

Your Highway to Heart Health

What are You Doing to Support and Protect Your Heart?

Your heart is a small but powerful muscle that performs autonomously. However it cannot pump a few gallons of blood through thousands of miles of blood vessels every day alone. Thankfully the body has an intricate network of vascular support to provide effective *cardiac function* when it is functioning properly.

In this issue:

Vasomotion	Pgs 1-2
Exercise	Pg 2
FAQ -BEMER signal	Pg 3
Insurance Costs	Pg 4



How much water do you drink?

Many people are dehydrated and unaware of how much water is desirable. We need plenty of pure water to help eliminate waste and toxins. The general rule is to divide your body weight by 2. Turn that number into ounces and gradually build up to sipping that amount throughout each day. You will notice a difference when your circulation is eliminating the accumulated metabolic wastes on a regular basis.

UNOFFICIAL TIP : Wrap the B Pad intensive applicator around a glass (only) container and use Intensity 10. Many people find it makes the water more easily absorbed and utilized. Your plants and animals will prefer it too.

TAKE CARE OF YOUR BODY. IT'S THE ONLY PLACE YOU HAVE TO LIVE IN.

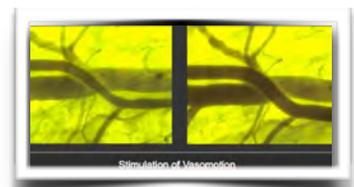
It's no secret that the #1 cause of death around the world is cardiovascular disease. In the USA, more than one third of all adults have cardiovascular disease in some form, and over 600,000 deaths are attributed to this cause each year. If you think this doesn't directly effect you, consider also the growing costs and overall impact on our health insurance, see article on pg 4. Heart failure happens when the heart cannot pump enough blood and oxygen to support other organs in your body.

Heart attacks have several **major warning signs** and symptoms:

- Upper body pain or discomfort in the arms, back, neck, jaw, or upper stomach.
- Shortness of breath.
- Nausea, lightheadedness, dizziness or cold sweats.
- Chest pain

The heart relies on the circulatory system to help keep the blood moving where needed, and to change directions of the blood flow.

Until recent years, scientists were not fully aware of the significance of a rhythmic expansion and contraction (pumping action) of certain blood vessels, known as *vasomotion*.





If I exercise, why do I need BEMER?

That's an insightful question because exercise plays an important role in a healthy heart, and using BEMER is entirely complementary.

When you exercise hard, you might increase your circulation by @7-9%, plus run the risk of overexertion or injury. However with BEMER, blood flow could increase by up to 3x more, without injuries, and the effects last many hours after use.

Athletes recognize that recovery is key for their optimal performance. Increased circulation supports removal of acidic waste build up in the muscles and accelerates recovery.

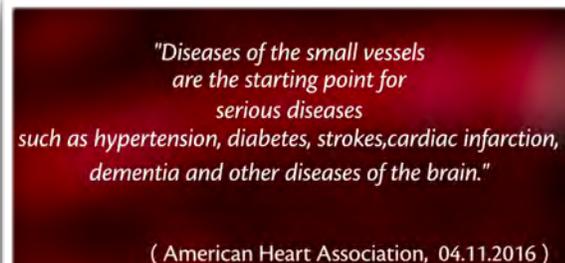
By the way, BEMER use has been approved by the Intern'tl. Olympic Committee since 2003. Consider it a legal performance enhancement.



Vasomotion occurs only in the medium sized blood vessels; it's similar to having intermittent hydraulic pumping stations to direct the blood flow. Blood is propelled into the tiny capillaries, where the exchanges of nutrients and oxygen, and waste removal take place in a continual cycle.

In a healthy individual, this pumping action should happen 3 to 5 times every minute. However, our modern sedentary lifestyle, full of environmental pollutants, chronic stress, unhealthy food and inadequate sleep often result in the pumping happening less often than necessary. In chronic cases, it might be as infrequent as only once in 10 minutes.

When vasomotion isn't functioning well, it is no surprise that the burdens fall onto the heart; the consequences can be destructive and fatal. The heart was never intended to work all alone; there is a direct correlation with the sobering statistics and trends. Recent medical research validates the important role small blood vessels play with respect to the heart.



Traditional allopathic medicine has had little impact on small blood vessels, however that's precisely the area where BEMER excels. Research conducted at the Institute of Microcirculation in Berlin shows that the patented BEMER signal has a complex and direct effect on vasomotion. Think of it as a way to communicate with the blood vessels via electrical stimulations, which is a language the cells use and understand.

BEMER technology is part of an emerging field called bio-energetics. It is possible to interact electronically with the body and stimulate its natural processes. Within a few minutes of use, BEMER stimulation gently reminds the body of what it is supposed to do.

Benefits of each 8 minute session last up to 12-16 hours afterwards, which is one of the many reasons that BEMER therapy can provide support for the overall cardiac function throughout the day.

FAQ

What does enhanced cardiac function mean?

Imagine what might happen for your heart if you were to use BEMER regularly, and the cells throughout your body would receive what they need to perform well and effectively. Visualize your heart getting the support and protection it requires.

BEMER's multiple benefits are cumulative and widespread. Please share this valuable knowledge with those you know and help them change their lives for the better.

Many users report a sense of relaxation as well as having increased energy, and over time, they notice tangible changes in their health and wellbeing.

What is meant by calling BEMER a *disruptive technology*?

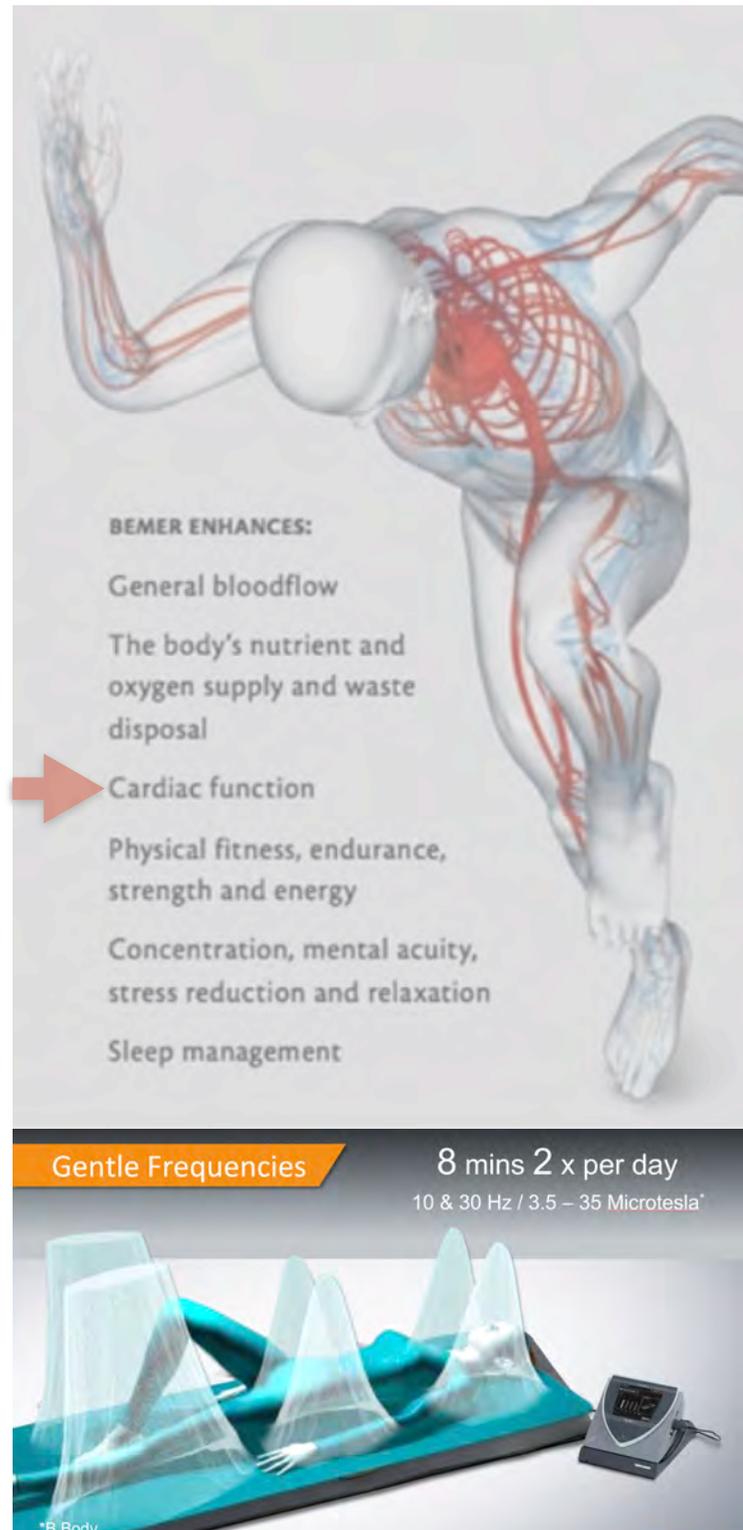
Disruptive technologies are those which are either totally new, or they revolutionize an existing technology. Other examples are first cell phones, and then smart phones, both of which totally transformed how we communicate.

BEMER technology is at the forefront of changing the way we look at health and health care. Its potential is still being explored, and research is ongoing as we continue to learn more about how the intricate and amazing body works.

What is the BEMER proprietary "signal"?

The signal is like a song the body recognizes. It is comprised of a specific complex and multi dimensional waveform, low frequency ranges, a low intensity range, and duration. The signal is delivered efficiently into the body via a PEMF, pulsed electromagnetic field. However PEMF is only used as a means of transport, and is **not** the primary reason for BEMER's efficacy - rather it's the unique signal that is the operative key. BEMER currently holds five worldwide patents on its signal and technology, so there is nothing else like it.

BEMER does not heal, treat or cure any disease.

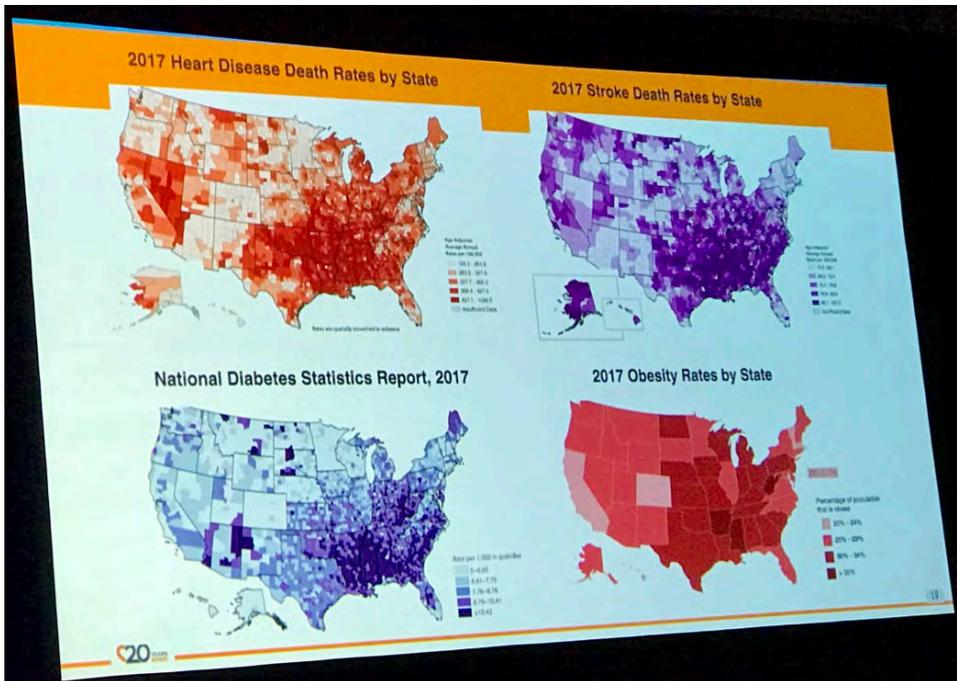


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CDC REPORTS HEALTH & ECONOMIC BURDEN OF CARDIOVASCULAR DISEASE

Despite the extensive literature and research that indicates the preventability of cardiovascular disease, it remains a primary and leading cause of not only mortality & morbidity, but also a tremendous health care cost and economic burden. A Vital Signs report recently released by the Centers for Disease Control and Prevention cited that in 2016 alone, myocardial infarction, strokes, heart failure, and other largely preventable cardiovascular conditions caused 2.2 million hospitalizations, 415,000 deaths, and \$32.7 billion in costs.

The researchers that conducted the findings estimated that “without preventative interventions, approximately 16.3 million events and \$173.7 billion in hospitalization costs could occur during 2017–2021.” Moreover, a second Vital Signs report pulled data from the National Health and Nutrition Examination Survey, the National Survey on Drug Use and Health, and the National Health Interview Survey to assess and analyze the pervasiveness and prevalence of critical, key cardiovascular disease risk factors. Researchers found that 54 million adults are smokers, and could likely benefit from smoking cessation interventions. 71 million adults are not engaging in physical activity, and thus more prone to cardiovascular disease. Furthermore, millions of adults are not taking aspirin as recommended; 39 million adults are not managing their cardiovascular disease risk through suggested statin use; and 40 million adults are living with uncontrolled hypertension.



Take a look at these other alarming statistics.

At our recent Orlando conference, a triple board certified Cardiologist from Ohio shared his original skepticism about BEMER therapy, as he had previously focused on more traditional medicine approaches. Personal experience with the limited efficacy of those allopathic solutions led him to be more open-minded to new research

and technologies on the important role of microvessels. Now he finds that by combining the benefits of traditional macro level medicine with BEMER’s micro level therapy, often greater results can be achieved. He is dedicating his practice to promote this vascular therapy.

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