

BEMER THERAPY HANDBOOK

Understanding Microcirculation, Daily Use, Benefits,
and Real Results



www.medigear.uk



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A woman with dark hair, wearing a white and black striped shirt, is smiling and looking out a window. She is holding a black BEMER device in her hands. The background is a bright, out-of-focus view of trees and a building.

TABLE OF CONTENTS

1. WELCOME TO THE BEMER SYSTEM
2. UNDERSTANDING MICROCIRCULATION
3. WHY MICROCIRCULATION MATTERS FOR DAILY LIFE
4. HOW BEMER WORKS – EXPLAINED IN SIMPLE TERMS
5. THE BEMER EXPERIENCE: WHAT A SESSION FEELS LIKE
6. HOW YOUR BODY RESPONDS – BEFORE, DURING & AFTER SESSIONS
7. SLEEP, RECOVERY & STRESS RELIEF WITH BEMER
8. SPORTS, PERFORMANCE & EVERYDAY ENERGY
9. APPLICATIONS IN WELLNESS & COMPLEMENTARY CARE
10. THE COMPLETE BEMER PRODUCT SYSTEM
11. REAL USER BEFORE–AFTER RESULTS
12. SAFETY GUIDELINES

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1. WELCOME TO THE BEMER SYSTEM

BEMER is a gentle, non-invasive therapy that uses a specially developed pulsed electromagnetic signal to support healthy blood flow in the smallest blood vessels. These tiny vessels—too small to see with the naked eye—play a major part in delivering oxygen and nutrients to the cells throughout your body.

Many people use BEMER because it helps them:

- feel more energized
- recover faster from daily stress or workouts
- sleep more deeply
- support their general wellbeing
- maintain healthy circulation

It is simple to use, requires no chemicals, and fits easily into daily routine.

Example of the relaxing way BEMER therapy is typically used:



Powerful Signal

The coils in BEMER applicators generate a pulsed electromagnetic field using a patented and precisely defined signal structure.

Perfect Transmission

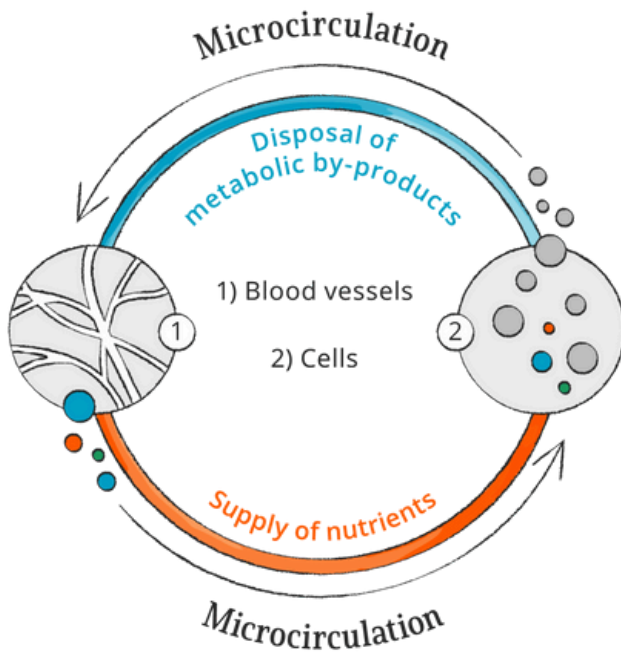
The patented BEMER signal is carried safely and efficiently into the body through a controlled magnetic field pathway.

For Optimum Effect

Regular BEMER application may support nutrient and oxygen supply to cells and assist removal of metabolic end products.

2. UNDERSTANDING MICROCIRCULATION

Microcirculation refers to the blood flow inside the smallest blood vessels, such as capillaries and tiny arterioles.



Better Circulation. Better Care.

Even small disruptions can influence:

- how you feel
- how well you recover
- your daily energy
- your sleep quality
- your stress levels
- how quickly wounds or injuries improve

These vessels are responsible for two very important jobs:

1. Delivering nutrients and oxygen to cells

Every cell needs a constant supply of oxygen and nutrients. When microcirculation is strong, cells get what they need to function at their best.

2. Carrying away waste

Cells also create waste products. Microcirculation removes these by-products so the tissue stays clean and balanced.

3. WHY MICROCIRCULATION MATTERS FOR DAILY LIFE

When the small vessels don't work well, the area they supply receives less oxygen and fewer nutrients. Over time this may lead to stiffness, slower healing, low energy, or discomfort.

Restricted microcirculation can affect:

- **Energy levels** – tiredness, lack of drive
- **Immunity** – the body may react more slowly to challenges
- **Organ function** – organs may not work at full capacity
- **Recovery** – bruises, injuries or wounds may take longer
- **Stress levels** – the body feels overloaded more easily
- **General wellbeing** – feeling “off” without knowing why

Supporting microcirculation helps the body regain its natural balance.

4. HOW BEMER WORKS – EXPLAINED IN SIMPLE TERMS

BEMER uses a very low-frequency electromagnetic signal designed to encourage healthy movement in the smallest blood vessels.

Think of it this way:

Just like the heart pumps blood through large vessels, the small vessels also have their own natural rhythm.

This tiny movement is called **vasomotion**.

When vasomotion slows down, circulation becomes uneven.

BEMER gently encourages these vessels to start moving more efficiently again.

BEMER's approach is based on physics—not chemicals.

- No drugs
- No injections
- No heat or vibration

It simply sends its patented signal into the body through a therapy mat or applicator.



▶▶ Watch Video

**Get back to your best:
You're worth it**

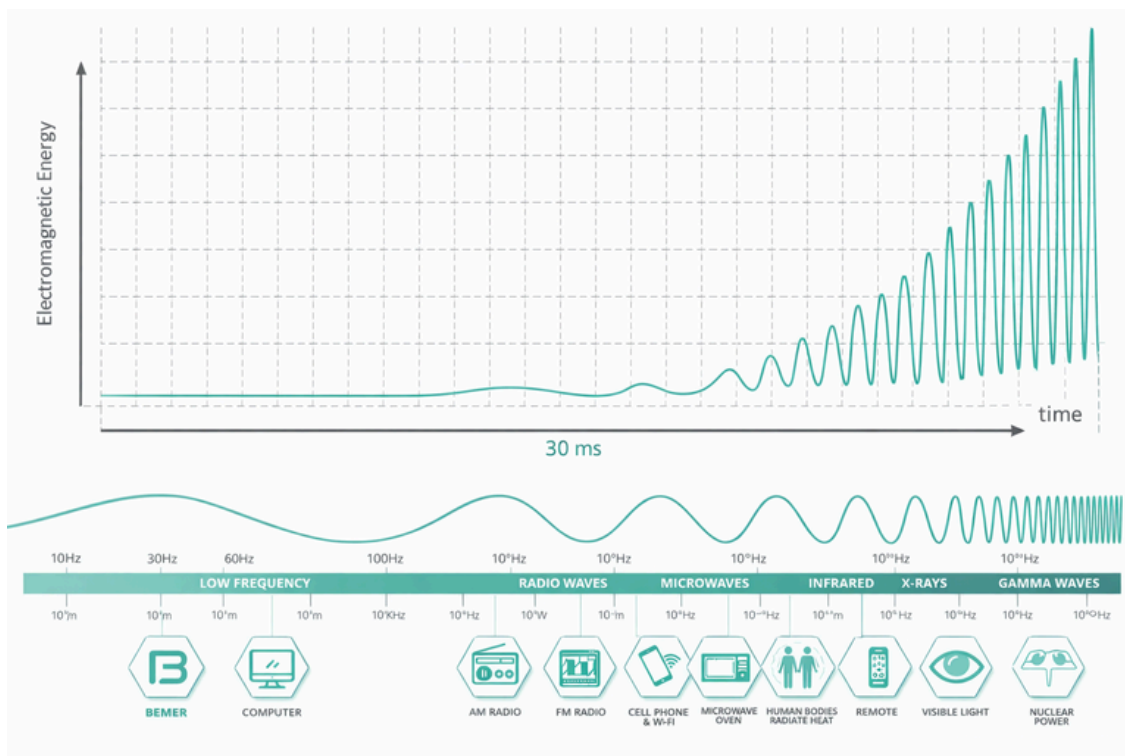
5. THE BEMER EXPERIENCE: WHAT A SESSION FEELS LIKE



Using BEMER is simple:

1. You sit or lie down comfortably.
2. The therapy mat is placed beneath you.
3. The controller is set to the desired program.
4. The session lasts about 8 minutes.
5. Most people feel relaxed, calm, and peaceful.

“ Some feel a gentle warmth or subtle tingling, but many feel nothing at all—which is perfectly normal. The effects happen inside, at the microvascular level.



This diagram shows where BEMER fits among everyday electromagnetic fields:

6. HOW YOUR BODY RESPONDS – BEFORE, DURING & AFTER SESSIONS

Before the session

Circulation in certain areas may be uneven or sluggish.

During the session

The BEMER signal encourages small vessels to start moving more actively, helping blood flow more evenly across tissues.

After the session

People often report:

- ✓ feeling lighter
- ✓ decreased tension
- ✓ improved comfort
- ✓ better rest
- ✓ enhanced clarity
- ✓ easier movement

When used regularly, these effects build up and support long-term wellbeing.

7. SLEEP, RECOVERY & STRESS RELIEF WITH BEMER

Many users appreciate BEMER for its calming effects.

Balanced microcirculation helps the body shift from “**stress mode**” to “**rest mode**.”



- ✓ Better microcirculation supports:
- ✓ deeper sleep
- ✓ fewer nighttime interruptions
- ✓ improved morning alertness
- ✓ calmer mood
- ✓ lower daily stress levels

Many users notice that when their body receives more balanced oxygen supply during the night, they wake up feeling more refreshed.



Here is an example of evening or sleep-program use:

8. SPORTS, PERFORMANCE & EVERYDAY ENERGY

Athletes—from casual exercisers to professionals—use BEMER to support:

- ✓ faster warm-up
- ✓ better endurance
- ✓ quicker recovery after training
- ✓ reduced muscle soreness
- ✓ improved overall performance

During rest, microcirculation plays a key role in repairing tissues. That's why many people use BEMER right after workouts. Regular use helps the body stay in a ready-to-perform state.

9. APPLICATIONS IN WELLNESS & COMPLEMENTARY CARE

BEMER is widely used for:

- ✓ general wellbeing
- ✓ relaxation
- ✓ chronic discomfort
- ✓ supporting wound recovery
- ✓ easing lower back discomfort
- ✓ helping the body's natural healing responses

BEMER does not replace medical care but can complement existing routines.



10. THE COMPLETE BEMER PRODUCT SYSTEM



B.Body Evo



B.Grip Evo



B.Spot Evo



B.Pad Evo



B.Bed Evo



B.Box Evo



B.Grip Evo Attachment Strap



B.Box Evo Power Supply



Evo Battery Stand



Watch Video

1. Full-Body Therapy Mat

The main application surface.
Used for whole-body circulation support.

2. Control Unit

A touchscreen that allows users to choose intensity, timing, and programs.

3. Local Applicators (Spot or Pad)

Used for specific body areas needing additional focus.
Helpful for joints, small muscle groups, or targeted recovery.

SAFETY GUIDELINES



- Do not use over active implants (pacemakers, etc.) unless medically cleared.
- Not recommended during early pregnancy unless approved by a clinician.
- Do not place applicators directly over open wounds unless advised.
- Keep device dry, clean, and properly stored.
- Follow intensity guidelines for sensitive users.

BEMER is gentle and low-intensity, but proper use ensures best results.

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11. REAL USER BEFORE-AFTER RESULTS



A. Soft Tissue / Bruising Improvement



B. Foot Recovery – Tissue Improvement Over Time



C. Skin Condition Support (Psoriasis-like Improvement)



D. Circulation Improvement in Legs



E. Hair Regrowth Support Using BEMER Spot