



MEC Updates | March 2023

Back to Basics: The Power of Prevention with BEMER



We all seek to live healthy, long, and rich lives, both in life span (quantity) and health span (quality). While our inherited genetics are important, it is our lifestyle and our daily choices that impact our health, wellness, and, ultimately, our longevity. In addition, it is well proven that consciously engaging in a healthy lifestyle filled with purpose and passion is at the foundation of preventative care. Or, simply stated, self-care. Prevention of disease is always preferable, rather than waiting for symptoms or disease to manifest and attempting to treat it.

We need to look no further than nature to remember the connections between and within all things. The transition from the winter season into springtime is the perfect time to power up our purpose while we allow our passions to emerge. As the days become longer and the temperatures warmer, we invite the green grass to sprout, the fragrant blossoms to bloom, and welcome the buzz of activity in nature. This should also be a time of ease and relaxation while allowing the natural rhythms of life to return from the slumber of winter. This is the time to shine. But shine without “trying.”

On a fundamental level, we spring into action with an extra hour of daylight starting on March 12th as we fade away from daylight savings time and propel into the Spring Equinox on March 20th. It is during these days that we can leverage this momentum to effortlessly manifest our dreams and

“Maintaining order rather than correcting disorder is the ultimate principle of wisdom. To cure disease after it has appeared is like digging a well when one feels thirsty or forging weapons after the war has already begun. Isn't it already too late?” ~ Huang di Nei Jing (The Yellow Emperor's Classic of Internal Medicine), 4th Century BC.

Prevention starts with avoiding “that,” which is detrimental to our health, and engaging in activities that promote health. While we know

that diet, exercise, sleep quantity/quality, and stress management are vital in maintaining our health and longevity, it is our purpose in life that directs our passion, and it is our passion that ignites our purpose. This Yin/Yang relationship is self-perpetuating, always evolving, and is an unseen hallmark of health and longevity, and it is the very essence that connects all the things we do with all that we are.

aspirations and live the healthy lives that we intend to live.

While BEMER is an Over-The-Counter Class II Medical Device, it is based on the premise of balance. Supporting self-regulatory rhythms within the body through the regulations of blood flow at the functional level of the circulatory system, the Microcirculation.

Medicine is changing from a pill-for-every-ill model to a patient center care model with a focus on Personalized Medicine, Predictive

Medicine, and Preventative Medicine. With BEMER by your side, you have a true “edge” in your favor through the lens of prevention. Daily use of the BEMER can boost your circulation and power up your performance.

If you are passionate about health and wellness, then BEMER Therapy must be a part of your purpose. Our purpose. Because it is BEMER that fits elegantly into your healthy lifestyle wherever you are on your journey.

Please join Dr. Berka to get back to basics with BEMER and power up your prevention.

Medical Monday*

Date: March 6th, 2023

Time: 5pm PDT

>> [REGISTER HERE](#)

*Medical Monday is intended to be viewed only by licensed and/or certified healthcare practitioners as sometimes off-label usage is discussed for educational and/or clinical application. Non-practitioners should attend Wellness Wednesday. All clinicians, practitioners and/or researchers must register with their name and professional medical designation (MD, ND, DO, RN, PT, LAc., LMT, etc.). **Individuals who register without these appropriate credentials will not be allowed to attend.**

Wellness Wednesday