

PRO – Operating Supplement

BEMER Pro MAIN COMPONENTS:

What comes with your BEMER Pro Set

- B.Box Pro,
- B.Body Pro,
- B.Pad,
- B.Grip,
- B.Spot,
- B.Light,
- B.Scan,
- B.Body Fixing Strap,
- Glasses,
- Car Adapter Plug,
- Foot Protector,
- Wall Mount,
- 4 power cords,
- Quick Start Guide,

B. Body (the full body applicator).



You can lie on either side of it.

You can put it on top of your body if that is more comfortable (e.g. for people who are immobile or bed ridden).

It does not have to be totally flat, and can be covered by a sheet or towel for cleanliness.



NOTE:

Lie with your head at the end with the BEMER logo where the power cord exits.

B. Pad



The B.Pad is a long belt-like local applicator with Velcro at both ends.

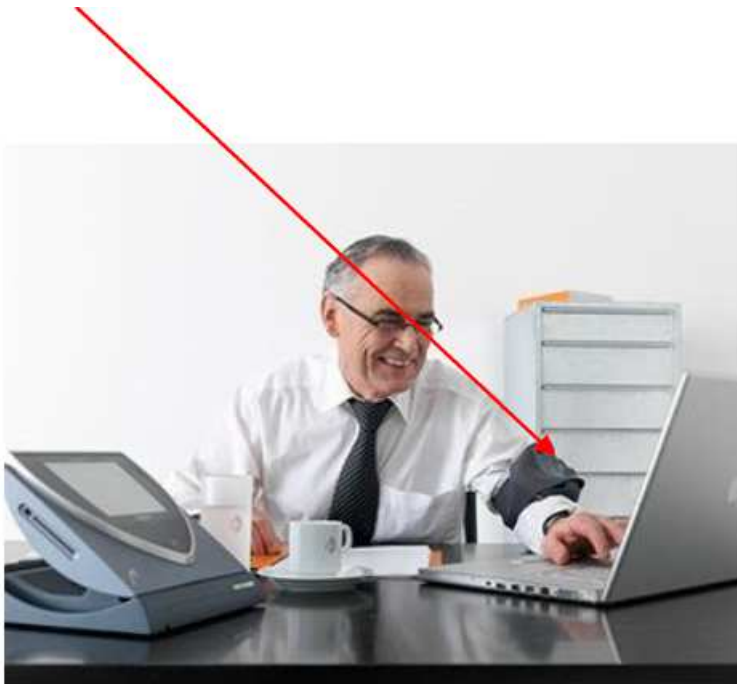
It is used over any specific local area of the body.

E.g.: It can be wrapped around a leg, arm, and neck or around the head. It also can be laid flat along the spine or across the abdomen or the lower back.

This is the easiest accessory to use while traveling.

B. Grip holds the B.Spot and B.Light

To hold the B.Spot or B.Light in place over a specific area, you can use the B.Grip fixing strap as shown in the picture below.



The B.Spot is a round and very targeted local applicator.

It emits the strongest possible intensity at Intensity 10.

It is normal for the B.Spot to make a slight whirring and clicking sound when in use.



The B. Light is an LED red light that is used directly on the skin.

It only penetrates into the layers of the skin.

It can touch the skin surface or can be held slightly above.

NOTE:

Wear the green glasses for protection if you are using it near the eyes and avoid looking directly at the Light. The flickering can be very irritating.

Cover the applicator with clear foil for cleanliness.

The **B.Body**, the **B.Pad**, the **B.Spot** and the **B.Light** all connect to one of the 2 magnetic ports on the right side of the B.Box.



A1 is the top port.

A2 is the bottom port is.

Suggestion:

Use A1 only for the B. Body to avoid any confusion with other accessories.

A2 Port can be used to connect the B.Pad, B.Spot or B.Light.

IMPORTANT NOTE:

Connect the magnetic plugs gently!

Attach from an angle:

top – down

outside – in

bottom - up

Reason for not letting the magnetic plug slam into the port:

Due to the strong pull of the magnets on both applicator plug and the port, it is easy to let the plug slam.

However, if any of the 6 pins on the applicator's plug are dislodged, the connection to the ports A1 or A2 is lost and the applicator will not work.

The B. Box will alert you with a beeping noise and an Error message. Place the B.Box in a location where the cords won't get jostled.

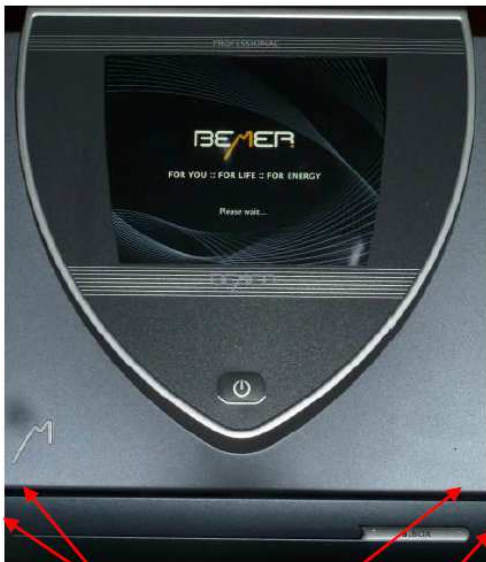
It is possible to **simultaneously run two different applications with varying intensities and duration.**

Example:

A1 for the B. Body on Level 3 (8 minutes)

A2 for the B. Pad on Program P3 (20 minutes)

The tilting position of the B.Box



Place your thumbs on the lighter grey top and hold the darker grey bottom with the rest of your fingers.

Firmly push back back with your thumbs.

It will slide back and tilt upward. Let it tilt up on its own.

To put back into flat position, just press down at the top back and gently slide toward the front.

RUNNING YOUR BEMER

Turn on B.Box – it will take approx. 45 seconds to activate the computer inside.
 The first screen shows 4 icons
 You will see 4 Modes

You will see 4 Modes

Intensity,

Program,

Special (Sleep)

Light

Turn on:
Power Button



The Basic Plan For Use with B.Body

	CYCLE 1					
	WEEK 1	WEEK 2	WEEK 3.	WEEK 4	WEEK 5	WEEK 6
MORNING	Level 1 <i>plus</i>	Level 2 <i>plus</i>	Level 3 <i>plus</i>	Level 4 <i>plus</i>	Level 5 <i>plus</i>	Level 6 <i>plus</i>
EVENING	Level 1	Level 2	Level 3	Level 4	Level 5	Level 6
NIGHT	..					
	CYCLE 2					
	WEEK 7	WEEK 8	WEEK 9	WEEK 10		
MORNING	Level 3 <i>plus</i>	Level 4 <i>plus</i>	Level 5 <i>plus</i>	Level 6 <i>plus</i>		
EVENING	Level 3	Level 4	Level 5	Level 6		
NIGHT	Sleep Program 1 x per week	Sleep Program 2 x per week	Sleep Program 3 x per week	Sleep Program 4 x per week		



Connect B. Body plug to A1 port

Push A1 icon on the bottom of B. Box screen (be sure it is highlighted)

Push Intensity icon
Example: Push Level Intensity 2



Push Start

NOTE:

The B.Body graphic on the right of the screen is now blinking.

There is also one beeping sound.

Understanding the Plus Signal



On: when you see this icon

Off: when you push the "Plus" button and the icon above disappears

Note: When the Plus is on, every 20 seconds the energy output of the electromagnetic field (in this example Intensity Level 3) will jump to Intensity Level 10. This is based on the scientific observation that this additional stimulus leads to more efficacy. However, it may be too much stimulation for some people, especially in the evening.

The Plus Signal on the B.Box

It can be used with either the Intensities or the Programs, and it is recommended for use earlier in the day, not in the evening to avoid possible sleeplessness.

NOTE: By default the Plus Signal is on when the unit turns on.

To deactivate it:

- o Select any applicator and any application setting.
- o Before pushing "Start", push the Plus Signal icon at the bottom of the screen. You will see that Plus Signal icon above disappears.

BEMER Pro Program Mode



3 preset Programs

- P1
- P2
- P3





Program 1 (8 minutes):
Intensity 2 for 2 minutes
Intensity 3 for 2 minutes
Intensity 4 for 4 minutes

Note: each bar of the graph denotes a 2 minutes period of the entire session.



Program 2 (16 minutes):
Intensity 2 for 4 minutes
Intensity 3 for 4 minutes
Intensity 4 for 4 minutes
Intensity 6 for 4 minutes



Program 3 (20 minutes):
Intensity 6 for 4 minutes
Intensity 7 for 4 minutes
Intensity 8 for 4 minutes
Intensity 9 for 4 minutes
Intensity 10 for 4 minutes

Running a second Application



Example:

Connect the B. Pad plug to A2 port

Push A2 icon on the bottom of B. Box screen (be sure it is highlighted)

Push Program Mode icon
Example: Push P 2



Push Start

NOTE:

The B.Pad graphic is now blinking.
The upper left of the screen shows:

A1: how many minutes remain for the chosen application,
A 2: how many minutes remain for the chosen application

NOTE: A1 and A2 now are running simultaneously.

To Set the Sleep Program:

The Sleep program should only be started in the 7th week after using the Basic Plan.



NOTE:

Be sure that you have set the Clock to its correct local time. If not, go to

SET icon on the bottom right hand side of the initial screen.



Press Clock

NOTE:

If you haven't set the clock, the sleep program will not work properly

Military time is used counting from 00:00 to 24:00 (On the Settings screen you can also adjust the brightness of the display and the volume of the beeps).



To set time and minutes, you will use:

Up and down arrows to adjust for exact wake hour and minutes

Left and right arrows to switch back and forth between hour and minutes.

Hit SAVE!

Why a Night Program?

- Supports redistribution of blood to the organs involved in:
 - Detoxification
 - Regeneration
 - Repair

- Organs involved are:
 - Liver,
 - Kidneys,
 - Gastro-intestinal tract
 - Skin



Push A1 icon on the B.Box and attach your body to the A1 Port.

Push the SPECIAL icon



To set wake up time, you will use:

Up and down arrows to adjust for exact wake up hour and minutes

Left and right arrows to switch back and forth between hour and minutes.

Press OK

NOTE:

The Night Program only works when the amount of sleep is from 6 hours up to 10 hours of sleep. This is reflected by the time linenumber. This number needs to be white. The "OK" button is then highlighted.

If the timeline number is in red showing either less than 6 hours or more than 10 hours, simply adjust your wake up time.



Press "Start"



The left bar is now highlighted and the B.Body Graphic is blinking.

NOTE:

The Sleep Program the first 2 hours after activation; then it turns off and restarts the last 2 hours prior to your wake up time.

This is preset and cannot be adjusted.



Place the B.Light into the B.Grip holder

Connect B.Light to any port

Press LIGHT



Select the desired amount of minutes

L1 = 2 min L2 = 4 min

L3 = 6 min L4 = 8 min

NOTE:

Depending on the sensitivity of skin, you may want to start with 2 minutes.

Every several days you may increase time until you reach L 4.



Select the desired intensity.

Intensity 10 achieves the deepest penetration into the skin and is highlighted.

NOTE:
Depending on the sensitivity of skin, you may want to start with lower intensities. Every several days you may increase intensity until you reach 10.



Push Start
The B.Light graphic is now blinking.

NOTE: If using the light in the face, it is advisable to utilize the glasses.
For severe skin issues: from chronic wounds to severe skin disturbances, it is advisable to also seek advice from our medical hotline. Ask your distributor about it.

ADDITIONAL INFORMATION:

Switching between A1 & A2 ports:



Push A1 or A2 at the bottom of the screen respectively.

The one you push will be highlighted on the B. Box. This is the port that is now ready for operation when you attach the applicator.

NOTE:
If the port is not highlighted, the applicator will not be operable.

To change accessories and settings using A2 Port:

For example:

You want to set up a B.Pad session on A2

- o **Push A2 and be sure it is highlighted**
- o Connect power cable for B.Pad to A2 port
- o Push the Program icon
- o Select P1, 2 or 3
- o Press start.

Now you want to use the B. Spot and a different program:

- o **Push A2 and be sure it is highlighted**
- o Connect power cable for B.Spot to A2 port
- o Press 'Back' button till you get back to the screen with the 4 icons.
- o Press the Program icon
- o Select P 1, 2, or 3
- o Then press start

YOU CAN NOW START USING THE **BASIC PLAN** TO BE FOUND IN THE QUICK START GUIDE. It is also in the "Tip for Using your BEMER". **BE SURE TO READ THIS DOCUMENT.**

THIS **BASIC PLAN** WAS DEVELOPED AFTER RESEARCH AND EXPERIENCE INDICATED THAT THESE SETTINGS WERE THE MOST EFFECTIVE FOR THE MAXIMUM BENEFIT, DESPITE INDIVIDUAL AGES AND CONDITIONS.

Don't be afraid to experiment; you can do no harm to yourself when using the BEMER. Some settings will just be better for some people than others. It is important to listen to your body; you will know what it needs and what feels best.