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Cruising Review

bemer-pemf- review-by-cruising- review

Bemer Evo PEMF 2024 Review by Cruising
Review



This webpage QR code

Structured Data

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Enhance circulation and wellness with Bemers PEMF device. Discover how our technology promotes better blood flow and overall health. Invest in your vitality today.

PDF Version of the webpage (first pages)

<https://cruisingreview.com/bemer-pemf-review-by-cruising-review.html>

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Review in Progress

Buy Now: Ordering process online was a hassle. You have to select a Bemer representative for their commission. The site will not allow you to continue to purchase unless you select a representative (I just selected a name at random and put in their information). Awful order experience. My order price was around \$4,290.00 plus \$235.95 tax (5.5 percent) for a total around \$4,525.95

Product Description: 414120 BEMER Basic-Set Evo

Note on Invoice: Bemer provides a 100% refund on all purchases returned to us in an acceptable condition (based on agreed terms and conditions) within 3 days, and a 90% refund on all purchases returned within the first 30 days (i. e., a 10% restocking fee applies, which will be collected separately for financed purchases).

10 April 2024: Shipment arrived after a week in transit via UPS (and many shipment excepts while coming through customs in Kentucky UPS hub for international shipments). The phone number for my address label was incorrect. Shipment arrived around 1:30 pm from UPS Saver. Shipment box had a few punctures on the outside box, but inside contents were in perfect condition.

I set up unit on the floor and ran for 8 minutes on low intensity, then 8 minutes on P1 (which ramps up treatment signal slightly). Some nice music played (like in a spa) which can be muted. Easy to set up and get running.

My first experience was pleasant. A slight tingling feeling in my hands and legs.

You can lay on the mat, or put the mat on top, since the coils produce treatment waves on both sides.

I will be keeping a log of all treatments, along with visual and blood pressure (both arm and brachial) to chart any progress. I've been keeping a health log since 2018

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14 April 2024 Update

I have been using the Bemer experience for almost a week now.

Typically I start my morning with a P2 16 minute session which starts at low and ends with medium intensity. I start with the Bemer pad on top of my body, then follow up with a 8 minute medium intensity by laying on the Bemer pad.

In the afternoon I follow-up with the same routine.

I use it in combination with my Red Light Therapy (RLT) which is at 660-680 nm wavelength. The RLT belts I bought from Amazon for about \$39 each.

In the morning I use 4 RLT belts which cover my upper and lower legs. A few times during the day, I put the RLT below and on top of my feet.

Specifically, at 61, my knees typically ache from biking around 2000 miles per year and lots of long flights sitting down. The RLT makes the aches and pains disappear.

I have also had lots of left leg problems with bulging arteries since Covid (and the mRNA vaccine in 2022). This is especially worrisome after long flights to Europe and back. It usually results in left leg inflammation as seen by swelling.

The reason for my purchase of a PEMF device (Bemer) is to help with the circulation.

I have a multi-pronged approach, which first starts with a plant-based diet, fruits, and spices. All of that is complemented with exercise, biking, and a elliptical trainer.

The worst part of traveling is too much sitting. This stresses out the lower back and knees.

My goal with my travels now is to try to find some healthy approaches to traveling, even when only poor dietary choices and lots of sitting are the norm.

The Bemer experience is just another attempt and effort to try to better my health, and delay the awful effects of aging and inflammation gained while traveling.

Oregano Oil

When I first started my botanical extraction company in 2015, which made supercritical CO2 plant oil extractions, I came across a variety of healthy plant extractions. One of which was oregano oil extract. This hot extract (a way to describe a condensed extract which needs to be mixed with a carrier oil like Rice Bran oil or Olive oil) can be applied to the bottom of the feet which has a very interesting phenomenon of bettering the entire body.

Some links are provided below. Also do a search on Google for oregano oil extract effects on cancer nih. That will give you lots of evidence based research.

Why the feet ? For some reason, applying topical solutions of the bottom of the feet see results throughout the entire body. The feet are also a good place to start with any topical, light, or PEMF (Bemer) therapy, since Type 2 Diabetes and other illnesses first see lack of circulation in the feet area (furthest arterial function from the heart).

How Not to Age

To properly cure, the best method is to start from within. And that's diet. Spices provide the best system enhancement, but going plant based (while including B12 and D3) is the best strategy for good health.

As we get older, you absorb less of what your body needs. For example, after age 60 you absorb less and less Vit D from the sunshine, so you need to supplement. America got hit hard from Covid simply because most of the population was deficient from Vit D.

Another example is cholesterol oxidation. When we heat oil (yes, even vegetable oil) we oxidize cholesterol and make it up to 10 times worse for our body (LDL which is a marker for heart disease). Eating meat which has been aged has a similar effect of oxidation.

Blueberries and other fruits, legumes, and spices help regulate our ability to reduce the effects of aging, inflammation, and using natural food-based antioxidants to reduce free radicals.

While the Bemer device may be a tool to help mitigate the symptoms of poor diet and age, your first and best line of defense is to put food in your body which helps, not kills you.

