

# BIO-MAT Basics

## *With Far-Infrared, Negative Ions, & Amethyst Crystals*

US FDA Medical Device: # 2954299

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The Richway Bio-Mat combines state of the art Far-Infrared Light and Negative Ion Technology with the healing power of Amethyst to deliver top notch professional therapeutic results. The Bio-Mat is approved by the FDA as a medical device, capable of the following functions. The Bio-Mat:

- 1. Improves Circulation & Cardiovascular Function**
- 2. Improves Immune System Function**
- 3. Relieves Pain**
- 4. Burns Calories and Controls Weight**
- 5. Eases Joint Pain and Stiffness**
- 6. Reduces Stress and Fatigue**
- 7. Improves Skin**
- 8. Removes Bodily Toxins and Assists in Detoxification**

Many insurance companies consider the Bio-Mat a viable treatment option for pain as well as other musculo-skeletal problems. The Bio-Mat delivers the benefits of a Far Infrared sauna for a fraction of the price. The Bio-Mat is a totally unique medical device producing both Far Infrared as well as generating 6.8 microns of Medium "Human" Infrared. According to NASA research, Human Infrared normalizes a variety of important physiological functions, especially glandular functions. This **Human Infrared** feature of the Bio-Mat makes it different from any other infrared device on the market.

In addition, traditional infrared saunas and devices utilize 120 volt AC current. AC current has been proven to be highly detrimental to human health. AC or alternating current disturbs the human biological field. The Bio-Mat protects your body from the harmful AC current by providing a 5 tiered buffering system in which the AC current is **converted to DC** (direct current) which is bio-electrically compatible with the human body.

The Bio-Mat also delivers *Negative Ions*, energizing the body for optimal health. The **Negative Ions** delivered through the Bio-Mat are delivered directly to the body through the skin's surface via conduction. This greatly differs from ambient air ions delivered through the popular negative ion generators used for air cleaning, which NASA reported only positively effecting 25% of people. The direct conduction of negative ions allows for an immediate response and change in the body's electrical field for 100% of the people, whereby cell channels are activated for a rapid return to the body's optimal physiological state.

The Bio-Mat is further enhanced with *Amethyst Crystals*, known for their calming and healing effects since ancient times. The Bio-Mat is a revolutionary healing tool, ideal for health care professionals or anyone interested in improving their overall health and well-being.

The "Amethyst Effect" was scientifically demonstrated through spectral analysis demonstrating a change in infrared light when refracted through amethyst crystals. Scientists experimented passing far infrared light through a variety of substances, including various gems, glasses, and plastics. **Amethyst** was found to be the only substance which clearly changed the spectrum of infrared light. Wave forms mimicked patterns similar to the human voice according to scientists. While no theory has yet been proposed regarding the Amethyst Effect, scientists

hypothesize that the infrared light is passed through the amethyst, processed and 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 FIR into geometrical patterns with higher bio-compatibility. Korean researchers propose that addition of the amethyst allows for greater increase in the utilization of the light by the human organism.

Far Infrared Rays (FIR) penetrate 6-8 inches into the human body. These rays not only benefit the skin and muscle tissue on the surface of the body, but penetrate into deeper tissues. The FIR penetrates into the lymph glands, blood vessels, nerves, as well as key organs. The rays optimize the health of these tissues in a number of ways. First discovered by NASA, Scientists propose that among the energy spectrum coming from the sun, that the Far Infrared Ray waves are by far the safest and most beneficial electromagnetic energy available for the human body, directly affecting all metabolic and cellular functions.

### **THE SUPERIOR HEALTH BENEFITS OF THE BIO-MAT**

#### **1. 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.

#### **2. Improves Immune System Function**

Far Infrared Ray's deep heat raises your body temperature, inducing an artificial and healthy fever. As the body works to combat the "fever," your body's immune system is activated and strengthened. Combined with the detoxification of harmful toxins and waste products, your overall health and resistance to disease is improved greatly.

#### **3. The Bio-Mat Relieves 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.

#### **4. The Bio-Mat Burns Calories and Controls Weight**

As you relax in the gentle heat of Far Infrared your body is actually hard at work, producing sweat, pumping blood and burning calories. 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.

#### **5. The Bio-Mat Eases Joint Pain and Stiffness**

Far Infrared heat therapy is widely used to treat patients suffering from many kinds of arthritis and musculo-skeletal disorders. In addition, it has been proven effective in the treatment of sprains, neuralgia, bursitis, muscle spasms, joint stiffness and many other musculo-skeletal ailments. Stiffness, aches and soreness that come with aging are reduced or eliminated using FIR.

## 6. The Bio-Mat Reduces Stress and Fatigue

The gentle warmth of the far infrared rays helps to soothe nerves and relax tight or knotted muscles. The end result is reduced stress and improved energy.

## 7. 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.

## 8. Removes Bodily Toxins and Assists in Detoxification

Far Infrared helps to detoxify the body in several important ways. 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, alcohol, nicotine, sodium, sulfuric acid, cholesterol, and uric acid. In addition to sweating, far infrared is capable of removing toxins via several other bodily systems.

## EFFECTS OF DIRECT CONDUCTION NEGATIVE IONS

### Blood Alkalinization & Blood Purification

When negative ions are applied to the body, the Calcium and Sodium circulating in the blood are ionized. This changes the blood pH into an alkaline state and has an overall alkalinizing effect on the body. The normal pH of human arterial blood is approximately 7.40 (normal range is 7.35-7.45), a weak alkaline solution. Blood that has a pH below 7.35 is considered "acidic", while blood pH above 7.45 is alkaline. Proper blood pH is essential for optimal health. It has been noted that the negative ions applied to the body are helpful at regulating blood pH.

### Reviving the Cell

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 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.

### Diseases Associated with Ion Deficiencies

Indoor environment, city living, cars, exposure to electronic devices, EMF's (electro-magnetic fields), and environmental pollution all result in increased positive ions in one's body, tilting the ratio of ions towards the positive. This results in a physiological imbalance, which may have detrimental health consequences. Too few negative ions in our body can cause a number of diseases. Some of the health problems associated with an imbalance of ions in the body include: anemia, allergies, shoulder pain, lumbago, rheumatism, neuralgia, headaches, kidney problems, imbalanced autonomic nervous system function, insomnia, and fatigue.

### THE ORIGINAL BIO-MAT DIFFERENCE

The Bio-Mat is different from any other Infrared or Negative Ion generating device on the market. Two other common products existing on the market at this time: the Aesta Mat and the Vita-

Mat. Sellers of these mats claim they are equal and deliver the same benefits for a lower price. This is quite misleading. First, the Bio-Mat is the original mat and the other mats were created by competitors in an attempt to duplicate the technology for a lower price. One manufacturer even claims to produce their mat in the same facility where the Richway Bio-Mat is produced. The Bio-Mat differs from the Aesta Mat and Vita-Mat in the following ways.

- 1) **6.8 Micron Infrared** – Bio-Mat generates a special spectrum of photon infrared at 6.8 Microns through a special sensor which amplifies the amount of 6.8 infrared exposure. The benefits of 6.8 micron Infrared or "Human" Infrared are described in an earlier section. The Vita-Mat or Aesta Mat do not have this additional sensor and so do not deliver the extra benefits of 6.8 micron infrared.
- 2) **10 Hz Infrared** – The Bio-Mat includes another sensor which generates 10 Hz infrared. World renown scientist Dr. Chian, of China has demonstrated that 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. Bio-Mat's with 10Hz IR sensors were tested along with a control group of Bio-Mat's without the 10 Hz sensor. The most potent healing effects occurred only under the group with the 10Hz sensor. This means that infrared alone was not responsible for the healing, but rather the addition of information being released from the Amethyst as hypothesized by researchers. As one Korean Research scientist said, "It appears that with infrared 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 10Hz infrared or amethyst) and the Bio-Mat". This may explain why so many reports of healing have occurred over the 9 year history of the Bio-Mat. Consumer beware, the other mats do not contain this sensor.
- 3) **Bi-Metal** – Bio-Mat 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. Whatever mat you choose to purchase ask your seller about the quality of the Bi-Metal used in the mat, and ask about the warranty. There is only one type of 'High-Quality, Long-Durability Bi-Metal' sold on the market today. This Bi-Metal is manufactured by Texas Instruments and was originally developed for military usage. The Richway Bio-Mat is the *only* company that has access to and uses this high quality bi-metal in their mats. This means a guaranteed longer life of the mat, reflected in Richway's warranty and repair policies. The additional cost of the expensive Bi-Metal is one reason why Richway Bio-Mat's are more expensive, in addition to the inclusion of the 6.8 micron sensor, the 10 Hz IR sensor, and Amethyst. In addition, Richway recycles all of the Bi-Metal from its mats. Consumers are free to choose their products but should be first educated about the differences between the existing products.

	BIO-MAT	Aesta Mat	Vita-Mat
High Quality Bi-Metal	~	-	-
10HZ IR Sensor	✓	-	-
6.8 Micron Sensor	~	-	-
Amethyst	✓	-	-

❖ **Transform your health, your body, and your life. For more information or to order your Bio-Mat:**

**Transformation Wellness Center — Kim Conniff**

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## POTENTIAL CONTRA-INDICATIONS

As with any medical device or therapy, there are some contraindications and cautions for the use of Far-Infrared and the Amethyst BioMat™.

**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, consult with the health care professional who prescribed your medication.

**Certain Ailments:** According to some authorities, it is considered inadvisable to raise the core temperature of someone with severe adrenal suppression such as Addison's disease, systemic lupus erythematosus, or multiple sclerosis. This caution refers to the use of the highest, sauna level heat settings and not to the lower heat levels. For most patients with mild to moderate symptoms, the BioMat has been found to be safe and effective.

**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 checks with his or her surgeon to be certain.

**Menstruation:** 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 premenstrual and menstrual period.

**Hemorrhage:** Hemophiliacs and anyone predisposed to hemorrhage should avoid infrared usage or any type of heating that would induce vasodilation that can lead to the tendency to bleed.

**Worsened Condition:** Should any condition worsen with the continued use of this infrared heat system, the use of the system should be discontinued. Some temporary symptoms, however, may be attributed to the detoxification and the healing process itself. Before making the determination that you or your client are actually worse, please also read the Detoxification and Healing Crisis section below for more complete information.

**Pain:** Pain should not be experienced when using an infrared heat system, though the heat generated by the rays will go to areas of disease or discomfort. Some people perceive this as painful, others more as a sensation. If pain persists beyond a reasonable integration period (usually 24 - 36 hours), the use of radiant heat is clearly inappropriate for the person at that time.

**If you have any concerns at all, do not attempt to self-treat any disease with Far Infrared without direct supervision of a physician.**

## **Detoxification and "Healing Crisis"**

You should be aware of possible reactions when adding BioMat™ sessions to your daily regimen

The Amethyst BioMat™ helps the body to cleanse and detoxify. Some users, particularly those who have not experienced internal cleansing before, may have 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, various discharges, mucus, skin breakouts or acne.

As the body receives the constant stream of light wave energetics that it needs to strengthen itself, the body's vital life force increases. This enables the body to liquefy accumulated waste and toxins that have been lodged in the tissues, cells, and organs for many years, and to eliminate them as phlegm, mucus, or other secretions. 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.

The famous homeopath Constantine Hering, made a clear distinction between the symptoms of a healing crisis and those of a disease crisis. Unfortunately, we often confuse a healing process with a disease process, and suppress it with medication. This only makes the body weaker and more vulnerable to disease. The more symptoms are suppressed, the more medication is required to quell them, and the vicious cycle spirals down into real disease.

When you experience a healing crisis, assist the process by drinking lots of liquids, keeping warm, resting and exercising for lymphatic movement, 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. It is also known as the reversal process. Whatever has been suppressed in the body for years liquefies and is eliminated through the normal elimination channels.

Initially during a healing crisis, you may feel a lack of energy and require more sleep. This is almost always because your body is cleansing, restoring and renewing itself at deep cellular levels, and is using a lot of energy to do this.

By continuing this cleansing program and drinking lots of liquids, you will assist your body to easily go through the healing crisis. You can further assist this process by exercising (walking, rebounding, yoga, etc.) to increase circulation and flush the lymph system.

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

With regular use of the Amethyst BioMat™, the body grows stronger and healthier as its vital life force, also called chi or prana, increases. Remember, though, that the Amethyst BioMa™ may initiate still deeper healing crises over a period of time. Some may also feel the effects of psycho-emotional detoxification, with emotions or thought patterns that have been suppressed surfacing for healing. Keep in mind that each time, after more accumulated and stored physical or mental/emotional toxins are eliminated, you will experience ever higher levels of vitality and well-being. For most people, as their light quotient increases, the symptoms of detoxification decrease in duration. The lasting and wonderful feeling of a detoxified body and mind far outweigh the temporary discomforts of the healing process.

### **No Apparent Results**

Some people might be unaware of the inner work that is being facilitated at deep cellular levels, where there is a priority in the body. Because you may not be consciously aware of what is happening, you may think that this is not working for you. People who at first reported no results later, after having undergone regular medical checkups, report that their cholesterol and blood pressure levels, for instance, have dropped significantly. There are similar accounts regarding the normalization of blood-sugar levels, and improved immune system function, all without the user having been aware of the process.

### **Highlighting of Weaknesses**

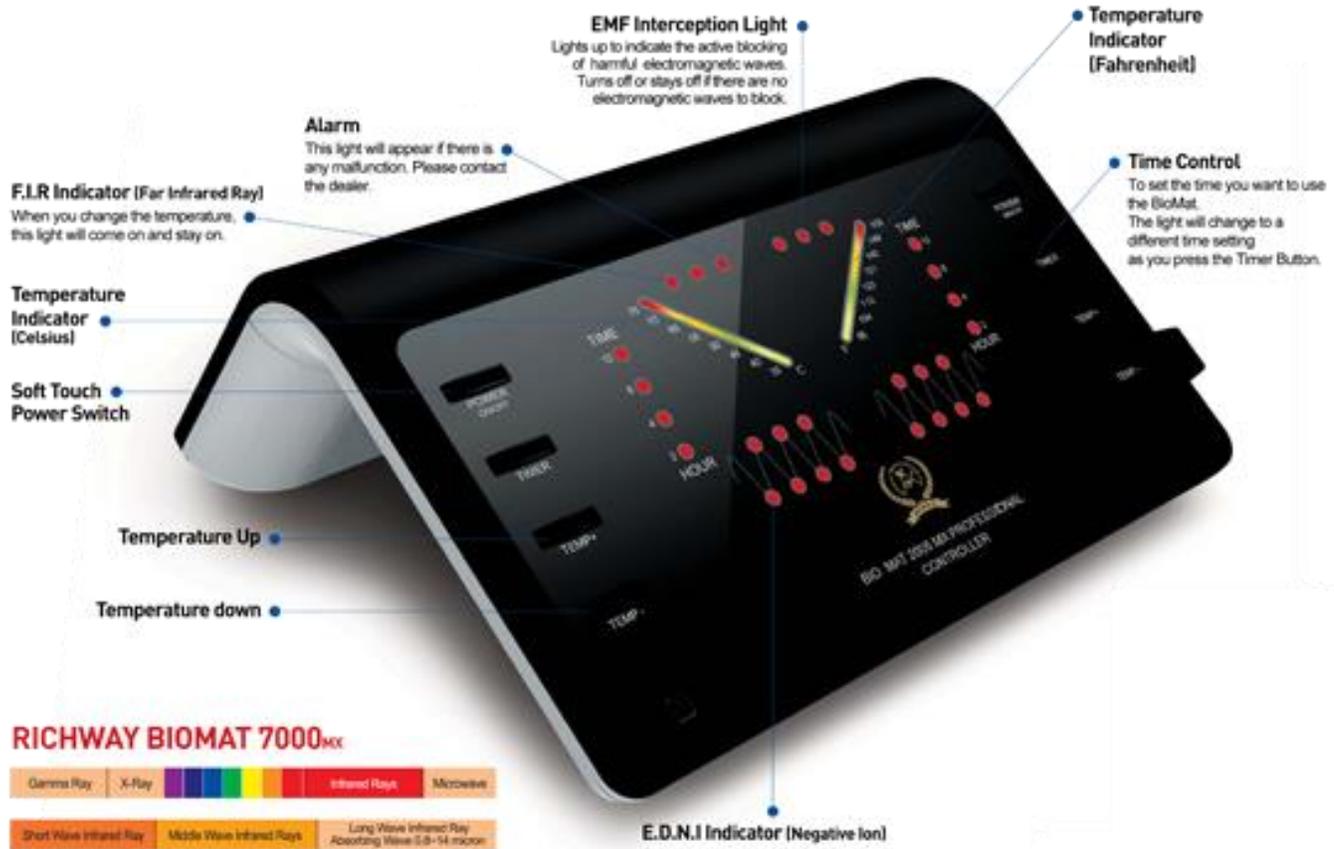
Like other light frequency therapies, the lightwaves generated by the Amethyst BioMat automatically prioritize problems in the body, so often some area of weakness is highlighted that you were previously unaware of or thought was resolved. As the work of assisting the body in cleansing, balancing, and restoring begins, you may become aware of this weak point. Many people report being able to gradually decrease medication dosages under supervision of their physician as the body cleanses and becomes more balanced

**DISCLAIMER: All information contained on the website and in print is provided for informational and educational purposes only.**

**For more information or to order your BioMat, contact Transformation Wellness Center, LLC  
Kim Conniff at 248-918-4898 or 586-945-5515 or [kconniff@transformationwellnesscenter.com](mailto:kconniff@transformationwellnesscenter.com)**

# The BioMat 7000mx Controller

The new BioMat 7000mx controller has an advanced I.C. chip that controls electromagnetic waves, protecting you from the harmful effects of electromagnetic radiation.



## Temperature Guidelines:

The above picture is of the Single Controller that comes with the BioMat Professional, Single, Queen, King Mats only. The BioMat Mini comes with a dial only controller and does not include timer functions.

*(When using the BioMat at higher heat levels you should remain hydrated. The BioMat will release stored toxins, so drink plenty of water to help purge those toxins after usage.)*

**NO HEAT:** This setting allows you to benefit from negative ion therapy and amethyst conduction without having to use far infrared rays at the same time. Used for: **mood enhancement, mental alertness and mental stimulation**, and general **detoxification**.

**BLUE COOL 95-104 F:** This “BLUE” setting enables negative ion therapy plus gentle, broad-spectrum cooling. The setting is deal for short-term to overnight use as an aid to combat **insomnia**, encourage deep **relaxation** and consistent sleep patterns and deliver long-term **regenerative health**. Benefits also include: **cellular renewal**, improved energy flow and **migraine** reduction or elimination. Ideal setting for people with pacemakers or heart conditions or pregnant.

**GREEN WARM 113-122 F:** This “GREEN” setting provides negative ion therapy plus subtle, warming far infrared ray penetration. This setting is ideal for encouraging regular **relaxation** and increased **flexibility** and healing **muscle, joint or spinal injuries**. Also, soothes **asthma** and **allergy** symptoms, encourages **respiratory health** and may help stabilize **blood pressure**, blood sugar and glandular functions. NOTE: Setting for cycles of 2-hour or more sessions.

**ORANGE DEEP WARMING 131-140 :** This “ORANGE” setting provides negative ion therapy plus deep-penetrating warmth to alleviate pain, encourage relaxation and address chronic conditions associated with **stress, tension and anxiety**. This setting also encourages better **circulation**, improved **hormonal balance** and increased **sexual vitality**. NOTE: Begin using the BioMat gold setting for 15-minute intervals, gradually working up to 1 or 2-hour sessions.

**RED DEEP HEAT 149-158 F:** This “RED” setting offers maximum sauna-like far infrared ray therapeutics designed to purify and detoxify. The high-heat settings are ideal for relieving **pain, stress, low immunity** conditions such as **flu, cold** and **overall low energy**, and even maladies such as jet lag and hangover. Used regularly, this setting reduces body toxicity and improves conditions caused by **viral, cystic, acidic and endemic malfunction**. It also, **increase metabolism** and **flush fat** and **cellular waste** from the system. NOTE: Use this setting for periods of 30-60 minutes maximum.