

### **Feedback ...**

#### **What other families are saying about BEMER therapy....**

- We have dramatic improvement in sleep and constipation after few weeks on Bemer. Thank you Chitvan Malik for bringing Bemer into our life! - **R. Shaheen, Baltimore, USA**

- It has been 10 weeks of using BEMER now and I wanted to share our progress. Our biggest gain has been sleep and more over feeling fresh and happy on waking up. Feels like I have gone back to my college days when I used to wake up refreshed. I wake up before the alarm buzzes and not hitting the "snooze" button at all!! Yaaay! Unbelievable but true!

I am also seeing similar things with my 5 yr old. He used to always wake up crying every morning and would not settle down until milk was offered. I would be running like a mad woman to fix his milk and stop his morning cries. Now he just wakes up happily and waits until we brush his teeth and warm up the milk. I am glad we made this decision. We are delighted to be "BEAMING"! - **A. Kiran, Atlanta, USA**

- We've had the bemer since 10 weeks. We bought it after renting it for 8 weeks as we see good changes in our son. I was trying to rank our positives but it is hard to pick the best smile emoticon

1) Sleep - falls asleep faster. Most days he is asleep before the 8 min session is over. He was never a bad sleeper but would take about half hour to fall asleep.

2) Constipation - has one poop daily since starting bemer. As part of a detox protocol we are doing, we do daily enemas and so he was not pooping by himself. But with bemer, he goes on his own!

3) Speech - we have seen more attempts at spontaneous speech since starting bemer. It's quite subtle but enough for us to feel the difference.

He can now answer the question "What is your name?". We were discussing vacation plans and going to the beach in San Diego and he said "I want to go water".

4) Attention/Focus - We've had a therapist comment that our son seems "happier and at ease now". His attention and focus are better (we've had a few OT sessions where he did not have to be prompted by me at all over one hour - compared to regular sessions where I'm directing him every few mins). He is following instructions better ("Please pull your stool closer to the table" and he will do it right away! Earlier getting him to listen was one step and then physically prompting was another).

These changes are not huge (so teachers at school have not made any comments) but therapists who work with him at home one on one have noticed the difference.

We do 8 min sessions at wake up and at bed time. And at night, I use the sleep mode but my son sleeps with me so he gets the benefit of that as well. There have been times when we've skipped

the sleep mode and we've not seen a difference but if we skip the 8 min session, we can tell the difference (no poop!)

Hope this helps everyone who is considering using the bemer. Chitvan, thanks for all your help.

- **V. Dhawas, California, USA**

- Just want to say thanks to [Chitvan Malik](#) for introducing me to bemer!! I get this rash off and on and have not been able to figure out a solution besides steroid. I used bemer light just once and it has almost disappeared!!! I am so happy to have a permanent solution right in my house. Also seeing good changes with my son in terms of receptive language and overall presence. -

**P.Shah, California, USA**

- It is a long way for our kids.. But I see a great change in sleep pattern with BEMER at night since I have done the night protocol. He sleeps on it thrice a week. And last night he had a low grade fever, I made him sleep on the BEMER. He woke up fresh in the morning. :-) We are blessed and we must share our experiences too people to know how BEMER is helping our kids.

- **A.Seth, New Delhi**

- With great Joy I share this - regarding my niece, N, (CP child). We are seeing a good difference in speech and language development. Her teacher sent this message, "I wanted to let you know that N has shown good improvement in reading and has been quick to grasp new concepts in the last two months." Also, five children at my center are showing good difference - hyperactivity reduction, better gait pattern, reduction in startle, better oxygen level in all. - **J. A, Mumbai**