

AL HEHR, JR.'S ACTION PLAN

This is a story about myself, a caregiver and my spouse, Marjia, a resident of Kemper House of Highland Heights memory care unit.

I have been asked to describe the nearly 50 years trip my family has made through the ups and downs of the effects of dealing with the memory care trip. I was first told she would not live long and I should prepare. Now the doctors say she will out-live me and I should prepare my professional, financial and family life have been constantly adjusted to adapt to the curves in this road. The early years were about planning, financial, life insurance, health insurance, education for the children and grandchildren. Presently the concerns are the question how is Marjia doing. My answer is she is content. How am I doing? My answer O.K. This is based on her reply that she is sleeping and eating well, with help she is working on transferring from bed to wheelchair is “great.”

These results are based on the Bemer protocol of “increased endurance, strength and energy.” Bemer lasts generations and is 100% safe and can be used daily with total confidence for acute and chronic conditions with your doctor’s review.

My condition above the basic is joint issues and yes it is in my whole body and the basic treatment is overall but is concentrated in my left knee and it is severe enough to make walking and stairs difficult.

1. We both do the basic plan for regular maintenance.
2. Too many factors can contribute to a person’s physical state and that is why a person may react differently to a chosen setting than someone else with the same symptoms. It’s a matter of trying it out using the word “may” because it also depends on whether we are faced with an acute vs chronic challenge, the age of the person, lifestyle, etc.
3. Bemer is really easy to use. It’s a very foundational task we are supporting getting nutrients and oxygen to the tissues and eliminating wastes. The rest of the body’s ability to perform better, self-regulate better and self-heal.
4. BEMER’s patented signal optimizes our smallest blood vessels, enabling the re-normalization of blood flow. As a result, the body’s cells are better supplied with oxygen and nutrients and are able to perform their various functions much more effectively.
5. The short story is I’ve needed extra energy at times to keep going. To work harder and longer. To compete and achieve my goals. To do more than survive...to succeed in today’s world.

Thanks,

Al Hehr, Jr.

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1. Patty Murphy Sulik (440-527-3724) for her knowledge and unselfish effort on making the Bemer perform
2. The staff of Kemper House H.H. (440-461-0600) for supporting Marjia relentlessly