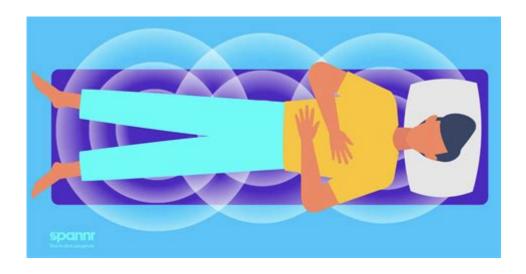
## **Is Bemer Therapy Snake Oil**



# Is BEMER Therapy Snake Oil? Separating Fact from Fiction

Are you intrigued by BEMER therapy, but skeptical of its claims? Do you wonder if it's a legitimate treatment or just another example of "snake oil"? This comprehensive guide dives deep into the science, the hype, and the reality of BEMER therapy, helping you decide if it's right for you. We'll examine the purported benefits, the underlying technology, the scientific evidence (or lack thereof), and address the common concerns surrounding its effectiveness. By the end, you'll have the information you need to make an informed decision about whether BEMER therapy lives up to its promises or falls short.

### **Understanding BEMER Therapy: What is it?**

BEMER therapy is a type of pulsed electromagnetic field (PEMF) therapy. It utilizes a device that generates low-intensity, pulsed electromagnetic fields claimed to stimulate blood circulation at a microvascular level. Proponents suggest this improved circulation improves oxygen and nutrient delivery to cells, leading to a wide range of health benefits. The device is applied externally, typically through mats or pads placed on the body.

The Claims of BEMER Therapy: What Does it Promise?

BEMER therapy proponents make numerous claims, ranging from improved athletic performance and faster recovery to pain relief and enhanced immune function. Some even suggest it can help with serious conditions like cardiovascular disease and neurodegenerative disorders. These claims are often presented with testimonials and anecdotal evidence, but robust scientific backing for many of these assertions is lacking.

## The Science Behind BEMER Therapy: Is There Evidence?

This is where things get complicated. While PEMF therapy as a whole has shown some promise in certain areas, the specific claims made by BEMER are often not supported by rigorous, peer-reviewed scientific studies. Many studies cited in support of BEMER are small, poorly designed, or lack sufficient control groups to draw conclusive conclusions. The mechanisms by which BEMER's low-intensity fields purportedly influence microcirculation are also not fully understood and require further investigation. Independent, large-scale clinical trials are needed to confirm the efficacy of BEMER therapy for various claimed benefits.

#### **Limitations of Existing Studies:**

Many studies supporting BEMER therapy are plagued by methodological flaws. These flaws include small sample sizes, lack of blinding (where participants and researchers don't know which treatment is being given), and absence of control groups receiving a placebo treatment. These deficiencies make it difficult to determine whether observed benefits are genuinely due to the BEMER device or other factors like the placebo effect.

## The Cost Factor and Accessibility: Is it Worth the Investment?

BEMER devices are expensive, making them inaccessible to many. This high cost, coupled with the lack of robust scientific evidence, raises serious questions about its value proposition. Before investing in BEMER therapy, it's crucial to weigh the potential benefits against the financial commitment, especially given the absence of guarantees.

## Comparing BEMER to Other PEMF Therapies: Are There Better Alternatives?

The market offers various PEMF therapy devices, each with its own claims and price point. While some PEMF therapies have shown more robust evidence in specific areas (like bone healing), it's

important to remember that the effectiveness of any PEMF therapy can vary depending on the condition, the device's parameters, and individual responses. Careful research is needed before selecting any PEMF device.

### Is BEMER Therapy Snake Oil? A Critical Conclusion

Whether BEMER therapy is "snake oil" is a matter of perspective and interpretation of the available evidence. While the underlying technology of PEMF has potential benefits in some areas, the specific claims made by BEMER require further scrutiny. The lack of high-quality, independent scientific studies supporting many of its purported benefits raises significant concerns. Until robust evidence emerges from large-scale, well-designed clinical trials, it's prudent to approach BEMER therapy with caution and healthy skepticism. Consult your physician before using BEMER or any other alternative therapy, especially if you have pre-existing health conditions.

## Frequently Asked Questions (FAQs)

- 1. Does BEMER therapy have FDA approval? No, BEMER therapy does not have FDA approval for the majority of its claimed therapeutic uses. While the device itself may be cleared for certain purposes, the specific health claims made by BEMER are not backed by FDA approval.
- 2. Can BEMER therapy replace conventional medical treatment? No. BEMER therapy should never replace conventional medical treatment for serious illnesses. It should be considered a complementary therapy at best, and always under the guidance of a healthcare professional.
- 3. Are there any side effects associated with BEMER therapy? While generally considered safe, some users have reported mild side effects like skin irritation or feelings of warmth. Serious side effects are rare, but individuals with pacemakers or other implanted devices should consult their doctor before using BEMER therapy.
- 4. How much does BEMER therapy cost? The cost of BEMER devices varies greatly depending on the specific model and purchasing options. Expect a significant investment, often in the thousands of dollars.
- 5. Where can I find more information on BEMER therapy and its scientific evidence? Critically evaluate the sources you find. Look for peer-reviewed studies published in reputable journals, not just testimonials or marketing materials. Consult your doctor or a qualified healthcare professional for guidance and to discuss the potential risks and benefits.

**is bemer therapy snake oil: Introduction to Epigenetics** Renato Paro, Ueli Grossniklaus, Raffaella Santoro, Anton Wutz, 2021-03-23 This open access textbook leads the reader from basic concepts of chromatin structure and function and RNA mechanisms to the understanding of epigenetics, imprinting, regeneration and reprogramming. The textbook treats epigenetic

phenomena in animals, as well as plants. Written by four internationally known experts and senior lecturers in this field, it provides a valuable tool for Master- and PhD- students who need to comprehend the principles of epigenetics, or wish to gain a deeper knowledge in this field. After reading this book, the student will: Have an understanding of the basic toolbox of epigenetic regulation Know how genetic and epigenetic information layers are interconnected Be able to explain complex epigenetic phenomena by understanding the structures and principles of the underlying molecular mechanisms Understand how misregulated epigenetic mechanisms can lead to disease

**is bemer therapy snake oil:** The Resolution of Inflammation Adriano Rossi, Deborah A. Sawatzky, 2008-03-17 This book provides readers with an up-to-date and comprehensive view on the resolution of inflammation and on new developments in this area, including pro-resolution mediators, apoptosis, macrophage clearance of apoptotic cells, possible novel drug developments.

is bemer therapy snake oil: Sync Steven H. Strogatz, 2012-02-14 At the heart of the universe is a steady, insistent beat, the sound of cycles in sync. Along the tidal rivers of Malaysia, thousands of fireflies congregate and flash in unison; the moon spins in perfect resonance with its orbit around the earth; our hearts depend on the synchronous firing of ten thousand pacemaker cells. While the forces that synchronize the flashing of fireflies may seem to have nothing to do with our heart cells, there is in fact a deep connection. Synchrony is a science in its infancy, and Strogatz is a pioneer in this new frontier in which mathematicians and physicists attempt to pinpoint just how spontaneous order emerges from chaos. From underground caves in Texas where a French scientist spent six months alone tracking his sleep-wake cycle, to the home of a Dutch physicist who in 1665 discovered two of his pendulum clocks swinging in perfect time, this fascinating book spans disciplines, continents, and centuries. Engagingly written for readers of books such as Chaos and The Elegant Universe, Sync is a tour-de-force of nonfiction writing.

is bemer therapy snake oil: Anaesthesia Joseph Rupreht, M.J. van Lieburg, J.A. Lee, W. Erdmann, 2012-12-06 Thesiologist, were not included. Perhaps the next symposium will have a paper on his many contributions. Even though his dates are not quite modem (1813-1858), his accomplishments were, especially his book On Chloroform and Other Anaesthetics (1858), the first comprehensive textbook on anaesthesia [2]. There has been a real renaissance of interest in the history of anaesthesia. Among those responsible for this rebirth, besides Dr. Rupreht and Dr. Erdmann, are Dr. Selma Calmes and Dr. Rod Calverley, now on the Board of the new American society, the Anesthesia History Association. It held its inaugural meeting in Atlanta, Georgia, during the annual meeting of the American Society of Anesthesiologists, on 9 October 1983. The meeting was well attended, and the evening was profitable and delightful. Mention should also be made of the accomplishments of the nurse anaesthetists [3]. They are many in number, and generally they work under the direction of a physician anaesthesiologist. Although modem anaesthesia was Ameriea's first great medieal discovery, it soon traversed the globe and found worldwide acceptance. The British, for example, have made many coeval and historie contributions. Besides Dr. Duncum one thinks of Prof. T. Cecil Gray, who pioneered the British use ofeurare [4], and Dr. J. Alfred Lee, whowas a pioneerin the use ofspin~l anaesthesia and is currently working on the fifth edition of a textbook on spinal analgesia [7]. Dr.

is bemer therapy snake oil: Complementary & Alternative Therapies for Nursing Practice Karen Lee Fontaine, 2005 A clearly written book that provides an excellent introduction to alternative therapies. Systematized health care practices, botanical healing, manual healing methods, mind-body techniques, spiritual therapies, and more. For nurses and practitioners in allied health fields who seek to expand their practice to offer wider choices to consumers of health care.

**is bemer therapy snake oil: Patterson's American Education** Homer L. Patterson, 1904 The most current information on United States secondary schools-- both public and private-- in a quick, easy-to-use format.

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is bemer therapy snake oil: The Skeptics' Guide to the Universe Dr. Steven Novella, 2018-10-02 An all-encompassing guide to skeptical thinking from podcast host and academic neurologist at Yale University School of Medicine Steven Novella and his SGU co-hosts, which Richard Wiseman calls the perfect primer for anyone who wants to separate fact from fiction. It is intimidating to realize that we live in a world overflowing with misinformation, bias, myths, deception, and flawed knowledge. There really are no ultimate authority figures-no one has the secret, and there is no place to look up the definitive answers to our questions (not even Google). Luckily, The Skeptic's Guide to the Universe is your map through this maze of modern life. Here Dr. Steven Novella-along with Bob Novella, Cara Santa Maria, Jay Novella, and Evan Bernstein-will explain the tenets of skeptical thinking and debunk some of the biggest scientific myths, fallacies, and conspiracy theories-from anti-vaccines to homeopathy, UFO sightings to N- rays. You'll learn the difference between science and pseudoscience, essential critical thinking skills, ways to discuss conspiracy theories with that crazy co- worker of yours, and how to combat sloppy reasoning, bad arguments, and superstitious thinking. So are you ready to join them on an epic scientific quest, one that has taken us from huddling in dark caves to setting foot on the moon? (Yes, we really did that.) DON'T PANIC! With The Skeptic's Guide to the Universe, we can do this together. Thorough, informative, and enlightening, The Skeptic's Guide to the Universe inoculates you against the frailties and shortcomings of human cognition. If this book does not become required reading for us all, we may well see modern civilization unravel before our eyes. -- Neil deGrasse Tyson In this age of real and fake information, your ability to reason, to think in scientifically skeptical fashion, is the most important skill you can have. Read The Skeptics' Guide Universe; get better at reasoning. And if this claim about the importance of reason is wrong, The Skeptics' Guide will help you figure that out, too. -- Bill Nye

is bemer therapy snake oil: Applied Nanoindentation in Advanced Materials Atul Tiwari, Sridhar Natarajan, 2017-10-30 Research in the area of nanoindentation has gained significant momentum in recent years, but there are very few books currently available which can educate researchers on the application aspects of this technique in various areas of materials science. Applied Nanoindentation in Advanced Materials addresses this need and is a comprehensive, self-contained reference covering applied aspects of nanoindentation in advanced materials. With contributions from leading researchers in the field, this book is divided into three parts. Part one covers innovations and analysis, and parts two and three examine the application and evaluation of soft and ceramic-like materials respectively. Key features: A one stop solution for scholars and researchers to learn applied aspects of nanoindentation Contains contributions from leading researchers in the field Includes the analysis of key properties that can be studied using the nanoindentation technique Covers recent innovations Includes worked examples Applied Nanoindentation in Advanced Materials is an ideal reference for researchers and practitioners working in the areas of nanotechnology and nanomechanics, and is also a useful source of information for graduate students in mechanical and materials engineering, and chemistry. This book also contains a wealth of information for scientists and engineers interested in mathematical modelling and simulations related to nanoindentation testing and analysis.

**is bemer therapy snake oil:** <u>Secrets of the Soil</u> Peter Tompkins, Christopher Bird, 1989 This book, a fascinating companion to The Secret Life of Plants by the same authors, tells the story of the innovative, nontraditional, often surprising things that certain scientists, farmers, and mystics are doing to prevent the slow degradation of our planet. For example, using the techniques of Rudolf Steiner's biodynamic agriculture with its reliance on ethereal forces from the planets, Dan Carlson's

growth stimulating Sonic Bloom, and rock dust fertilizer to revitalize depleted soils; or gardening with the help of truly amazing new technologies to reverse serious agricultural problems. The authors illustrate, in a truly enlightening and convincing manner, the pivotal role that the natural elements play in ourlives, and the necessity of cultivating and sustaining a relationship with one most basic of them the soil.

is bemer therapy snake oil: Political writings Harold Dwight Lasswell, 1951

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is bemer therapy snake oil: Chaka Thomas Mofolo, 2013-05-21 Chaka is a genuine masterpiece that represents one of the earliest major contributions of black Africa to the corpus of modern world literature. Mofolos fictionalized life-story account of Chaka (Shaka), translated from Sesotho by D. P. Kunene, begins with the future Zulu kings birth followed by the unwarranted taunts and abuse he receives during childhood and adolescence. The author manipulates events leading to Chakas status of great Zulu warrior, conqueror, and king to emphasize classic tragedys psychological themes of ambition and power, cruelty, and ultimate ruin. Mofolos clever nods to the supernatural add symbolic value. Kunenes fine translation renders the dramatic and tragic tensions in Mofolos tale palpable as the richness of the authors own culture is revealed. A substantial introduction by the translator provides valuable context for modern readers.

**is bemer therapy snake oil: Native Visions** Steven C. Brown, Paul Macapia, Seattle Art Museum, 1998 Featuring over two hundred illustrations of Northwest Coast Native American art, examines the chronology shown by changes in design forms and traces style developments from the prehistoric era to the present day.

is bemer therapy snake oil: Quantum Magnetism Ulrich Schollwöck, Johannes Richter, Damian J.J. Farnell, Raymond F. Bishop, 2008-05-14 Closing a gap in the literature, this volume is intended both as an introductory text at postgraduate level and as a modern, comprehensive reference for researchers in the field. Provides a full working description of the main fundamental tools in the theorists toolbox which have proven themselves on the field of quantum magnetism in recent years. Concludes by focusing on the most important cuurent materials form an experimental viewpoint, thus linking back to the initial theoretical concepts.

is bemer therapy snake oil: Paul Kane's Great Nor-West Diane F. Eaton, Sheila Urbanek, 1995 Determined to document the lives and customs of the Native people of the Northwest before contact with white settlers changed them forever, the Canadian artists Paul Kane set out in 1845 to cross the continent 'with no companions but my portfolio and a box of paints, my gun and a stock of ammunition.' Travelling by canoe and snowshoe, on foot and on horseback via the Hudson's Bay Company fur brigade routes, he made his way from the Great Lakes to the Pacific coast and back again. When he returned to Toronto in the fall of 1848, he brought back some five hundred field sketches and a remarkable collection of artifacts, which he used as raw material for one hundred oil paintings depicting scenes of Native life. While the carefully executed oil paintings are deliberately romaticized images of the West that conform to nineteenth-century standards of taste, the original field sketches, which are not widely known, are fresher, more objective and authentic, more direct and undeliberated. A fascinating complement to the sketches is a small diary that Kane kept while on his journey. Brief and plainspoken, its entries were jotted down with idiosyncratic spelling and punctuation. In 1859, Kane published a journal based on these notes, which became a bestseller in Europe and North America. In Paul Kane's Great Nor-West, Diana Eaton and Sheila Urbanek recreate Kane's heroic journey and bring to life the people and places he encountered. Their

narrative supplies the historical context to illuminate his travels, while frequently drawing on Kane's own words from his diary and published journal. The voice of the artist himself is heard in descriptions of one of the last great buffalo hunts, of a desperate winter crossing over the Rockies, of the impassioned 'crying of war' of a Cree chief, and of many other unique experiences. Illustrated with a wide selection of the field sketches as well as his better known oil paintings, Paul Kane's Great Nor-West reintroduces this remarkable artist to a modern audience. It not only celebrates his extraordinary journey but also creates a unique and immensely varied panorama of the nineteenth century 'Great Nor-West.'

is bemer therapy snake oil: Epigenetics Methods Trygve O Tollefsbol, 2020-07-08 In recent years, the field of epigenetics has grown significantly, driving new understanding of human developmental processes and disease expression, as well as advances in diagnostics and therapeutics. As the field of epigenetics continues to grow, methods and technologies have multiplied, resulting in a wide range of approaches and tools researchers might employ. Epigenetics Methods offers comprehensive instruction in methods, protocols, and experimental approaches applied in field of epigenetics. Here, across thirty-five chapters, specialists offer step-by-step overviews of methods used to study various epigenetic mechanisms, as employed in basic and translational research. Leading the reader from fundamental to more advanced methods, the book begins with thorough instruction in DNA methylation techniques and gene or locus-specific methylation analyses, followed by histone modification methods, chromatin evaluation, enzyme analyses of histone methylation, and studies of non-coding RNAs as epigenetic modulators. Recently developed techniques and technologies discussed include single-cell epigenomics, epigenetic editing, computational epigenetics, systems biology epigenetic methods, and forensic epigenetic approaches. Epigenetics methods currently in-development, and their implication for future research, are also considered in-depth. In addition, as with the wider life sciences, reproducibility across experiments, labs, and subdisciplines is a growing issue for epigenetics researchers. This volume provides consensus-driven methods instruction and overviews. Tollefsbol and contributing authors survey the range of existing methods; identify best practices, common themes, and challenges; and bring unity of approach to a diverse and ever-evolving field. - Includes contributions by leading international investigators involved in epigenetic research and clinical and therapeutic application - Integrates technology and translation with fundamental chapters on epigenetics methods, as well as chapters on more novel and advanced epigenetics methods - Written at verbal and technical levels that can be understood by scientists and students alike - Includes chapters on state-of-the-art techniques such as single-cell epigenomics, use of CRISPR/Cas9 for epigenetic editing, and epigenetics methods applied to forensics

**is bemer therapy snake oil:** *Words to Rhyme with* Willard R. Espy, 2001 An easy-to-use dictionary of over 80,000 rhyming words.

is bemer therapy snake oil: Wine Culture in Iran and Beyond Bert G. Fragner, Ralph Kauz, Florian Schwarz, 2014 Ausgehend von wichtigen neuen archaologischen Befunden und Erkenntnissen, die zu einer Neubewertung der Geschichte des Weinbaus in Iran und seinem asiatischen Kontext gefuhrt haben, untersucht dieser Band kulturelle, soziale und politische Aspekte der Weinkultur in der iranischen Welt. Die hier versammelten Fallstudien und Essays reichen von der Frage nach den Anfangen des Weinbaus und -handels zwischen dem iranischen Hochland und China bis zur Weinkultur im Kafiristan des 20. Jahrhunderts. Sie schliessen Themen wie die Rolle von Rauschgetranken im Hadith und die Bedeutung und Funktion von Wein in der klassischen persischen Dichtung und in der iranischen Architektur ebenso ein wie die Vieldeutigkeiten von Alkohol im vormodernen Iran und angesichts der Herausforderungen von Moderne und kolonialen Begegnungen.

**is bemer therapy snake oil:** *Lipid Mediators* Fiona M. Cunningham, 1994 This volume provides an overview of lipid mediators from synthesis to inhibition. It addresses the immune system and its diseases from a pharmacological viewpoint and combines clinical aspects with basic science.

is bemer therapy snake oil: Herbaceous Perennial Plants Allan M. Armitage, 2008-05-01

The third edition of the comprehensive—and entertaining—gardening reference by the master horticulturalist. This is the long-awaited third edition of Allan Armitage's masterpiece on garden perennials. Armitage's extensive traveling, teaching, and trialing experiences provide a depth of understanding of the best ornamental perennials for North American gardens unparalleled by any other garden writer. One of the most definitive and conclusive books written about perennials, the first edition was designated as one of the best seventy-five books written in the last seventy-five years by the American Horticulture Society. Now the third edition of "The Big Perennial Book" (as it is fondly referred to by many practitioners) describes 3,600 species in 1224 pages. More than three hundred color photos complement detailed text filled with the author's pointed observations of plant performance, cultivar selection, and current taxonomy. In addition, his trademark wit and passion are both in abundance, making reading as pleasurable as it is informative.

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is bemer therapy snake oil: Powerful Images Sarah E. Boehme, 1998 Despite the diversity of North American Native cultures, images in the popular imagination often are generalized and stereotyped. These images have been repeated, layer upon layer, in political, historical, and commercial contexts, resulting in blurring perceptions of Native American peoples. Powerful Images: Portrayals Of Native America looks at the ways in which Indians have been portrayed by themselves and others from the early 1800s to the present. Paintings, sculptures, traditional Native arts, photographs, and popular culture objects -- neon signs, toys, automobiles, cigar boxes -- are used to both reveal and challenge popular assumptions about Native North Americans. A broad overview of traditional Plains and Southwest Native art by Emma I. Hanson emphasizes the importance of religion and spirituality, ideal roles of men and women, and individual achievements and aspirations. Sarah E. Boehme focuses on the fixed, iconic images of the true Indian that have persisted in Euro-American art of the 19th and 20th centuries. Gerald T. Conaty and Clifford Crane Bear (Siksika) compare Native and non-Native systems of recording history. James Nottage addresses the impact of popular media -- literature, radio, movies, television, advertising, and theater -- on our perceptions of the Indian. Finally, Mike Leslie considers the theme of identity in contemporary Native American art. A Foreword by Peter Hassrick and Introduction by Dave Warren (Santa Clara/Tewa) complete the book.

**is bemer therapy snake oil: The Silent Passage** Gail Sheehy, 1995-01-01 In the three years since The Silent Passage was originally published, Gail Sheehy, a member of the National Institutes of Health Advisory Committee to the Women's Health Initiative, has been at the forefront of the newest research on menopause. She has also continued to interview countless women throughout

the country on the subject. In this revised and expanded edition, she presents essential new data that will enable women to custom design their own hormone replacement regime. Candid, enlightening, inspiring, and witty, with the latest information on everything from early menopause to Chinese medicine and natural remedies, The Silent Passage is an indispensable reference for every woman.--BOOK JACKET. Title Summary field provided by Blackwell North America, Inc. All Rights Reserved

is bemer therapy snake oil: Biohacker's Handbook Olli Sovijärvi, 2019

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