

The Bio Mat

Creating Vibrant Health and Wellness with Far Infrared and Negative Ion Therapy

What is the Bio-Mat?

It is a therapeutic mat containing amethyst and tourmaline crystals that act as conductors of the healing properties of far infrared rays, sending this light into the tissues and organs of the body. It also creates an abundance of negative ions that are also transmitted into the body.

What Do Far Infrared Rays Do?

- Far Infrared Light cannot be seen with the eyes, but it is felt as heat.
- Far Infrared (FIR) light rays are anti-viral, anti-bacterial, and anti-fungal and can be used in the treatment of a wide variety of diseases.
- The deep, penetrating heat of the Bio Mat helps peripheral blood vessels dilate, bringing relief and healing to muscles and soft tissue. Increased blood circulation carries off metabolic wastes and delivers oxygen-rich blood to oxygen-depleted muscles allowing for faster recovery from exertion.
- FIR penetrates 6-8 inches into the body which benefits the muscles and all cells including blood vessels, lymph glands and nerves in the deepest parts of the body.
- FIR relieves neuralgia, backaches and arthritis.
- FIR is good for relaxation.
- FIR helps to purify the air through the production of negative ions.
- FIR improves circulation and cardiovascular function by raising the body temperature, warming the blood, and expanding the blood vessels. This creates an increase in peripheral blood flow and volume which results in improved circulation and heart function.
- FIR and the Negative Ions generated penetrate the skin deeply, helping to detoxify impurities from the skin and lymph. Exfoliation is greatly enhanced by the FIR rapidly removing dead skin cells. Increased circulation draws your skin's own natural nutrients to the surface helping to rejuvenate your skin's health and appearance.

What Do Amethyst Crystals Do?

- The "Amethyst Effect" was scientifically demonstrated through spectral analysis – showing a significant increase in infrared light that was refracted through amethyst crystals.
- FIR refracted through amethyst crystals increases the bio-availability for human utilization and allows a 6-8 inch penetration into muscles, lymph glands, blood vessels, nerves and key organs.

- Scientific studies have verified that FIR waves are the safest and most beneficial electromagnetic energy available for the human body.

What are Negative Ions and How Can They Improve Health?

- Negative Ions are instrumental in balancing the metabolism by activating healthy enzyme function in the cells of the body.
- Negative ions assist in creating the proper alkaline environment in body chemistry, the excretion of cellular waste, nutrient absorption, boosting immunity, and helping to balance hormonal function.
- Negative ions are effective on stiff shoulders, headaches, insomnia, constipation and allergies.
- Negative ions are necessary to balance serotonin levels in the brain.
- Negative ions (NI) assist in beneficial and restorative sleep.
- NI assist in detoxifying heavy metals.
- NI help to dissolve cysts and fat globules.
- NI aid circulation.
- NI help to raise internal body temperature to normal.
- NI help to reduce edema and increase lymphatic circulation.
- NI stimulate endorphin production.
- NI help to relieve pain.
- NI reduce stress and anxiety.
- NI help to keep the musculoskeletal system elastic.
- The more negatively charged electric ions there are in the blood, the more efficient the cell's metabolism process.
- The effect of too many positively charged electric ions is a slower and less efficient cellular metabolism. This causes the body's cells to become weak and the body will tend to get sick more easily and accelerate the aging process.
- A study done at Columbia University suggested that negative ion treatment helped to relieve the symptoms of depression more effectively than anti-depressant drugs and without any harmful side effects.

How Does the Bio Mat Help to Improve Immune Function in the Treatment of Cancer?

When the body temperature decreases from 98.6 to 96.8:

- 36% of immune function declines
- 12% of basal metabolism declines
- 50% of enzyme activities decline

At 107.6 tumor cells become inactive and at 109.4 cancer cells cannot survive and they die. Repetitive thermotherapy is shown to cause immune function to improve and encourage any existing cancer cells to die.

Call our office to schedule a free session on the BioMat and experience its healing potential for yourself! Your free session is 30 minutes long and you will be lying on your back fully clothed, so even a lunch time session may be possible!

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