

THE BIOMAT

Pamela Welsh, Distributor

OVERVIEW OF THERAPEUTIC BENEFITS

The BioMat uses state-of-the-art far infrared light and negative ion technology combined with the healing power of amethyst crystals to uniquely regenerate your cells by directing your own DNA to correct itself. This unique anti-aging process helps you to restore and maintain **optimal health, pain relief and deep relaxation** by just lying on the mat! Most people will notice an improvement in their health after only 15-20 minutes. The BioMat, which is FDA cleared (FDA #2954299) and UL approved, is used in hospitals and clinics worldwide and is accepted by approximately 70% of the health insurance companies with a doctor's prescription.



Professional BioMat
with pillow and
control panel

The benefits of the BioMat include:

1. Improves blood circulation and strengthens cardiovascular system
2. Normalizes blood pressure and helps to regulate sugar level
3. Activates metabolism
4. Reduces cholesterol
5. Alkalizes and purifies blood, balancing the pH
6. Removes waste and toxins from the body, including heavy metals, alcohol and nicotine
7. Reduces stress and improves sleep
8. Boosts the immune system, enabling it to fight
9. Damages and kills cancer and viral cells without harming surrounding healthy cells
10. Improves lymph flow and the endocrine system
11. Enhances rehabilitation of paralysis due to a stroke
12. Revitalizes and oxygenates cells
13. Boosts energy and vitality
14. Alleviates allergies, migraines and sinus problems
15. Reduces dementia and mental disease of the elderly
16. Improves muscle tone
17. Relieves pain and stiffness from arthritis and rheumatism
18. Reduces pain related to implants
19. Relieves muscle and soft tissue pain
20. Eases joint pain and swelling
21. Reduces muscle spasms and soreness

22. Promotes light-heartedness and alleviates depression
23. Burns calories and controls weight
24. Rejuvenates the skin
25. Relieves discomfort of pregnancy
26. Balances hormones and relieves menopausal symptoms
27. Eases fibromyalgia, polymyalgia and diabetes
28. Brings the autonomic nervous system back into balance after a trauma
29. Decreases hyperactivity
30. Reduces convulsions
31. Enhances all healing modalities
32. Enables injuries and surgery to heal 57% faster
33. Saves time and money with fewer trips to health professionals
34. Safe for the whole family to use, including pets.

Many of these health benefits are described in more detail on page 4.

FEATURES OF THE BIOMAT

Far Infrared Rays (FIR)

The BioMat is a totally unique medical device that produces far infrared rays (6-12 micron) as well as generating 6.8 microns of medium “human” infrared. These far infrared rays penetrate 6-8 inches (or more) into the body which is 80 times deeper than other forms of heat. According to NASA scientists, among the energy spectrum coming from the sun, the FIR waves are the safest and most beneficial electromagnetic energy available for the human body. These rays not only benefit the skin and muscle tissue on the surface of the body but penetrate deeply with a uniform heat that directly and positively affects all metabolic and cellular functions, including the lymph glands, blood vessels, nerves, and key organs. In addition, the human infrared that the BioMat produces normalizes a variety of important physiological functions, especially glandular functions.

Negative Ions

The BioMat also produces negative ions, nature’s energizer, which deliver a molecular level massage. 100% of these negative ions go from the mat directly into the body through the skin’s surface via conduction. This action accelerates and deepens all healing and cleansing processes. It balances pH by decreasing acidity and is considered the “master power switch” which activates the body’s entire cellular communication system, making every body function work better! Negative ions also alleviate allergies, migraines and sinus problems.

Since most of us are affected by indoor environments, cars, exposure to electronic devices, EMF’s (electromagnetic fields) and environmental pollution, we have increased positive ions in our body, and when we wear synthetic fabrics the negative ions are actually repelled. This results in a physiological imbalance which may have detrimental health consequences. Too few negative ions in the body can cause a number of diseases, including anemia, allergies, shoulder pain, lumbago, rheumatism, neuralgia, headaches, kidney problems, imbalanced autonomic nervous system function, insomnia and fatigue. If you want to release negative ions into your environment when you are not on the mat, just leave the power on with no heat setting.

Amethyst Crystals

The above two components are transferred through Amethyst quartz channels which cover the entire BioMat's surface. Amethyst quartz is Nature's super conductor, scientifically found to offer the steadiest, most powerful delivery of healthy far infrared light waves and the highest vibrational frequencies into the body. It is known to be a powerful detoxifier, assisting in releasing its user from addictions such as alcohol, food and substance abuse, as well as hangovers and toxic residues. The amethyst crystals have also been known for their calming and healing effects since ancient times.

Scientists have experimented passing far infrared light through a variety of substances, including various gems, glasses and plastics. Amethyst was the only substance which clearly changed the spectrum of infrared light. According to scientists, its wave form mimics patterns similar to the human voice. While no theory has yet been proposed regarding this, scientists hypothesize that the infrared light passed through the amethyst releases over 20 million years of information that is made available to the human body for healing purposes.

The field of far infrared crystallography explains this effect in further detail. FIR refracted through amethyst crystals organizes the FIR into geometrical patterns with higher bio-compatibility. Korean researchers propose that the addition of the amethyst allows for greater increase in the utilization of light by the human organism.

Advanced Computer Technology

The BioMat works with remote computer technology that generates far infrared rays and negative ions without using electrical coils, so there are no harmful electromagnetic frequencies (EMF) around your body. Plus all energies pass through an electromagnetic wave interceptor (EMI) to ensure full protection. The easy-to-regulate computerized control panel is produced by Texas Instruments. It uses direct current (DC), not alternating current (AC), therefore there is no danger to your body.

Additional Features

- Mat comes in various convenient sizes to fit your mattress (standard, queen, king), massage table or chair
- A washable white padded cover made of 100% cotton silver nanothread fabric that has antibacterial and antifungal properties
- Uses standard 110V (can also get 220V as a special order, no additional charge)
- Runs on 12V; electricity cost is approximately 1¢ per hour
- Made in Korea of the highest quality materials
- 1 year warranty and lifetime warranty exchange policy
- Professional size BioMat contains 25 lbs. of amethyst crystals
- Professional size BioMat comes with a convenient, sturdy black carrying case with wheels
- Amethyst and Tourmaline Pillow is designed to work with the BioMat



Professional BioMat with cover, control panel and carrying case

Amethyst and Tourmaline BioMat Pillow

The Amethyst and Tourmaline BioMat Pillow helps to deliver the energetic frequencies from the BioMat in proper physiological alignment while keeping the head cool (which Chinese medicine requires while the body is heating up). The pillow benefits the cervical vertebrae, the cranium, the brain and sinuses, plus it helps to relax your mind so your body can receive optimal healing.

The pillow is made of space-age polyurethane memory foam, originally developed by NASA, which is shaped to conform to your head and neck, thereby ensuring an anatomically supportive posture. It has a separate zip cover containing amethyst and tourmaline crystals. The amethyst naturally emits far infrared rays and the tourmaline naturally emits negative ions. This cover can be easily removed and used to cover your own pillow, or it can be placed on top of an injured area of the body while you lie on the BioMat in order to enhance healing.

SUPERIOR HEALTH BENEFITS OF THE BIOMAT

- **Improves Blood Circulation and Metabolism, Strengthens Cardiovascular System** – Far infrared waves raise the body temperature thereby warming the blood and expanding the blood vessels. This results in increased peripheral blood flow and volume which improves circulation, metabolism and heart function. Improved metabolism also eases the symptoms of diabetes.
- **Alkalizes and Purifies Blood, Balancing Your pH** – When the body receives the negative ions released by the BioMat, the calcium and sodium circulating in the body are ionized. This changes the blood pH into an alkaline state that is essential for optimal health. The negative ions also increase the flow of oxygen to the brain.
- **Removes Waste and Toxins from Your Body** – Far infrared helps to detoxify the body. Increased blood circulation stimulates the sweat glands and increased water intake enhances elimination by various body systems. Built-up toxins and waste are released from the cells, including an accumulation of potentially carcinogenic heavy metals, alcohol, nicotine, sodium, sulfuric acid, cholesterol and uric acid. Toxins are thought to cause or exacerbate such health issues as Alzheimer disease, arthritis, attention deficit disorder (ADD), autism, cancer, diabetes, convulsions, high blood pressure, heart disease, hepatitis, pneumonia and more.
- **Reduces Stress and Improves Sleep** – It is estimated that 75% of all diseases are caused by stress. FIR and negative ion treatment lowers your brain waves to the deepest Delta level and induces a state of relaxation, similar to meditation, thereby enabling you to reduce stress and to rest quietly and deeply. All profound healing and restorative functions of the body are accessed in this state. It also promotes a good night's sleep so that your body and mind feel refreshed the next day.
- **Boosts Your Immune System** – FIR's deep heat raises the core body temperature, inducing an artificial and healthy fever that stimulates our body's natural mechanism to fight off disease, including disease mutations such as Bird Flu, Lyme Disease and AIDS. Combined with the detoxification of harmful toxins and waste products, overall health and resistance to disease is increased.
- **Damages and Kills Cancer and Viral Cells** – The BioMat heats body tissue above 113°F thereby damaging and killing cancer and viral cells that cannot survive above that temperature. At the same time, it strengthens surrounding healthy cells. Medical data suggests that 95% of ordinary malignant tumors die at a temperature above 110°F. According to the National Cancer Institute, "Research has shown that high temperatures can damage and kill cancer cells, usually with minimal injury to normal tissues. By killing cancer cells and damaging proteins and structures within cells, hyperthermia may shrink tumors." When the BioMat is used with other forms of cancer therapy, such as chemotherapy and radiation therapy, it helps the body to recover more quickly.
- **Improves Lymph Flow and Reduces Swelling** – FIR stimulates the lymphatic system, improving its circulation and reducing swelling and inflammation.
- **Revitalizes and Oxygenates Cells**- When the amount of negative ions in the blood increases, there is an increase in inter-cellular communication. Cellular metabolism is facilitated and as a result there is an increase in cellular nutrient and oxygen uptake and cellular hydration. In addition, cellular waste materials are more efficiently excreted. With the increase in cellular metabolism, optimal cell

function is rapidly revived. Further information is found in the Nobel Prize in Physiology (1991) for the discovery of ionic channel function.

- **Reduces Dementia and Mental Disease** - Medical professionals believe that improved blood circulation and metabolism can reduce the symptoms of senility by 60%, plus it has very favorable effects on mental disease of the elderly.
- **Relieves Pain and Stiffness from Arthritis and Rheumatism** – Far infrared heat and negative ion treatment improves blood circulation, revitalizes old tissue and promotes production of enzymes. It is widely used to treat patients suffering from many kinds of arthritis, rheumatism and musculoskeletal disorders. In addition, it has been proven effective in the treatment of sprains, neuralgia, bursitis, muscle spasm, joint stiffness and other musculoskeletal ailments. Stiffness, aches and soreness which come from aging are reduced or eliminated using FIR.
- **Reduces Pain Related To Implants** – The FIR heat reduces much of the pain experienced from body implants (i.e., heart monitors, fibralators, plates and screws, artificial knees, etc.). Research has found that most implants, including metal, are not affected by the high temperature settings of the BioMat because the human body has good temperature control, even though the implant is not a natural part of it. However, for people with spinal column implants and internal pacemakers, it is recommended that the BioMat be used at a low temperature setting because, for the first group, the spine is very sensitive, and for the second group, you do not want to increase circulation too fast.
- **Relieves Muscle and Soft Tissue Pain** – The deep heat of far infrared 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.
- **Reduces Muscle Spasms and Soreness** – FIR’s deep heat warms and relaxes the muscle fibers, thereby reducing painful muscle spasms. FIR also reduces soreness through direct action on both free nerve endings in tissues and on peripheral nerves.
- **Burns Calories and Controls Weight** – As you relax in the gentle heat of far infrared, your body is actually hard at work, pumping blood, burning calories and, at times, producing sweat. According to a *Journal of the American Medical Association* report, a single far infrared session burns as many calories as rowing or jogging for 30 minutes.
- **Rejuvenates the Skin** – The BioMat’s far infrared and negative ions deeply penetrate the skin, helping to detoxify impurities from the skin. Increased circulation draws your skin’s own natural nutrients to the surface, rejuvenating your skin’s health and appearance. Exfoliation is also greatly enhanced by the far infrared, rapidly removing dead skin cells.
- **Relieves Discomfort of Pregnancy** – The BioMat can relieve morning sickness, achy back and body, nausea and pain associated with pregnancy. Please follow the recommended usage below.
- **Enhances Healing** – Because your circulatory system is more clear and open, you are able to absorb and integrate vitamins, medicine, body work, etc. more fully into your body, plus the BioMat enables your body to heal 57% faster after injury or surgery. Studies published in the journal *Nature* in 2005 confirmed that our cells work like tiny chemical batteries. Wounds short-circuit them, and a jolt of voltage will stimulate their healing.

Some results documented in Japan using the BioMat’s far infrared, negative ion and amethyst crystal therapy include:

- Paralysis from hemophilia reduced and patient able to stand after 1 month
- Bed wetting eliminated in 3 days

- 20 years of epileptic seizures much reduced after 1 month
- Hepatitis improved after 2 months
- Lumbago and headaches improved after 1 month; one patient even had the lumbago cured
- 20 years of chronic kidney inflammation eliminated
- Sciatica eliminated
- Insomnia eliminated
- Facial distortion due to stroke eliminated after 2 days
- Scheduled surgery resulting from diabetes cancelled after using BioMat for 2 months.

And, there is a new \$52 million hospital opening in Japan in 2009 that will be using BioMats in the cancer department.

NOTE: The BioMat is safe to lie on for any period of time, however people with internal pacemakers, spinal column implants, the elderly, pregnant or young children who use the BioMat for extended periods of time (longer than one hour continuous) should keep it at a low level (the two green or first gold setting) so as not to increase circulation too fast for the internal pacemaker, harm the sensitive spine for those with spinal column implants, or release toxins too fast for the elderly, pregnant or young children. If you have an external pacemaker, use of the BioMat is not recommended. Occasionally, people who have had toxins accumulate in their body for numerous years may feel worse for a few days before they feel better. As the body eliminates waste material from each cell, there will be positive improvement. Should you have any questions about your health, please consult your health care professional.

THE BIOMAT DIFFERENCE

The BioMat is different from any other infrared or negative ion generating device on the market.

BioMat vs. Far Infrared Sauna

The BioMat delivers the benefits of a far infrared sauna for a fraction of the price and its DC current is safer. Traditional infrared saunas and devices utilize 120 volt AC current. AC current has proven to be detrimental to human health by disturbing the human biological field. The BioMat protects the body from the harmful AC current by providing a 5-tiered buffering system in which the AC current is converted to DC (direct current) that is bio-electrically compatible with the human body. The BioMat also offers direct full-body contact with the FIR for more effective detoxification, protection against any harmful electromagnetic frequencies (EMF) by passing them through the electromagnetic wave interceptor (EMI) on the mat, and protection of the head from the full strength of the heat.

BioMat vs. Negative Ion Generators

Unlike the ambient air ions delivered through the popular negative ion generators used for air cleaning, which NASA reported as positively affecting only 25% of the people, the BioMat is effective with 100% of the people.

BioMat vs. Other Mats

Other mat products claim that they are equal and deliver the same benefits for a lower price, however this is misleading. The BioMat differs from the others in the following ways.

- **6.8 Micron Infrared** – The BioMat generates a special spectrum of photon infrared at 6.8 microns through a special sensor which amplifies the amount of 6.8 infrared exposures. The unique benefits of 6.8 micron infrared or “human” infrared are described on page 2.

- **10 Hz Infrared** – The BioMat includes another sensor which generates 10 Hz infrared (IR). World-renown scientist Dr. Chian of China has demonstrated 10 Hz IR acts as an information carrier when passed through various materials, including human and animal DNA, pheromones, as well as gemstones such as amethyst. BioMats with 10 Hz IR sensors were tested along with a control group of BioMats without the 10 Hz sensor. The most potent healing effects occurred only with the group using the 10 Hz sensor. As one Korean research scientist said, “It appears with infrared that we are talking about energy, but with the addition of amethyst and the 10 Hz IR, we are now talking about energy plus healing information. This is the critical difference between the use of infrared saunas, infrared mats (without 10 Hz infrared or amethyst) and the BioMat.” This may explain why so many reports of healing have occurred over the 12 year history of the BioMat.
- **Bi-Metal** – The BioMat uses the highest quality bi-metal in its mats. Bi-metal is used inside infrared mats as a heat sensor to control heating functions within the mat. The bi-metal can break over time with usage, rendering the mat ineffective. The only high quality, long durability bi-metal sold on the market today is manufactured by Texas Instruments and was originally developed for military use. The BioMat is the one that uses this high quality bi-metal. This means a guaranteed longer life for the mat, as reflected in its warranty and repair policies. The additional cost of the expensive bi-metal is one reason why BioMats are more expensive, in addition to the inclusion of the 6.8 Micron sensors, the 10 Hz IR sensor and the amethyst crystals. Please note that all of the bi-metal from the mats is recycled.

RECOMMENDATIONS WHEN USING THE BIOMAT

Use 100% natural fiber between you and the mat (e.g., the BioMat’s quilted cotton cover) to ensure the effective transmission of negative ions and FIR into your body. If you like to cover up with a sheet and blanket, be sure they are also 100% natural fiber so toxins can easily leave your system.

Preheat the BioMat 15-20 minutes before use; press the temperature button up to the top red setting, then lower it to the desired temperature (i.e., second gold setting at 113°F) when you are ready to lie down.

Drink plenty of water before and after using the mat to keep your body hydrated.

Do not place your head or face directly on the heated part of the mat for more than 10-15 minutes at the high setting. We recommend using the Amethyst and Tourmaline BioMat Pillow (discussed on page 3) to keep your head cool.

If desired, set the timer on the control panel so the power will automatically go off after 2 to 12 hours.

Should you feel fatigue after using the BioMat, lower the temperature and/or decrease the amount of time at that temperature.

TO ORDER

For more information and to order your BioMat and pillow, contact:

Pamela Welsh

(T) 415-459-8706

(E) pwelsh@lighttouchenergetics.com

(W) pwelsh.thebiomatcompany.com

All BioMats are sold by distributors at the same price. There is a \$100 discount available to certified wellness providers when ordering the Professional BioMat.