



Bio-Mat Amethyst Professional  
w/ Amethyst and Tourmaline Pillow

## Amethyst Bio Mat with Amethyst and Tourmaline Pillow

### **What Is a Bio Mat ?**

**The "Bio Mat" is an FDA licensed medical device designed by doctors, scientist, and engineers, (U.S. F.D.A. Medical Device: 2954299.)**

**It provides a high-tech Negative Ion and Far Infrared (FIR) Light Therapy for pre or post medical treatment and recovery.**

**The Bio Mat balances natural high energy Negative Ions with far reaching Infra Red Light waves through a highly specialized Texas Instruments Computer System.**

**The Ionic and infrared light waves are keyed through an Amethyst Quartz Super Conductor System, in order to give of the most powerful and healthy stream, with the highest absorbable frequencies.**

**Far Infrared Light penetrates 6 to 8 inches into the body, where it benefits muscles, all the cells, blood vessels, lymph glands, and nerves, rather than just the surface skin.**

### **Restore Health and Beauty !**

**Unlike other devices, the Bio-Mat does not get hot when it is turned on. When you lie down, the mat warms the inside of your body and the part of the pad touching it. As the far Infrared light and charged ions deliver a molecular massage, they do not warm the mat or the Amethyst Crystals. The Bio-Mat delivers a powerful light source that increases blood alkalinity and speeds cellular regeneration, while providing a deep state of relaxation. NASA discovered that Far Infrared Rays are the safest and most beneficial light waves.**

### **What Can A Bio-Mat Do ?**

- Relieves Pain and Joint Stiffness.**
- Reduces Swelling and Inflammation by improving Lymph Flow.**
- Reduce Stress and Fatigue.**
- Increase Flow of the Micro-circulatory System.**
- Decreases Hyperactivity.**
- Strengthens the Cardiovascular System.**
- Removes Wastes and Toxins.**

**Rejuvenates Skin and Cellular Function.  
Reverses Degenerative Disease Cycles.  
Boosts Energy and vitality.  
Induces Deep Delta Relaxation.  
Regulates Psychological Well Being.  
Burns Calories and Controls Weight.**

## **How Does A Bio-Mat Work?**

**Negative Ion Energy, Amethyst Quartz Crystals, a Highly Specialized Control Panel, and the Bio Mats Exclusive Construction, function to increase the efficiency of Far Reaching Infrared Light. All this enables the Bio Mat to produce the most powerful and healthy light stream, with the highest absorbable frequencies.**

**Now you can have this wonderful medical device in your home or clinic, but achieving this was not easy and didn't just happen by chance.**

**The story about the Bio Mat is a story about common knowledge of Amethyst, a Nobel Prize in 1991, breakthroughs in NASA research, and the latest high-tech manufacturing. This web site will tell you the Bio Mat story, so you will understand what might sometimes be complicated or confusing facts.**

**(more)**

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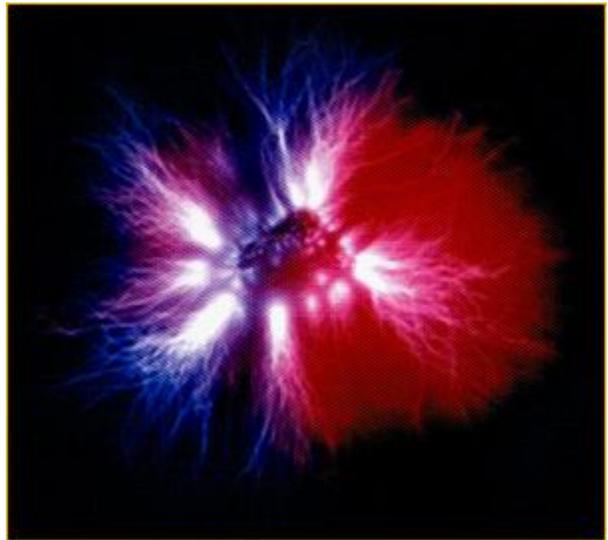


# Far Infrared Rays can penetrate deeply. It can warm our body from the inside out and stimulate our system.

All surfaces radiate Far Infrared Rays (FIR) waves as a function of surface temperature. However, this special compound of alumina ( $Al_2O_3$ ) and silica ( $SiO_2$ ) can convert any normal energy into Infrared Rays waves in a most efficient manner at room temperature. The materials containing these compounds will generate more Infrared Rays waves than ordinary materials. The discovery of these mineral oxides, and their capabilities to generate Infrared Rays waves was made by NASA.

Infrared waves which are at the opposite side of the spectrum are health kinds that give you warmth and relaxation. Medical and therapeutic professionals have found that the same Infrared rays as in natural sunlight are generated in the Bio-Mat™ Amethyst by modern technology, minus the skin damaging UV. You'll feel those tired muscles relax as helpful dry heat not only warms the surface of your skin, but also penetrates into your skin for deep, soothing comfort. According to a Journal of the American Medical Association report, in a single Infrared Ray sauna session, you may burn as many calories as you would rowing or jogging for 30 minutes, so you lose weight not just water.

Results show an improvement in the cleansing of the entire body with the far infrared heat rays. The absorption of Long Wave Infrared Rays by the human body begins with the elimination of carbon dioxide. All living bodies have toxins (waste material, poisons) which accumulate at the body joints. Improvement in the body system is felt by some people in 1 day, or it may take some people several months (2-3 months).



During research of the heat effect of the seven colors, it was found that the temperature rises when the color is changed from purple toward red, and even without color after passing red. This light (with a strong heat function) was named Long Wave Infrared Rays. Long Wave Infrared Rays not only warm our bodies, but they stimulate various bodily functions. They can make our bodies feel fully changed.

When Long Wave Infrared Rays are beamed into the body, they are absorbed by the body and they resonate through it, similar to the sound and energy waves of a bell when it is struck.

Long Wave Infrared Rays penetrate 14 to 15cm (6 inches) into the body. Therefore, these rays not only benefit the muscles on the surface of the body, but all cells including blood vessels, lymph glands, and nerves in the deepest parts of our body. These Long Wave Infrared Rays penetrate through the skin to the subcutaneous tissues transforming from light energy to heat energy that relieves shoulder pain, lumbago, and

fatigue of the body muscles.

Moreover, the thermal effect within the deep layers of tissues causes blood vessels in capillaries to dilate, promoting better blood circulation, an overall improved metabolism, and the heat produced promotes perspiration which helps expel body toxins, metabolic waste and unhealthy materials such as urea, nitrogen, uric acid, sodium, and chlorine which cause kidney infections and other problems.

Far Infrared Rays also increase the heart rate and blood circulation which are both crucial to maintaining your health. The heart rate increases as more blood flow is diverted from the inner organs toward the extremities of the skin without heightening blood pressure.

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## Healing properties of Amethyst, mental, physical and spiritual from the New Age and Medical Science.

Amethyst healing is an art and practice, done on a metaphysical level that has been re-discovered because of the power of the earth's energies that have been absorbed by these sacred objects. In turn, they inherit vital healing powers for many types of ailments. Amethyst has come to be known as a power crystal with prolific healing powers that can be characterized as *purifying, pacifying and transitional*.

Amethyst has the ability to transform lower energies into higher and acts as a healer at all levels of mind, body, and spirit. The healing powers of Amethyst date as far back as the Greeks who believed that Amethyst protected a person from the intoxicating effects of alcohol.

The world's best source of Amethyst comes from Korea. Known for its power to detoxify the body from alcohol and other harmful elements, Amethyst also produces Far Infrared Rays. These rays revitalize the biological function of your cells to: **increase blood circulation, promote perspiration, relieve neuralgia, backaches, and arthritis, and eliminate toxins**. The far Infrared rays are good for **relaxation, perform an anti-bacterial function and purify the air**.



There are many physical uses which the healing powers of Amethyst are a remedy. As an elixir, it can be used to treat tooth aches, skeletal discomforts, posture and other bone and joint-related sickness (such as

arthritis). Amethyst also **cures problems within the stomach and digestive tract, heart and hearing disorders**. It has been known to **treat various types of blood disease, and balancing blood sugar**.

As a healing stone or crystal it is used to treat and heal problems involving the central nervous system, and is a **treatment for both convulsions and neuralgia, and contains sobering and calming qualities**. This stone is commonly associated with peace. It soothes those who have engaged in constant rigorous mental activity. It has been deemed as "*natures tranquilizer*" by many healers because of its effectiveness in relaxing not only the mind, but also the nervous system. It is also known for **protecting the mind from psychic attacks**, and transforming negative energy into that of positive and tranquil tenacity.

Amethyst is identified as a crystal that functions favorably in clearing certain types of blockage, and in **aligning the chakras**. By transforming energies on all levels, amethyst also has the ability to balance and stabilize energies located within certain areas. Amethyst is related to and found to heal and align ailments.

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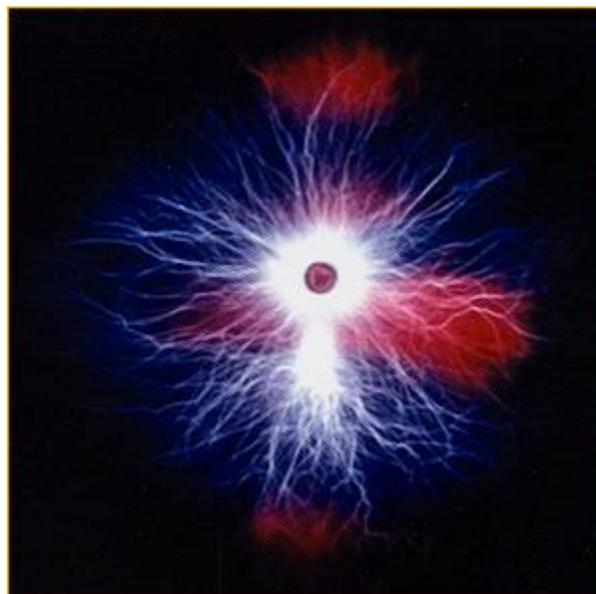
## Negative Ions

### A Life Giving Energy of the Bio-Mat™ mx

In order to have a healthy life in our modern society, we cannot ignore the effects of "Ions". There are many Ions in the air we breathe, and the percentage and number of Positive Ions and Negative Ions change depending on the time and place. An Ion is a particle which has electricity. Ions are being made in the air we breathe so fast that 10 to 20 Ions per cubic centimeter are being made per second. There are *200 to 500 Ions in 1 cubic centimeter of ordinary outdoor clean air, and 100 to 200 Ions in 1 cubic centimeter of clean indoor air*. Many studies of the relationship of the Ion (especially the negative Ion) to our health have been made by professional researchers who agree that our health is dependent on the amount and quality of Ions in the air.

The human body consists of billions of cells, and each is enclosed by a cell wall. This cell wall performs many important roles, and one of these is to absorb nutrition and eliminate waste material. The function of the entire cell (including the cell wall) can be normalized if there are enough negative Ions within the cell as well as outside the cell. The reverse holds true if there is a lack of negative Ions, and too many positive Ions within a cell. Thus, absorption of nutrition and elimination of waste material cannot be done effectively. As a result adult diseases such as hypertension, arteriosclerosis, cerebral apoplexy, and cancer occurs.

Other afflictions caused by an improper number of Ions in the body include anemia, allergies, infirmity, shoulder pain, lumbago, rheumatism, neuralgia, headaches, habitual constipation, gastroenteritis, hepatitis, kidney trouble, unbalanced autonomic nervous system, and insomnia. Too few negative Ions in our body can cause many diseases, and have a dangerous effect on our overall health.



So how do negative Ions make us healthier? Through research done by Dr. Takada Maku in Japan, it was discovered that when negative Ionization is introduced, the Ions in calcium and natrium (salt) in the blood increases, and the **blood is purified by increasing blood alkaline**. When the amount of negative Ions in the blood is increased, the function of a cell is activated. The electrical material exchange speeds up the cell function, and as a result, nutrition is fully absorbed by the cell and waste material is eliminated. Metabolism is increased and the function of the cell is gradually revived.

Clinical research at a Tokyo Dental College Hospital sponsored by the Japan Red Cross in Shinjuku found that negative Ions have a positive effect in the control of the nervous system in the relief of tension.

At the Public Hygiene Class at Shinsa University, clinical research showed the following: most people experienced good effects in relation to their internal organs after a few weeks of usage. The stomach showed the fastest effects, and the **function of the liver was improved** which counteracted many poisons.

Dr. Koudo Michio reported that symptoms of paralysis had been dramatically reduced after supplying negative Ions for 30 days. After 90 days of treatment, the patient had recovered completely. Dr. Koudo Michio said that the negative Ion treatment is **very effective for light shoulder sclerosis**, as well as, symptoms of paralysis in fingers, arms, and the whole body due to occupational effects experienced by the nervous system.

In Kumamoto Hospital Japan, Dr. Nagayama of the Kyoto Pain Research Institute found the pain relieving efficiency of the negative Ion had a *notable effect* on most headache and neuralgia cases.

If 600 to 1000 volts of negative potential is applied to an insulated body, *more calcium and sodium minerals in the circulating blood get ionized*, thus changing an acidified body to an alkaline body. Although it uses a high voltage, since there is no current flowing there is no danger. It is effective for stiff shoulders, headaches, insomnia, and chronic constipation. When you leave the Bio-Mat Amethyst on it will fill the room with negative Ion particles. You may notice a layer of dust accumulate because the negative Ions are changing the particles in the air causing them to fall.

## **Substantiated by the Nobel Medical Committee**

Press Release: 7 October 1991 The 1991 Nobel Prize in Physiology or Medicine. The Nobel Assembly at the Karolinska Institute.  
The Nobel Assembly at the Karolinska Institute has today decided to award the Nobel Prize in Physiology or Medicine 1991 jointly to Dr. Erwin Neher and Dr. Bert Sakmann for their discoveries concerning "the function of single ion channels in cells" [Read more...](#)

Here are some tips to getting the most out of your new Bio-Mat™ mx.

You can sleep all night on your Bio-Mat™ mx Amethyst and enjoy the cumulative effects or use it on higher settings for deepest therapeutics. Green or lowest gold settings are best for sleeping.

### **Starting Out**

Start on a lower setting 15 min. to 1 hour session on your Bio-Mat™ mx  
Start by creating a calm, tranquil and private space in a quiet room in your home. Some mellow, relaxing music can help calm the nerves and cover any outside extra noises that may interfere with your peaceful and healing atmosphere, headphones are an excellent way to shutout outside noises. You may want to turn off the ringer on your phone and turn down your answering machine so you will not be disturbed. Drink water before and after each session. Cover up with a 100% cotton sheet and/or blanket. Start slowly. Begin with the lowest setting which is the low-heat, green setting in short 15-30 min sessions. Green or lowest gold settings are best for starting out, and for sleeping, or for longer time periods and allow your body to become accustomed to the changes it may undergo. The low gold settings create a gentle warmth great for 2 hours or more for sports and flexibility training, Cardio and respiratory aid, blood pressure, sugar regulation, female cycle balancing, and youthful hormone restoration.

Start gradually, in small doses, and your body will become more accustomed to using these light energetics in the way your body's innate intelligence knows how to do. All settings are therapeutic and extremely versatile. Establish and focus on your own intent. Positive thinking, meditation and visualization can offer profound and cumulative benefits to the body, mind and spirit.

Initially you may feel bursts of energy, or even a few extra naps are perfectly normal. Your body may be cleansing and detoxifying as your cells are releasing toxins that have been stored.

### **Increasing your session**

After using your Bio-Mat a few times and slowly increasing the temperature and length of time for your sessions, you may be ready to try a higher temperature for a deeper therapeutic session. You may want to cover up with a few towells and some heavier blankets to allow your body to absorb more energetics and induce healthy sweating which will draw out deeply-embedded toxins. The higher gold settings create deeply penetrating warmth and are great in 10 to 90 min sessions for joint relief, stress and anxiety relief and can create profound relaxation. The red settings create deep heat for maximum therapeutics in 30 min to 1 hour sessions for sauna-level cleansing and detoxification, natural weightloss, better skin tone, enhanced sexual vitality, metabolic aid, healthy blood circulation and purification.

Many BioMat users report dramatic benefits from incorporating half-hour power sessions or sweats 3-5 times per week on the highest red settings. This is much different than the sweating that results from ordinary heat saunas, as the BioMat quantum energetics are drawing out 6-8 inches of deeply embedded acidic wastes and long term, trapped disease stores. Remember to listen to your body and continue with

what you feel comfortable with. The lower settings over time can create similar results as the higher settings as the effects are cumulative.

As with all healthy habits, consistency is key. Practice letting go on a daily basis and it will soon become natural and easy for your body to let go of accumulated stress, disease, and tension, and to heal what needs to be healed. A half-hour before bed is ideal to prepare your body for deepest, regenerative sleep. As with starting any sort of health or fitness program you may want to consult your physician or health care practitioner first.

## **The Healing Benefits of the Amethyst Bio-Mat**

### **Improves Circulation & Cardiovascular Function**

Far Infrared Waves raise body temperature warming the blood and expanding the blood vessels. There is an increase in peripheral blood flow and volume, resulting in improved circulation and heart function.

### **Improves the Immune System**

Far Infrared Ray's (FIR) deep heat raises your body temperature, inducing an artificial fever. As it works to combat the 'fever', your body's immune system is strengthened. Combined with the elimination of toxins and waste produced by the intense sweating, your overall health and resistance to disease is increased.

### **Reduces Stress and Fatigue**

The gentle warmth of your Amethyst Bio-Mat gives you an overall massaging effect, soothing jangled nerves and knotted muscles. You'll feel rejuvenated and renewed, restored in both body and mind.

### **Eases Joint Pain and Stiffness**

Infrared ray heat therapy is widely used to treat patients suffering from many forms of arthritis. In addition, it has been proved effective in the treatment of sprains, neuralgia, bursitis, muscle spasms, joint stiffness and many other muscular-skeletal ailments. Much of the stiffness, aches and soreness that come with aging is reduced or eliminated.

### **Removes Toxins**

Increased blood circulation stimulates the sweat glands, releasing built-up toxins and waste. Daily sweating can help detoxify your body as it rids itself of an accumulation of potentially carcinogenic heavy metals, as well as alcohol, nicotine, sodium, sulfuric acid and cholesterol.

### **Burns Calories and Controls Weight**

As you relax in the gently heat of the Amethyst Bio-Mat, your body is actually hard at work, producing sweat, pumping blood and burning calories. According to the Journal of the American Medical Association report, in a single infrared ray sauna session, you may burn as many calories as you would rowing or jogging for 30 minutes. You lose weight – not just water.

## **Relieves Pain**

The deep heat of your Amethyst Bio-Mat helps peripheral blood vessels dilate, bringing relief and healing to muscles and soft tissue injuries. Increased blood circulation carries off metabolic waste products and delivers oxygen-rich blood to oxygen-depleted muscles so they recover faster.

## **The Bio-Mat Improves Skin**

The Bio-Mat's Far Infrared and Negative Ions penetrate the skin deeply, helping to detoxify impurities from the skin and lymph. In addition, exfoliation is greatly enhanced by the Far Infrared, rapidly removing dead skin cells. Increased circulation draws your skin's own natural nutrients to the surface, rejuvenating your skin's health and appearance.

## **Amethyst Bio-Mat Professional**

Bio-Mat Amethyst Professional System is an advanced and effective product developed by a highly skilled group of scientists, medical professionals, and engineers. It is a patented device used for medical treatment in the U.S. If you have U.S. medical insurance this mat could be included as part of your healing journey!

## **Far-Infrared Heat Contraindications and Cautions**

**If you currently have a medical condition please consult with your doctor before using the Amethyst Bio-Mat.**

*Please note that Amethyst Bio-Mat can be used without heat (Far Infrared Light). For more information please contact us and we can show you how this works*

### **Prescription Drugs:**

If you are using prescription drugs, check with your physician or pharmacist for possible changes in the drug's effect due to an interaction with infrared energy. If you are taking corticosteroids, you may experience some redness of the skin. Should you experience redness, we recommend that you discontinue the use until you have completed your medication. Should your redness continue, contact your Health Care Professional.

### **Certain Ailments:**

According to some authorities, it is considered inadvisable to raise the core temperature of someone with adrenal suppression, systemic lupus erythematosus, or multiple sclerosis.

### **Joint Problems:**

If a person has a recent (acute) joint injury, it should not be heated for the first 48 hours or until the hot and swollen symptoms subside. Joints that are chronically hot and swollen may respond poorly to vigorous heating of any kind. Vigorous heating is strictly contraindicated in cases of enclosed infections be they dental, in joints, or in any other tissues.

**Pregnancy: In pregnancy or the suspicion of pregnancy, discontinuation of far infrared use is recommended.**

## **Surgical Implants:**

Metal pins, rods, artificial joints, or any other surgical implants generally reflect infrared rays and are not heated by an infrared heat system. Nevertheless, a person should consult his or her surgeon before receiving such therapy. Certainly infrared therapy must be discontinued if a person experiences pain near any implants.

## **Silicone:**

Silicone does absorb infrared energy. Implanted silicone or silicone prostheses for nose or ear replacement may be warmed by infrared rays. Since silicone melts at over 200 degrees Celsius, it should not be adversely affected by an infrared heat system, however. It is still advised that a person check with his or her surgeon to be certain.

## **Menstruation - SUGGESTION:**

Heating of the low-back area of women during the menstrual period may temporarily increase menstrual flow. Once a woman is aware that this is occurring, she can choose to allow herself to experience this short-term effect without worry. Or she may simply avoid using an infrared heat source at that time in her cycle. For the majority of women, Far Infrared Energy massage helps to relieve and minimize the physical and emotional discomfort experienced during the pre-menstrual and menstrual period.

## **Haemorrhage:**

Haemophiliacs and anyone predisposed to haemorrhage should avoid infrared usage or any type of heating that would induce vasodilatation that can lead to the tendency to bleed. **Worsened Condition:** Should any condition worsen with the use of an infrared heat system, the use of the system should be discontinued.

## **Paralyzed or Loss of Feeling:**

Far Infrared Heat and Negative Ions can be a wonderful experience and assists however because the body does not have a sensitivity to heat, please do not go on the heat settings of the mat without supervision. You may not be able to feel when the heat is becoming too much and the body needs to be moved to another position which happens naturally when you can feel the heat. Be careful about burning yourself and turn around frequently and have someone there who can feel your skin to make sure you are not too hot. We suggest you do not go over [2 orange lights](#) for more than 20 minutes in these cases.

## **If you experience Pain:**

Pain should not be experienced when using an infrared heat system. If one does, the use of radiant heat is clearly inappropriate for the person at that time.

# Detoxification and the Healing Crisis

## What you can expect when adding The Amethyst Bio-Mat to your daily life

As the Amethyst Bio-Mat helps the body to cleanse and detoxify, some people will experience one or more symptoms of detoxification— sometimes referred to as a Healing Crisis. These symptoms may include more frequent bowel movements and urination, slight nausea, mild headaches, mucus, skin breakouts or acne.

As the body receives a constant stream of light energy that it needs to strengthen itself, the body's vital force increases. This enables the body to improve its natural detoxification system by using the 4 major organs the kidneys, liver, intestinal tract and the skin to eliminate the accumulated toxins in the body.

It is important to go through this detoxification, because, although you may feel slightly uncomfortable during the process, afterwards you experience a new level of vitality. When you experience a healing crisis, assist the process by drinking lots of water, keeping warm, resting and getting more exercise to promote the rapid elimination of any toxins and disease elements that are manifesting themselves as phlegm, catarrh, mucus, running nose, enlarged tonsils, fever, etc. This is nature's way of righting some internal wrong.

Initially, during a healing crisis, you may feel a lack of energy. This is almost always because your body is cleansing and restoring its natural balance at deep cellular levels, and is using a lot of energy for this. By continuing this cleansing program and drinking lots of water, you will assist your body by easily going through the healing crisis. You can further assist this process by exercising (walking, rebounding, yoga, etc.) to increase circulation and flush the lymphatic glands.

After the healing crisis, you should feel more energetic than ever! If the healing crisis persists for more than 2 weeks, consult with a Health Practitioner who is experienced in the processes of detoxification and healing crisis.

With regular use of the Amethyst Bio-Mat, the body gets stronger and healthier, and its vital force increases. Remember, though, that the Amethyst Bio-Mat may initiate still deeper healing crises over a period of time. Each time, more accumulated and stored toxins are eliminated, after which you can experience higher levels of vitality and well-being.

## No results???

Sometimes you might be unaware of the changes that are occurring at cellular levels. The body decides what it needs to work on to achieve maximum health and vitality and doesn't always appear to us on the surface. Sometimes people with sore knees will wonder why they can't jump up and down yet however they forgot to notice that their energy levels have increased as they never even wanted to do this before.

People, who at first reported they had no results, later, after having undergone regular medical check-ups, reported that their cholesterol and blood pressure levels had dropped significantly. There are similar accounts regarding the normalization of blood-sugar levels, and the improving of the immune system, without the person being aware of the process.

If the Amethyst Bio-Mat is causing extreme pain or discomfort for longer than 2 weeks and you have no known medical condition please stop using the mat and contact your Doctor. If you seem to be having no results remember that many things are changing and sometimes taking notes on what you could and could not do over a period of time will show changes you may not have noticed before. If you have any questions please call us and we can try to help

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Sessions will be gradually increased in amount of time on the mat as your body adjusts to the Far-infrared heat.

Sessions can be done alone gradually increasing to an hour or can be done as 15 minutes on the Bio Mat and then an hour of Massage, Reiki, or Myofascial Release.

It is very important to drink water prior to and after being on the BioMat.

I have read and received the above information about the Bio Mat. I do not have any of the conditions as listed in Contra-indications and I would like to begin sessions using the BioMat.

Name: \_\_\_\_\_ Date: \_\_\_\_\_