and the production of the already mentioned "repair proteins" is stimulated, which is of significance for the regeneration processes of several tissues.
- Another important point is the **stabilization of the immune system**, which is usually compromised during chronic inflammatory processes. The effects of pulsing magnetic fields here are many-fold (e.g. activation of macrophages, t-lymphocytes, building of anti-bodies, and decrease of autoimmune reaction) and support the self-healing powers of the body.
- The **improved circulation** is of special significance for treating muscle tension (e.g. Neck and shoulder).
- **Hormonal imbalances are harmonized** through central and peripheral effects, which is beneficial for overall well-being as well as metabolism in the bones.

Through the balanced cooperation of the factors mentioned above, inflammatory processes can be reduced, pain and movement limitations can be improved, and often the entire course of the illness can be influenced in a positive manner.

In principle, rheumatic diseases need to be approached and treated from a holistic point of view, rather than only being treated locally for pain and improved function.

In addition to **BEMERtherapy** we recommend cartilage-building supplements, enzymes, vitamin E, black molasses, aloe Vera and other homeopathic preparations. Other measures that improve metabolic function, such as oxygen therapy, may be helpful.

**Clinical Study conducted at the SzentAndras Klinik, Hungary" Maria Homoky, Dr. Med;  
Chief: Dept Rheumatology - Rehabilitation, Szent Andras Clinic, Hungary.**

**Objectives:**

Investigation of the influence of the BEMER 3000 electro magnetic field pulse on degenerative diseases of the joints, degenerative changes on the spine as well as muscle pain and spasms as a result of hip- and knee joint surgery.

**Results:**

- Significant improvement from their initial conditions were recorded for 42 patients over the therapy duration of 16 days. Two patients experienced no change at all during the therapy and another four patients dropped out of the trials for a number of reasons.
- The BEMER 3000 treatment is strongly recommended for the Hungarian Health Industry

**Discussion:**

The improvements of the patients after BEMER 3000 therapy are probably due to the blood vessel dilatation effect of the electro magnetic field with a resulting improvement of the metabolism. The improvement of the inflammation effects in the joints and the resulting pain reduction can be explained in connection with the release of the HP70 repair protein.

**Physicians multicentric user study** © AFB Institute, 24 October, 2003

CONDITION	NUMBER OF PATIENTS	% COMPLAINT FREE/ NO PAIN	% IMPROVED	% UNCHANGED	THERAPY PERIOD IN WEEKS
RHEUMATISM	48	71	23	6	6
JOINT PAIN	47	79	13	8	4
ARTHRITIS	236	48	35	17	6
GENERAL PAIN	32	72	25	3	5



## TESTIMONIALS

*"I am so very thankful for my **BEMER**therapy unit! After three months of use I have had some great physical results for some of my health problems. My doctor is very impressed as well. After using the mat for 6 weeks, I went in for my regular check-up. When the results came back, my doctor and I were both surprised. Rheumatoid arthritis, which had been present in previous tests, was no longer present. In addition, all blood values were within normal range. I feel especially pleased because I had a heart attack in the past and was unable to use prescription medicine to keep my cholesterol level down.*

*The **BEMER** 3000 has greatly improved my health!"*

**MARIANNE MAGNUSSEN, Minnesota**

*Adapted from original materials sourced from MediMedia, AFB Institute.*

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*Further BEMER3000 reports are available on the following topics:*

Multiple sclerosis	Osteoarthritis
Aging Population	Osteoporosis
Ankylosing spondylitis	Pain management
Sports performance and injuries	Physicians user study
Bone fractures and physical trauma	Rheumatic conditions
Diabetes mellitus	Strokes
Fibromyalgia	Tinnitus
Heart and circulatory diseases	Tumours
Migraines	

