

Welcome to Your Highway to Health

Life is movement. We don't consciously think about our blood circulating in our body, but do we fully understand why it is so important? The large arteries and veins only comprise about a quarter of the total circulatory system. Three quarters is made up of smaller blood vessels, which are part of a vast network approximately 74,000 miles in length. Why are there so many?

Blood Flow & Stress Pg 1

Stress cont'd. Pg 2

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What are You Doing to Manage Stress ?

We know prolonged and chronic stress constricts blood flow, leading to serious health problems on both physical and mental levels. Pharmaceuticals are not the solution.

Much of our stress is externally sourced and may be out of our control.

We can certainly make time to breathe deeply and meditate, or to practice Yoga, or take a walk outside, or get a massage. Those are all natural antidotes to stress; however they may not always be practical or sufficient.

There are other options.

These smaller blood vessels need to reach every cell in our body, and there are about 100 trillion



of them! The blood delivers oxygen and nutrients to the cells, and removes the waste and toxins so cells can function properly to regulate, repair and regenerate. This key exchange takes place only in the tiny capillaries.

Paste the link below for a brief video -

<https://vimeopro.com/user50551806/bemer-the-importance-of-healthy-blood-flow>

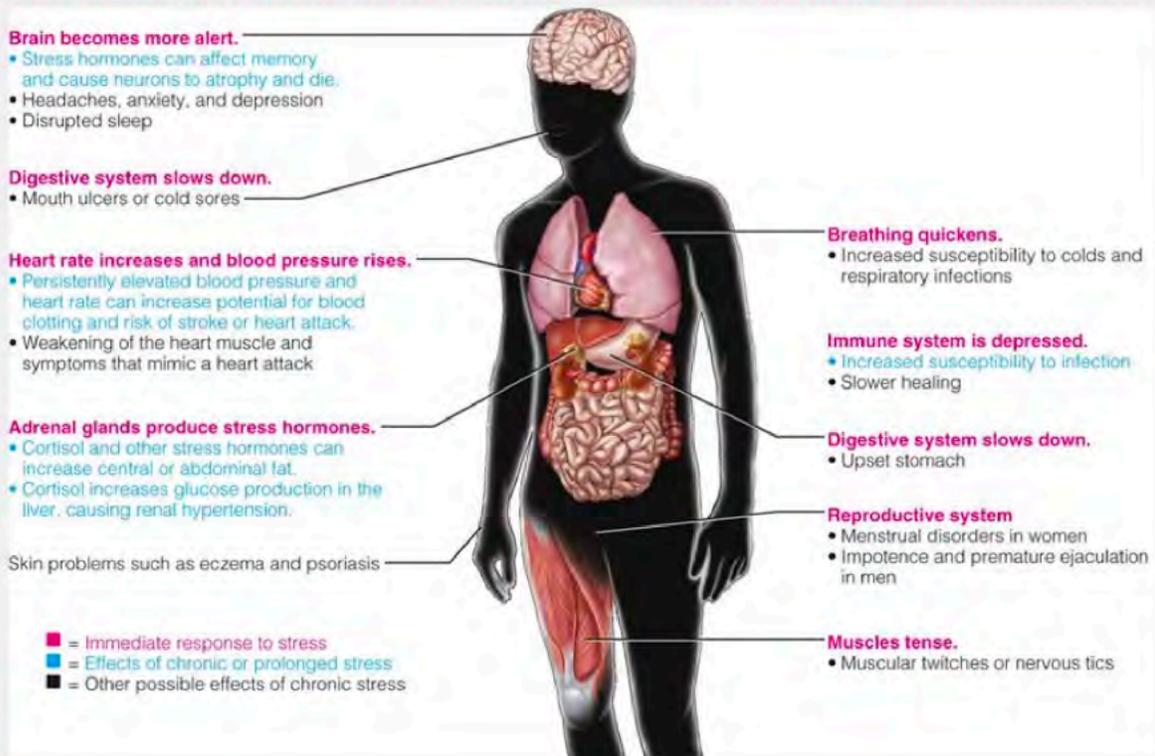


BEMER therapy is today's energy solution for the body's regulatory systems



Take a look at these important reasons to pay close attention to your own stress levels. If anything sounds familiar, please do not wait.

Effects Of Stress On The Body



Good News !

In only 8 minutes twice a day, using BEMER therapy to increase blood flow, you can help your body to relax and counteract stress.



"BEMER is the most effective, widely researched physical therapy method available today."

What's new in BEMER's world?

****8 man Team BEMER sets 2 new world records in the grueling Race Across America - one for average miles per hr, and the other for distance over average time - 3,070 miles non stop in 5 days 3 hours 43 minutes.**

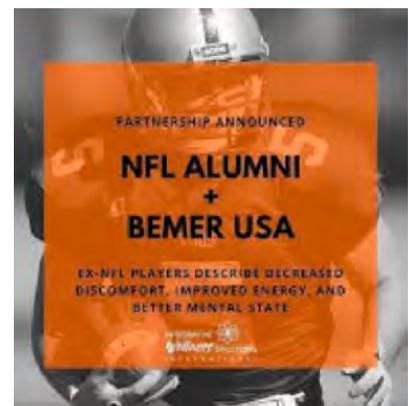


Sprinting up Wolf Creek Pass CO
https://youtu.be/c3Uf_4ieKBY

**** NASA and BEMER renew their collaboration agreement for another 3 years to counter the effects of bone loss and muscle atrophy in space.**



**** NFL Alumni partners with BEMER USA for member use for decreased discomfort, improved energy and a better mental state.**



**** BEMER celebrates its 20th anniversary year around the world in 42 countries and across the USA. The grand finale is coming in October in Orlando where we expect to see more than 2500 distributors. The US is now BEMER's largest market.**



Your Health is an Investment in Your Future. Protect it with BEMER.