



# bemer-pemf- review-by-cruising- review

5/21/2024

608-238-6001 [ TEL ]

greg@cruisingreview.com [ Email ]

Cruising Review

Bemer Evo PEMF 2024 Review by Cruising  
Review Updated 22 May 2024



This webpage QR code

## Structured Data

```
<script type="application/ld+json">
{
  "@context": "http://schema.org",
  "@graph": [
    {
      "@type": "Organization",
      "@id": "https://cruisingreview.com/#organization",
      "name": "Cruising Review",
      "url": "https://cruisingreview.com",
      "sameAs": [
        "https://www.youtube.com/channel/UC7gOvLwcx8MtYt3ExzAZJQ",
        "https://www.instagram.com/pepe.g6",
        "telephone": "608-238-6001",
        "email": "greg@cruisingreview.com",
        "logo": "https://cruisingreview.com/logo.png"
      ]
    },
    {
      "@type": "WebSite",
      "@id": "https://cruisingreview.com",
      "url": "https://cruisingreview.com",
      "name": "Bemer Evo PEMF 2024 Review by Cruising Review Updated 22 May 2024",
      "description": "Enhance circulation and wellness with Bemers PEMF device. Discover how our technology promotes better blood flow and overall health. Invest in your vitality today."
    },
    {
      "@type": "NewsArticle",
      "mainEntityOfPage": {
        "@type": "WebPage",
        "@id": "https://cruisingreview.com/bemer-pemf-review-by-cruising-review.html",
        "headline": "Bemer Evo PEMF 2024 Review by Cruising Review Updated 22 May 2024",
        "image": "https://cruisingreview.com/images/cruising-review-health-series-bemer-package.png",
        "datePublished": "2024-05-21T08:00:00+08:00",
        "dateModified": "2024-05-21T09:20:00+08:00",
        "author": {
          "@type": "Organization",
          "name": "Cruising Review",
          "url": "https://cruisingreview.com"
        },
        "publisher": {
          "@type": "Organization",
          "name": "Cruising Review",
          "logo": {
            "@type": "ImageObject",
            "url": "https://cruisingreview.com/logo.png"
          }
        }
      }
    }
  ]
}</script>
```

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>



## Review in Progress

Purchasing Experience: 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 exceptions 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

5/21/2024









5/21/2024













# The Impact of PEMF Therapy on Circulation: Enhancing Blood Flow for Improved Health

## Introduction:

Pulsed Electromagnetic Field (PEMF) therapy is a non-invasive treatment that has been gaining recognition for its potential benefits in improving circulation. By using electromagnetic fields, PEMF therapy can stimulate cellular activity, leading to a range of positive effects on the body. One of the key areas where PEMF therapy has shown promise is in enhancing blood circulation, which is vital for delivering oxygen and nutrients to the body's cells and tissues. In this article, we will explore the science behind PEMF therapy and its effects on circulation, as well as the potential benefits it offers for overall health and wellness.

## Understanding PEMF Therapy:

PEMF therapy involves the use of electromagnetic fields to stimulate cellular activity. The therapy works by sending electromagnetic pulses through the body, which can penetrate deep into tissues and organs. These pulses are thought to influence the behavior of cells, encouraging them to function more effectively. This can lead to a range of benefits, including improved circulation, reduced inflammation, and enhanced healing.

## The Science of PEMF Therapy and Circulation:

PEMF therapy has been shown to improve circulation by promoting the dilation of blood vessels, which allows for increased blood flow. This is achieved through the activation of nitric oxide, a molecule that is responsible for relaxing the smooth muscle cells in the blood vessels. As these cells relax, the blood vessels widen, allowing more blood to flow through them.

In addition to promoting vasodilation, PEMF therapy can also enhance capillary formation. Capillaries are the smallest blood vessels in the body and are responsible for delivering oxygen and nutrients to the body's cells. By increasing the number of capillaries, PEMF therapy can improve the delivery of oxygen and nutrients to the body's tissues, which can lead to improved cellular function and overall health.

## Benefits of Improved Circulation:

Enhanced blood flow offers numerous benefits for the body, including:

**Improved Oxygen and Nutrient Delivery:** When blood flow is increased, more oxygen and nutrients can be delivered to the body's cells and tissues. This can lead to improved cellular function and overall health.

**Reduced Inflammation:** Improved circulation can help to reduce inflammation by removing waste products and toxins from the body more effectively. This can lead to reduced pain and swelling in affected areas.

**Faster Healing:** Enhanced blood flow can also speed up the healing process by delivering more oxygen and nutrients to damaged tissues. This can help to reduce recovery times and improve outcomes for a range of conditions.

**Improved Cardiovascular Health:** Improved circulation can help to reduce the risk of cardiovascular disease by promoting the health of the blood vessels and reducing the likelihood of blockages and clots.

## Conclusion:

PEMF therapy is a promising treatment for improving circulation and enhancing overall health and wellness. By promoting vasodilation, enhancing capillary formation, and improving blood flow, PEMF therapy can offer numerous benefits for the body. Whether you are looking to improve your cardiovascular health, reduce inflammation, or speed up the healing process, PEMF therapy may be a valuable tool to help you achieve your goals.

## **Bemer Literature Search as of 22 May 2024**

<https://www.ncbi.nlm.nih.gov/pmc/?term=bemer+pemf>

PMC Full-Text Search Results

Items: 1 to 28 Full Text Search Results

<https://www.ncbi.nlm.nih.gov/pmc/?term=pemf> (the most broad search parameter available for this database)

PMC Full-Text Search Results

Items: 1 to 20 of 1073

<https://www.mdpi.com/search?q=bemer+pemf>

Results: 1

<https://www.mdpi.com/search?q=pemf>

Results: 65

## Traveling with the Bemer

The Bemer is not made for ease or convenience in travel. The B.Box is clunky and heavy, not to mention all the cords.

A better system is to have the user interface in a smartphone app, then have a separate controller box for the actual magnetic resonance pad.

120 V wall power (USA) is supplied to the adaptor, and from the adaptor to the B.Box is 15V and 2.4 amps to the B. Box and the output to the Pad or other devices is significantly less. The power used for the entire system is  $15 \times 2.4 = 36$  watts (very low power used).

The power from the B.Box controller to the applicator, is barely measurable (i.e. almost nothing).

Data: B.PAD

111 x 13 x 1,5 cm

Average Flux Density:  $\approx 100 \mu\text{T}$  (max. level)

Average Flux density plus (Applicator):  $\approx 150 \mu\text{T}$  (max. level)

Power Consumption (System): 30 Watt max.

Input Output (System): 100-240 VAC 50- 60 Hz, 0.6A

12-15.1 VDC, 2.0 A

Optional 7.2 V Li- Ion battery

Non-Clinical Testing:

Performance testing involved multiple measurements of:

- BEMER signal waveform current output (AC RMS in mA) generated from B.BOX Classic and Professional consoles as input to the applicators
- magnetic flux output ( $\mu\text{T}$ ) generated from B.BODY, B.SPOT, B.SIT and B.PAD applicators at all signal intensity input levels 1-10

Reference: Please see link below for FDA letter application.





# The Power of Red Light Therapy: Enhancing Circulation and Improving Health

## Introduction:

Red light therapy, also known as photobiomodulation or low-level laser therapy, has gained significant attention in recent years for its wide range of health benefits. One of the most remarkable effects of red light therapy is its ability to enhance circulation, which is vital for delivering oxygen and nutrients to the body's cells and tissues. In this article, we will explore the science behind red light therapy, its impact on circulation, and the numerous health benefits it provides.

## Understanding Red Light Therapy:

Red light therapy involves the use of low-level wavelengths of red and near-infrared light to stimulate cellular activity. The therapy works by penetrating the skin and promoting the production of adenosine triphosphate (ATP), which is the primary source of energy for cells. This increased energy production can lead to a range of positive effects on the body, including improved circulation.

## The Impact of Red Light Therapy on Circulation:

Red light therapy has been shown to improve circulation by promoting the dilation of blood vessels. This allows for increased blood flow, which can deliver more oxygen and nutrients to the body's cells and tissues. Additionally, red light therapy can stimulate the production of nitric oxide, a molecule that helps to relax the smooth muscle cells in the blood vessels, further enhancing blood flow.

## Benefits of Improved Circulation:

Enhanced blood flow offers numerous benefits for the body, including:

**Improved Oxygen and Nutrient Delivery:** When blood flow is increased, more oxygen and nutrients can be delivered to the body's cells and tissues. This can lead to improved cellular function and overall health.

**Reduced Inflammation:** Improved circulation can help to reduce inflammation by removing waste products and toxins from the body more effectively. This can lead to reduced pain and swelling in affected areas.

**Faster Healing:** Enhanced blood flow can also speed up the healing process by delivering more oxygen and nutrients to damaged tissues. This can help to reduce recovery times and improve outcomes for a range of conditions.

**Improved Cardiovascular Health:** Improved circulation can help to reduce the risk of cardiovascular disease by promoting the health of the blood vessels and reducing the likelihood of blockages and clots.

**Eye Health:** Red light therapy has been found to offer a range of benefits for eye health. It supports eye health by generating cell repair, reducing inflammation, and promoting healthy circulation. Specifically, it has been shown to slow age-related macular degeneration and support healing after eye surgery.

A study from the University College London found that a brief application of deep red light in the morning once per week can improve vision that has declined due to aging, for up to a week. This improvement is attributed to the fact that red light increases the charge of the mitochondria in the eyes, allowing them to increase their energy output, which declines with age or disease.

Another study found that red light therapy can improve color vision and color contrast in aging adults. A single three-minute session of red light therapy to aging retinas once a week returned color contrast levels to those of younger adults for an entire week.

Moreover, red light therapy has been suggested to have the potential to improve eye health and should lead to affordable home-based eye therapies, helping the millions of people globally with naturally declining vision. It's been shown to enhance eyesight and protect against age-related macular degeneration.



## **Bemer Connector Proper Placement**

One of the return issues is a broken pin on the connector.

The proper way to attach the magnetic connector is to slowly rotate in from 90 degree angle, instead of letting it snap in (which ultimately damage the pins).

## 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.

