



# Kick Off 2021 Right With BEMER

How starting your year off with BEMER will have you sleeping, recovering, and performing better than ever

Since 2021 is right around the corner, chances are you have your list of New Year's resolutions ready to go.

Maybe you want to exercise more this year, eat healthier, get back into an old favorite hobby, or learn something new, like how to play an instrument.

Well, what if we told you there was a resolution that could give you the energy and vitality to tackle all your other resolutions with ease?

A resolution that only takes sixteen minutes a day but completely transforms how your body handles stress, regenerates, and performs.

A resolution that, when used over a long period, unlocks your body's ability to support a healthy, active lifestyle for years to come.

Today, we're going to cover how BEMER can help make 2021 your best year yet, and the long-term benefits you can expect when you use this life-changing technology every day.

But first, let's address the elephant in the room.

The root problem of most of the health complications we experience in our day-to-day lives: poor circulation.

## When Poor Circulation Isn't Addressed

Our body needs oxygen and nutrients to survive. Without these essential ingredients, our muscles couldn't move, our brains couldn't think, and our organs couldn't function.

That's why proper circulation is so important.

You might be breathing and eating just fine, but if your body's ability to transport life-giving oxygen and nutrients to your muscles is impaired, it can drastically affect your quality of life.

Some symptoms of poor circulation include:

- Numbness and tingling in your hands and feet
- Swelling in your lower body
- Muscle cramps
- Brain fog
- Fatigue
- Sharp or throbbing pains in your arms and legs

And if proper circulation isn't restored in time, it can cause lasting damage to veins, arteries, nerves, and other tissues in the body.

You might begin to notice it takes longer to recover

from your workouts than before, or you might develop varicose veins.

These are subtle signs and symptoms that poor circulation is holding you back from your full potential.

As you can imagine, with muscle cramps and brain fog, a day out on the golf course can quickly take a turn for the worse.

When you're fatigued and your muscles aren't getting the fuel they need, your performance, recovery, and overall health and well-being are bound to suffer.

## How BEMER Can Help You Crush Your 2021 Resolutions

When you increase local blood flow in your body, you restore its ability to maintain a healthy homeostatic state.

Your arteries and veins can transport healthy nutrients throughout your body and remove wastes more effectively. When your blood flows more freely, your muscles can repair themselves faster, getting you back in the game sooner.

With more fuel, your brain, organs, and muscles can work more efficiently, maximizing your focus and performance.

But how do we get there? How can you improve local blood flow and absorption to unlock your body's true potential?

When you add BEMER to your list of New Year's resolutions, all of these transformative benefits come in one convenient package.

Think of using BEMER as opening the floodgates to healthy nutrient and oxygen distribution in your body.



By stimulating electrical activity at the cellular level, BEMER's PEMF technology improves your:

- **Nutrient & Oxygen Delivery:** By temporarily increasing local blood flow, BEMER improves your body's ability to supply oxygen and nutrients to healthy muscles. This benefit is a gamechanger for your health and fitness, helping you go longer, harder, and recover faster.
- **Local Blood Flow:** Optimized local blood flow is crucial to boosting your muscular performance, and that's exactly what BEMER gives you. Its targeted PEMF signal uses specialized waveforms to encourage your body to do what it does naturally: distribute nutrients and eliminate wastes.
- **Waste Removal:** When your healthy muscle cells are activated, they can more efficiently eliminate waste like carbon dioxide and lactic acid, leading to faster recovery times and reduced tension in the body.
- **Muscle Conditioning:** An increased flow of oxygen and nutrients means your muscles will be able to perform better for longer, taking your muscular conditioning to the next level.
- **Performance:** As you can probably tell by now, many of the benefits you'll experience with BEMER bleed into each other. When your muscular conditioning reaches new heights, you'll be blasting through plateaus and setting new personal records left and right.
- **Physical Fitness:** When BEMER stimulates healthy muscle cells in your body, your ability to tackle everything from your workouts to your favorite sport to everyday activities will improve dramatically.
- **Muscular Strength:** Optimized waste removal and recovery will allow you to push your muscles further and make strength gains like never before.
- **Endurance & Energy:** Flushed with vitalizing oxygen and nutrients, your muscles will provide you with plenty of energy and endurance to tackle your daily tasks, workouts, and New Year's resolutions.
- **Vitality & Well-Being:** Movement is life. When your muscles are healthier, you're free to move more. The muscular benefits from increased local circulation in your body will give you the freedom

to live a healthy and active lifestyle, improving your overall vitality and well-being.

- **Stress Reduction & Relaxation:** Everyone could use some stress relief going into 2021. When you improve your overall health and wellbeing, your body isn't the only part of you that benefits. When you optimize your local blood flow with BEMER, your resistance to daily stressors will get a solid boost, keeping you ready for whatever comes your way throughout the day.
- **Sleep Management:** Sleep is a massive piece of the recovery puzzle. With BEMER, your body's improved ability to maintain homeostasis makes it easier than ever to manage your sleep, kicking your recovery game up another few notches.

In just two eight-minute sessions a day, you can enjoy every one of these benefits and cruise into 2021 with confidence.

So, what resolutions will you achieve in 2021?

\*BEMER does not provide any medical advice or services. This device is not intended to diagnose, treat, cure or prevent any disease. It should not be used for any purpose other than as described in the user manual. Please consult your own healthcare provider if you have any medical issues.