

## Bemer Therapy For Athletic Improvement

You do not need to be a professional athlete to receive the benefit of Bemer therapy. In fact, performance and recovery are an essential part of daily life.

Regardless of your athletic level, everyone's health is influenced by cycles and rhythms. We experience wear and tear which breaks our body down during the day (catabolic) and rebuilds or regenerates at night when we sleep (anabolic). While exercise and training can be beneficial to our health, it can also impose stress on our system. With regular use of BEMER therapy, these cycles can be balanced and optimized.

The application of Bemer therapy for athletes begins with the Basic Plan. Daily usage is recommended by first stimulating the systemic circulation with the full body applicator (B.BODY) followed by local application to targeted regions of the body. This two pronged approach ensures optimal cardiac function which improves physical fitness, endurance, strength and energy.

Recommended intensity levels for most individuals are levels 3 - 6 on the full body application (B.BODY). Intensity levels may be increased for use by high performance athletes. In addition, local applications with the special applicators (B.SPOT, B.PAD, B.SIT) may be used with one of the three programs (P1, P2, P3) based upon the athlete's individual metabolic needs. For example, a quarterback or pitcher may want to utilize the B.PAD around the shoulder region to enhance local blood flow.

While physical performance is important in athletics and sports, mental performance plays a vital role during training and competition. With regular usage of Bemer therapy, one can increase concentration and mental acuity while supporting stress reduction and relaxation.

Bemer provides support for athletes to be at their best both physically and mentally.

BEMER USA