

HOW TO GET STARTED?

1. **Design A Healing Ambience.** Prepare your BioMat space to create tranquility, privacy and an optimal healing atmosphere. Set up your CD player and headphones and an elegant throw blanket so they're within easy reach.
2. **Treat Each Session As Sanctuary Time.** Unplug the phone, hang the "Do Not Disturb" sign, put on an eye pillow and your headphones, and prepare to take a guilt-free restoration vacation. Start a collection of sound-healing CDs beginning with our "BioMat Experience Companion" CD.
3. **Aim For Your Highest Healing + Personal Potential.** Research shows conclusively that healing + personal potential can be amplified with practices such as positive thinking, meditation and visualization. Establishing and focusing on your own clear intent helps you take advantage of the tremendous potentiality that each BioMat session provides.
4. **Remember "Slow + Steady Wins The Race".** Begin with the low-heat, green settings and short time sessions of 1/2 hour. Increase one heat setting at a time, until you find the setting that feels best for your body. Start gradually, in small doses, and your body will become more accustomed to taking in these light energetics. (Note: All settings are therapeutic and extremely versatile. As a rule of thumb; Green or lowest gold are suggested settings for anytime re-recharging as well as for sleeping or longer time periods. Higher gold is excellent for recovery and physical therapy. Red for _ an hour of deepest therapeutics.) Remember...Every body is unique. Some people do just fine on the lower settings, and get the same benefits over the long term as those who use the higher settings. The BioMat energetics offer profound and cumulative benefits to body, mind and spirit on every setting.
5. **Allow For A Natural Adjustment Period.** Initially, bursts of energy or a few extra naps are perfectly normal, as your cells may be saying "ahhh" or "aha!" for the first time in a long time.
6. **Gradually Build Up To Power Sessions.** Once you're accustomed to using your BioMat on the lower settings, users who are seeking the ultimate in cellular renewal, deepest cleansing, fat-burning and anti-aging may want to work up to BioMat Power Sessions. Many BioMat users report dramatic benefits from incorporating half-hour BioMat Power Sessions 3-5 times per week on the highest red settings. Cover with several heavy towels and blankets to induce a healthy sweat. Sweating may not happen the first few times, as cells are not accustomed to the deep cleansing process. Be patient. After a few sessions, BioMat sweating will begin. Remember 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 imbedded acidic wastes and long-term, trapped dis-ease stores.

OVER



WELCOME TO THE BIOMAT

BACK

7. **Cover Up.** Covering up with a natural fiber blanket, sheet or throw is important as it allows the body to absorb more of the energetics. For the high red/sauna setting, cover up with a towel, topped with as many natural fiber blankets as it takes to induce a healthy sweat.
8. **Shower With A Loofah Or Body Scrub.** You can help the body eliminate more easily through the natural sweating process by adding a healthy habit of light skin scrubbing when you shower.
9. **Increase Your Intake of Pure Water Before + After Sessions.** Ask us about the AlkaLife Water System, offering live, ionized hydrogen water. It's a life-enhancing, super-antioxidant water system that's easy to use, and a good compliment to the BioMat.
10. **Schedule BioMat Sessions Into Your Daily Routine.** As with all healthy habits, consistency is key. Relaxation on a daily basis will soon become natural and desirable for your body to let go of accumulated stress, dis-ease and tension. A half-hour before bed is ideal to prepare the body for deepest, regenerative sleep. You can gradually work up to sleeping all night on the BioMat on the first or second green setting.
11. **Sharing the BioMat.** Once you begin experiencing tremendous BioMat benefits, you'll want to share this experience with your friends, family and community. Please contact us, *The BioMat Company* is here to provide you with the resources and support to make health and harmony the common purpose of our lives ... for the *rest* of our lives!

We look forward to hearing from you.
Best of Health,



BIOMAT SETTINGS

SELECT FROM 9 SETTINGS TO CUSTOMIZE
YOUR OWN HEALTH CARE

Power Only **No Temperature** **Negative Ions Only**

- Relief from Severe Pain

Red Lights on Bottom of Control Panel Light Up Neg Ions Will Self Regulate.

Green Settings

Broad Spectrum Cool Vitality 95° – 104°

Safest for Sensitive + Extended Use

- All Purpose Healthcare Program Support
- Super Immunity + Energy Booster
- First Aid + Irritable Symptom Relief (i.e. Headaches, Indigestion, Jet Lag)
- Regenerative Sleep + Recovery

Low Gold Settings

Dynamic Subtle Warmth 113° – 122°

Cycles of 2 Hours or More

- Sports + Flexibility Training
- Cardio + Respiratory Aid
- Blood Pressure + Sugar Regulation
- Female Cycle Balancing + Support
- Youthful Hormone Restoration

High Gold Settings

Deeply Penetrating Warmth 131° – 140°

9 to 90 Minute Sessions

- Joint + Pain Relief
- Stress, Anxiety + Trauma Relief
- Profound Relaxation + Mood Elevator
- Higher Consciousness Tool

Red Settings

Deep Heat + Max. Therapeutics 149° – 158°

Power Sessions of 1/2 to 1 Hour

- Sauna Level Cleansing + Detoxification
- Natural Weight Loss + Skin Tone
- Enhanced Sexual Vitality + Metabolic Aid
- Healthy Blood Circulation + Purification
- Environment + Bedding Sanitizer

MINIBIOMAT SETTINGS

Correspond to Above Temperature Settings 95° – 158°



MINI BIOMAT QUICK START GUIDE

1. Set up the MiniMat on a chair, couch, or in a bed.
2. Place the gold pattern side down, amethyst side up.
3. Plug in the mat to any outlet.
4. Turn on the MiniMat by turning the knob on the small attached panel.
5. When lying down listen to our complimentary relaxation CD.

We recommend preheating the mini biomat at approximately 131-140 setting for about 10-15 minutes prior to use, then lowering the temperature to 113-122 and limiting first time exposure to 20-30 minutes. This is to help alleviate excessive detoxification and resulting potential discomfort. We also strongly encourage increased hydration before and after treatments to facilitate the cleansing process initiated by the far infrared. Of course hydrating with alkaline water would be the optimal choice.

MINI BIOMAT SETTINGS

SELECT FROM THESE SETTINGS TO CUSTOMIZE
YOUR OWN HEALTH CARE

Power Click On • No Temperature • **Negative Ions Only**

95° – 104° • Broad Spectrum Cool Vitality

Safest for Sensitive + Extended Use

- All Purpose Healthcare Program Support
- Super Immunity + Energy Booster
- First Aid + Irritable Symptom Relief (i.e. Headaches, Indigestion, Jet Lag)
- Regenerative Sleep + Recovery

113° – 122° • Dynamic Subtle Warmth

Cycles of 2 Hours or More

- Sports + Flexibility Training
- Cardio + Respiratory Aid
- Blood Pressure + Sugar Regulation
- Female Cycle Balancing + Support
- Youthful Hormone Restoration

131° – 140° • Deeply Penetrating Warmth

9 to 90 Minute Sessions

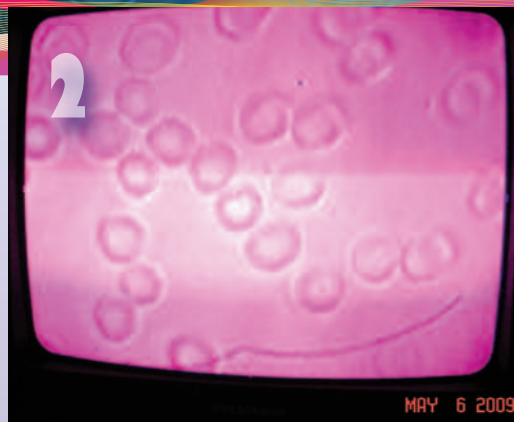
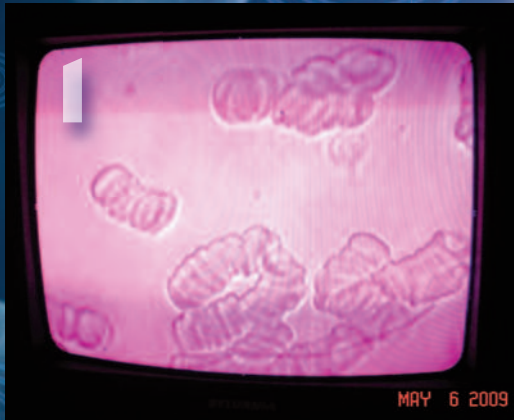
- Joint + Pain Relief
- Stress, Anxiety + Trauma Relief
- Profound Relaxation + Mood Elevator
- Higher Consciousness Tool

149° – 158° • Deep Heat + Max. Therapeutics

Power Sessions of 1/2 to 1 Hour

- Sauna Level Cleansing + Detoxification
- Natural Weight Loss + Skin Tone
- Enhanced Sexual Vitality + Metabolic Aid
- Healthy Blood Circulation + Purification
- Environment + Bedding Sanitizer

Live Blood Cell Imaging on the BioMat



Live Blood Cell Analysis • May 2009
Female 54 Years

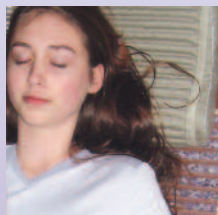
The development of Live Cell Imaging has given researchers snapshots of fixed cells in cinematic fashion to show live, moving pictures of dynamic body processes. This type of live cell imaging allows doctors and lay persons to discover more, achieve greater understanding and provides the confidence and reassurance that their results are true to life.

This microscopic blood cell analysis was done for the purpose of seeing what immediate and long lasting effects the BioMat has on the cellular level.

1 The first blood sample showed very slow-moving chains of red blood cells stuck together. This clumping with the presence of tiny particles often denotes lack of oxygen and existence of toxins.

The participant then laid on the BioMat Professional with the Amethyst Pillow; set at 158 degrees for 30 minutes.

2 The second blood sample was then recorded. The results are dramatically



different. ALL of the red blood cells are separated from each other and free flowing. The red blood cells now have space to absorb all available oxygen and nutrients. The glowing white halo effect around each individual cell is a further sign of health and vibrancy.



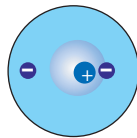
www.thebiomatcompany.com



The BioMat: Quantum Healing Energetics

The BioMat delivers the highest vibrational resonance deep into all tissues of the human body. The combination of far infrared light, negative ions and amethyst quartz, opens the channels for intelligent cellular communication leading to DNA repair and total body wellness.

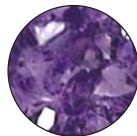
Negative Ions



Increase Serotonin Levels

Negative Ions are odorless, tasteless, and invisible particles that we inhale in abundance near waterfalls, rain forests and oceans. Scientifically they are molecules with an extra electron helping to alleviate allergies, migraines and sinus problems. Once they reach our blood stream Negative Ions have a positive affect on the rate at which Serotonin is oxidized in the bloodstream resulting in higher alertness, decreased drowsiness, and more mental energy.

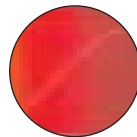
Amethyst



Enhance Strength, Stability and Vigor

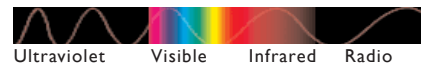
Amethyst bolsters the production of the hormones, and strengthens the cleansing organs, the circulatory system and blood, the immune system and body metabolism. Amethyst soothes the nervous system and aids in the transmission of neural signals. Memory skills improve with the use of this stone in therapy.

Far Infrared

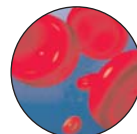


Energy & Technology :: Wellness

Far Infrared Heat is pure energy in the form of LIGHT from the invisible



area of the electromagnetic spectrum. Far Infrared Heat is the most beneficial light wave, penetrating the skin and increasing circulation to detoxify the body of harmful toxins and acid wastes.



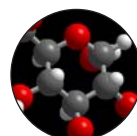
Blood Flow

Infrared Heat expands and relaxes the circulatory system promoting efficient and increased blood flow increasing the bioavailability of nutrients and oxygen.



Detox

Far Infrared deeply heats tissues, allowing the body to release toxins, breaks down wastes associated with the metabolic processes. Once released, these harmful substances are available for removal through increased permeability of the vessels and capillaries.



Metabolism

Far Infrared enlivens all body processes while simultaneously burning calories. This increase in metabolism helps disrupt fat deposits and once isolated and transported, toxins can be eliminated from the body, promoting better overall health.



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Far Infrared



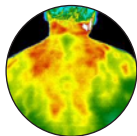
Bacterial Elimination

Elevated temperatures and improved waste removal destroy or eliminate many disease causing organisms and pathogens.



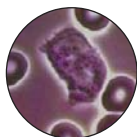
Healing Soft Tissue

Molecular level rebuilding processes are increased enhancing DNA synthesis through all stages of repair. This is also beneficial in healing abrasions, cuts and hematomas.



Relaxes Muscle

The heat provides your body with the means to maximize its natural regenerative powers, by reducing inflammation, swelling and nerve pain. Muscle groups, joints and nerve bundles can better repair themselves.



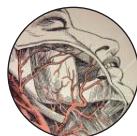
Immune System Boost

The elevated body temperature from Far Infrared provides benefits similar to that caused when the body goes on the attack against illness and infection. An elevated temperature is a sign that the immune system is actively fighting against these conditions. In the absence of a true fever, Far Infrared provides this protection on a safe and constant level.



Cardio Fitness

The highest BioMat heat settings create the equivalent of a 30 minute cardiovascular workout without placing stress on your joints. The circulatory system is improved by lessening the workload on it, which, in turn, enables it to more easily function at its optimum level.

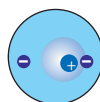


Healthy Arteries

Clean arteries also mean lower blood pressure and decreased demand on the heart. Removal of the toxins and deposits enables your system to perform at its peak and to maintain that level by the constant process of circulatory cleansing.

The BioMat: Quantum Healing Energetics

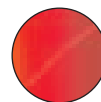
Negative Ions



Amethyst



Far Infrared



Be proactive about your health and well being. A good nights sleep on The BioMat or a mere 25 minute nap, can go a long way to ensuring a healthier, happier you.

Your Wellness Future is Now



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THE BIOMAT

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 regenerate your cells by directing your own DNA to correct itself. This unique anti-aging process helps you to restore and maintain **optimal health, relieve pain and relax deeply**, just by lying on the mat and enjoying the heat that penetrates your body! Most people will notice an improvement in their health after only 15-20 minutes.

Professional BioMat with pillow and control panel



The BioMat's state-of-the-art remote computer technology does not use electrical coils to heat the mat, therefore there are no harmful electromagnetic frequencies around your body. Its easy-to-regulate control panel manufactured by Texas Instruments enables you to set the mat's time and temperature (ranging from zero/negative ions only to 158 degrees F). Plus, the BioMat's unique construction contains 17 different layers, including Japanese Kurare Carbon Ceramic. The mat's technology and superior construction ensure maximum effectiveness, protection and safety.

The BioMat is cleared by the FDA (#2954299) and UL approved. It is used in hospitals and clinics worldwide and is accepted by various health insurance companies with a doctor's prescription (HCPCS Code E0221 and CRT Code 22852-8). The mat comes in convenient sizes to fit your bed, massage table, couch or chair. You can even use it on the floor for yoga and stretching. Whether at home, at the office, or in your professional practice, the BioMat will be an integral part of your health care program. And, the electrical cost is only 1¢ per hour!

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. Improves ability to focus, more mental energy
24. Burns calories and controls weight
25. Rejuvenates the skin
26. Relieves discomfort of pregnancy
27. Balances hormones and relieves menopausal symptoms
28. Eases fibromyalgia, polymyalgia and diabetes
29. Brings the autonomic nervous system back into balance after a trauma
30. Decreases hyperactivity
31. Reduces convulsions
32. Enhances all healing modalities
33. Enables injuries and surgery to heal 57% faster
34. Saves time and money with fewer trips to health professionals
35. 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, a totally unique medical device, uses Japanese Kurare Carbon Ceramic (Patent 1386560) to generate far infrared rays (6-12 micron) and medium “human” infrared rays (6.8 microns). These rays penetrate 6 to 8 inches into the human body - 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 are abundantly found in fresh healthy air, near oceans and waterfalls, and after heavy rain storms. Negative ions have been found to purify the blood, kill germs/prevent infections, increase elimination/detoxification, increase cell function, promote alpha brain waves/higher awareness levels/ reduce anxiety, increase metabolism, assist with allergies, speed up burn pain recovery/faster healing, increase sex drive/energy levels, decrease serotonin/histamine, and more.

If you wish to use the negative ion only function of the BioMat, turn the power on but do not set the temperature (this separate function is not available on the Mini BioMat’s smaller control panel).

Amethyst Crystals

The above two components are transferred through Amethyst quartz channels which cover the entire BioMat's surface. Amethyst quartz, nature's super conductor, is 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.

The field of far infrared crystallography explains that 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. Some scientists also 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.

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 120V (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 BioMat comes with a convenient, sturdy black carrying case with wheels; the mini BioMat comes with a sturdy, black carrying case
- Amethyst and tourmaline pillow is designed to work with the BioMat



Professional BioMat with cover, control panel and carrying case

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 Ayurvedic 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 (cadmium, lead, zinc, nickel), mercury, 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 your body's natural mechanism to fight off disease, but without the pain of illness. Subsequently, the body wards off invading organisms, including disease mutations such as Bird Flu, Lyme Disease and AIDS, much more easily because the immune system is activated consistently by the artificial fever. Recent studies also show that colds and flu-like illnesses are reduced dramatically if treated in the early stages with FIR heat. Combined with FIR's 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. These benefits lead to a more radiant, soft and firm complexion.
- **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

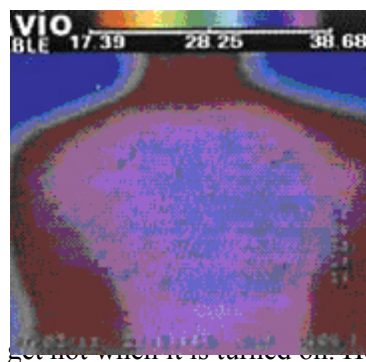
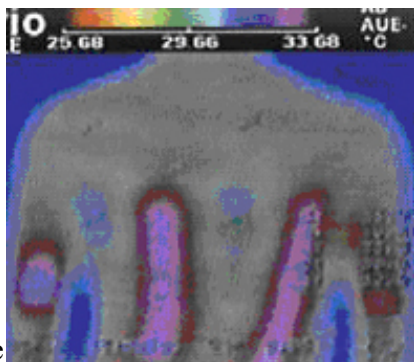
external pacemaker, use of the BioMat is not recommended. Occasionally, people who have had toxins accumulate in their body for numerous years may feel worse for a few days before they feel better. As the body eliminates waste material from each cell, there will be positive improvement. Should you have any questions about your health, please consult your health care professional.

THE BIOMAT DIFFERENCE

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

BioMat vs. Electric Heating Pad or Blanket

The BioMat is safer than an electric heating pad or blanket because there are no harmful electromagnetic waves. Studies have shown that the use of common electric heating pads or blankets may cause carcinogenic cellular activity. The BioMat uses remote computer frequencies that generate far infrared rays (FIR) and negative ions. Heat is created through these natural, beneficial light waves from vibratory signals, and conducted into the amethyst crystal bed via its high tech messaging system. This FIR heat penetrates 80 times more deeply than other kinds of heat. The BioMat's advanced technology works without electric coils, and functions through a state-of-the-art electronic (electromagnetic wave) interceptor which blocks the harmful electromagnetic frequencies.



Unlike the BioMat does not get hot when it is turned on. However, if you lie down on it, it warms the inside of your body and the part of the mat making contact with your skin gets warm. When any part of the mat gets hotter than the selected temperature, the sheet with the sensors distributed throughout the mat. In addition, the BioMat comes with an external control box where the AC is converted to DC, the temperature can be set to the desired heat, and the timer can be set to automatically turn off the mat in 2, 4, 8, or 12 hours. With the BioMat, you also have the added benefit of negative ions and amethyst crystals.

BioMat vs. Far Infrared Sauna

The BioMat delivers the benefits of a far infrared sauna for a fraction of the price, plus it has the added benefits of negative ions and amethyst crystals! And, the BioMat's 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 electronic (electromagnetic wave) interceptor (EMI); and, protection of the head from the full strength of the heat, as recommended by Ayurvedic medicine.

BioMat vs. Negative Ion Generators

NASA reported that the ambient air ions delivered through the negative ion generators used for air cleaning positively affect only 25% of the people. The BioMat, however, is effective with 100% of the people because its negative ions pass directly from the mat into the body. With the BioMat, you also have the added therapeutic benefit of far infrared rays and amethyst crystals.

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 rays at 6.8 microns through a sensor which amplifies the amount of 6.8 infrared exposures. These infrared rays are highly compatible with the human energy field.

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 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 with 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 which is the one that the BioMat uses. This means a guaranteed longer life for the mat, as reflected in its warranty and repair policies. All of the bi-metal from the mats is recycled.

RECOMMENDATIONS FOR USE

For the best results, use the BioMat daily. Its effects are cumulative.

If you want to cleanse the mat for sanitation or energy reasons, turn the temperature control to the highest red setting and let it “bake” for 30 minutes.

To clean the cover of the BioMat, use a damp cloth only. Do not use water or dry clean which can damage the electrical components of the mat.

Use 100% natural fiber between you and the mat (e.g., the BioMat’s padded cotton cover, all natural or no clothing) 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 to 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.

If you need support under your knees to keep your lower back comfortable, place a pillow under the mat. Your knees will remain in direct contact with the mat and will receive all of the mat’s therapeutic benefits.

Drink plenty of water before and after using the mat to keep your body hydrated and to promote the removal of toxins from your system. The Alkal-Life water system is excellent for this purpose.

If desired, set the timer on the control panel so the power will automatically go off after 2, 4, 8 or 12 hours.

BioMat PRODUCT INFORMATION

Provided by: Wendy Weir from Calvin Kim 2009

What is the percentage of FIR vs. conduction of heat?

FIR 70%, heat 30%

How does the mat send off negative ions?

This is done by increasing the standard 120V power to 700V and reducing the speed from the standard 15 amp to 0.0001 amp. This increased voltage / decreased amps is transferred to the aluminum panel layer in the mat, making electric discharges which hit the air and produce negative ions.

Is there any guidance for the level of temperature to the body type?

No matter what the body type, you can use the highest temperature setting. When you lie on the mat at 158 degrees F for approximately 40 minutes, your cells will go into survival shock and spray out protein, called heat shock protein, which is what you want in a therapeutic sweating/detox session. Once this happens, the body starts to cool down and the session is finished.

Where is the documentation of the benefits of amethyst?

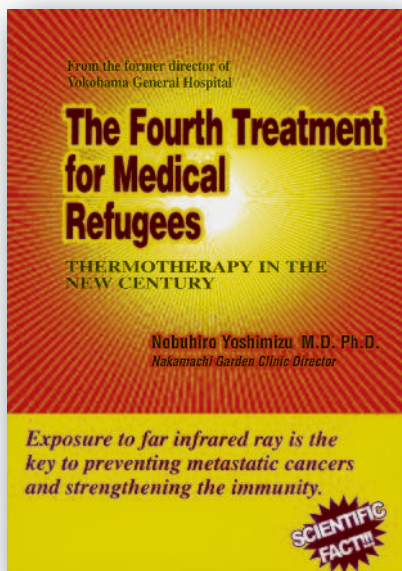
There is no scientific documentation. What happens from observation, however, is that when the wide, low frequency wave of the FIR meets the high, close, gentle frequency wave of the amethyst, there is a blending – like a symphony – and the FIR is enhanced or boosted by the amethyst's higher vibration so it can penetrate 6"-8" into the body. This increase in penetration has been scientifically proven, as noted in the *Fourth Treatment for Medical Refugees* book.

BioMat Product Knowledge by Cylleria Johnson

- FDA approved medical device.
- Professional size mat has 17pounds of amethyst crystal that is the superconductor of negative ions and far-infrared rays.
- Richway in business since 1997. Korean family and product. They own amethyst mine in Korea. The mats are hand-made.
- Chosen the best medical device in 2010 by the Nobel Prize nominating Sweden Royal Academy!
FABULOUS STATEMENT!
- The BioMat is a whole body tune-up and whole body vibration technology.
- **ALLOWING Nutrition to come in the cells and toxins go out of the cells.**
- Amethyst: boosts production of hormones, boosts immune system and soothes nervous system.
(Parasympathetic nervous System)
- Negative Ions: healthy ions near oceans and in nature. Alleviate allergies, migraines and sinus problems. Boosts serotonin.
- Far Infrared Rays: Most beneficial light-wave that increases lymphatic blood flow, reduces swelling, detoxifies the body and increases metabolism like a FIR sauna when used at the highest heat settings. Softens connective tissue, reduces inflammation and moves out lactic acid.
- Infrared rays carry the information (Bio-Photon transfer) of the amethyst to the body.
- Infrared rays deliver the frequency of a mother's touch = deeply and soothing relaxation.
- After 40 minutes of high heat from the BioMat, the body temperature raises 1° and produces Heat Shock Protein, **HSP, protect healthy cells and block nutrition from cancer cells, causing tumors to diminish in** size and stays in effect for 10 hours.
- Cancer protocol = Wrap body in cotton robe and do therapeutic sweats **twice a day**, in AM and PM to keep heat shock protein going all day long. Read "The 4th Treatment for Medical Refugees" (download off The BioMat Company or Richway's website) to learn about heat shock protein and the benefits of FIR.
- The body reaches a theta brain state level in 15 minutes = deep relaxation begins and improves your mood.
- Both traditional and holistic medicine use methods to bring the body back to balance -- the BioMat also brings the body back to homeostasis where the body can repair itself – you can do this in the comfort of your own home and make less visits to the doctor by maintaining and improving your health!
- You can sleep on it all night long and use it with only negative ions (option not to use far-infrared heat) during the summer and the negative ions will help cool the body.
- Great for power naps, meditation and relaxation.
- Practitioners like massage therapists, chiropractors and acupuncturists can use the BioMat to give their business a cutting edge, deeply relax clients, amplify treatment methods and make extra income.
- **Gabriel Cousins, a leader in the raw food movement, uses the BioMat at his retreat selling an hour trip at \$50.GREAT REFERENCE☺**
- 17 layers in the mat generate an increased level of FIR and negative ions in addition to the amethyst.
- The mat costs less than 1 cent an hour to run -- less than operating a light bulb.

- The BioMat uses a Texas Instruments controller that changes AC current to DC current and then it goes through a patented EMI blocker preventing EMF's from transmitting to the body. Costs \$220 to replace.
- Cotton pad that covers and comes with the mat has antimicrobial silver threading...do not use bleach when washing the cover, dry on low heat or line dry.
- Sea salt in the channels of the mat + negative ions will clear the energies in the mat from clients. The mat does not hold onto negative energies.
- Reasons to get the Pillow:
 - Based on Ayurvedic Principle of cool head, warm body.
 - Do not heat your grey matter.
 - Head is the thermostat of the body so you can trick your body to take higher heat more comfortably when your head is cool.
 - Creates uninterrupted energy flow.
 - Helps migraines, asthma and allergies.
 - Drape the pillow over areas that need it most i.e. menstrual cramps.
- Contraindications – do not use BioMat: outside pacemaker on the body, renal failure, and organ transplant.
- Pregnant women should only use low-green settings until delivery and then they can go back to normal use to speed recovery.
- The BioMat takes 30 minutes to reach the highest heat. For client use, leave it on the 2nd or 3rd gold setting for a comfortable heat setting.
- At night – heat the mat up to the high heat and then change the setting to green so you will get about 20 minutes of high heat before sleep.
- When the negative ions reach a 15% saturation rate, it will turn off until it changes i.e. you open a door.
- Cool the mat down for 30 minutes before folding it up so you do not melt the plastic part(special breathable polyurethane) of the mat.
- Refund Policy: 100% money back guarantee Up to 7 days after delivery
- Repair Policy: 100% in 1st year & shipping is free in the first 2 months of purchase. Repairs are pro-rated in years 2 & 3.
- Auto-Insurance covers 99% of BioMat prescriptions through Personal Injury Protection (PIP).
- Flexible Spending Accounts cover 80% of BioMat prescriptions.
- Medicare does not cover and major insurances are hit or miss.

Japan Hospital Utilizes **BIOMAT IN CANCER CLINIC**



Highly acclaimed Japanese medical doctor Nobuhiro Yoshimizu is releasing his latest information on how exposure to far infrared rays is the key to preventing metastatic cancers and strengthening the immunity. This scientific fact is fully explained in his book entitled: *The Fourth Treatment for Medical Refugees*



As the former director of Yokohama General Hospital, and head of the Nakamachi Garden Clinic, Dr. Yoshimizu established a medical plan that combines thermotherapy with physical and immune reinforcement therapy. In his book he explains why he believes that thermotherapy should be considered as a fourth treatment option for cancer, in addition to chemotherapy, radiation, and surgery.

Thermotherapy is a treatment option that focuses on the fact that cancer cells are heat-sensitive.

NEW book reveals
why Thermotherapy
is a powerful adjunct
for treating cancer!

Because Dr. Yoshimizu utilizes the BioMat (hot gemstone therapy) as a thermotherapy treatment in their medical clinic; this book is a valuable resource for all RichWay International distributors and their customers. Although the main focus is how thermotherapy affects cancer, Dr. Yoshimizu notes that hot gemstone therapy is also beneficial for the treatment of rheumatism, neurotic pain, and depression. The book includes BioMat information covering medical usage, protocols, and report of findings during clinical trials of BioMat usage at the Nakamachi Garden Clinic for cancer patients.

There is much more in the book, such as clinical cases of cancer, what cancer is, how it grows, how thermotherapy affects cancer, detoxification, supplement therapy, and even a three day fasting program.

Here are a few excerpts:

"For many years, we have practiced and researched far infrared ray therapy, light therapy, anion emission devices (negative ion), low frequency wave therapy, HIFU, microwave therapy, hot stone therapy, steam saunas, carbonated water therapy and nutritional recommendations."

"During the process, we discovered a medical device called the "BioMat" that has been certified by the USFDA. It combines the thermopower of Amethyst and Tourmaline to naturally improve the therapeutic power. In addition, it is inexpensive and can also be used every day. There are no side effects and anyone can improve their autonomic nervous system by 100% and feel the difference starting from the first day they use it. There was a case that cured prostate and breast cancer within 2 to 3 months. A patient who had been given just a few months to live ended up living for more than one year."



Temperature change before, during and after the use of BioMat

	Age	Gender	Disease	Before	During treatment	After
1	46	Male	Lung cancer	36.5 °C	37.6 °C	38.6 °C
2	64	Male	Esophageal cancer	36.5 °C	37.4 °C	37.9 °C
3	54	Female	Lung cancer	36.5 °C	37.4~38 °C	38 °C
4	52	Male	Lung cancer	36.5 °C	37~37.6 °C	37.8~38.5 °C
5	58	Female	Splenic cancer	36.4 °C	37.4 °C	38~38.3 °C
6	70	Female	Cholangiocarcinoma	36.5 °C	37 °C	37.8~38.2 °C
7	76	Female	Cholangiocarcinoma	36.9 °C	37.6 °C	38~38.6 °C
8	59	Male	Bladder cancer	36.5 °C	37.8 °C	37.9~38.2 °C
9	52	Female	Esophageal cancer	36.5 °C	37.3 °C	37.9~38.4 °C
10	31	Female	Colon cancer	36.4 °C	37.3 °C	38.1~39.1 °C
11	51	Female	Ovarian cancer	36.4 °C	37.5 °C	38.3~40.3 °C
12	63	Female	Splenic cancer	36.3 °C	37.5 °C	38.0~38.8 °C
13	44	Female	Colon cancer	36.3 °C	37.3 °C	37.4~38.7 °C
14	44	Female	Ovarian cancer	36.4 °C	38.1~38.8 °C	39.0~40.6 °C
15	60	Female	Stomach cancer	35.7 °C	36.6 °C	37.1~38.1 °C
16	67	Female	Colon cancer	35.4 °C	36.2 °C	37.4~39.0 °C
17	54	Female	Thyroid cancer	35.7~36.4 °C	37.2 °C	37.6~39.1 °C

Of course, Dr. Yoshimizu does not claim that thermotherapy is a stand-alone "cure-all" for cancer, but it is a viable option to include in a treatment plan. He goes on to state that: "Even though there were some cases where tumor masses shrank following thermotherapy alone, its effects are maximized when combined with other treatment options. We also know that when we combine thermotherapy with radiation and chemotherapy, it shows synergistic effects and allows us to reduce the chemotherapy doses."

"We wish to expand our integrated treatment method through our hot gemstone therapy. The fight against cancer does not end with the three standard treatment options. It is valid to say that we have options, I am certain that thermotherapy will be helpful to everyone. I hope that this book will help cancer patients, their families and doctors who are fighting to cure this disease."



"I hope that the phrase 'cancer refugees' will no longer be used in the future." ~ Yoshimisu Nobuhiro M.D., Ph.D.

The book is 159 pages, jam packed with worthwhile information and guidelines. For instance, an interesting thermotherapy protocol at the clinic is the use of an Amethyst Pro BioMat and a Mini-BioMat on top of the patient. The user can fit the cancer mass, as in breast or prostate cancers, between these two BioMats to increase the local temperatures. (see page 78)



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The BioMat Company, Inc. 866.617.1300
www.thebiomatcompany.com
info@thebiomatcompany.com

ALL RICHWAY DISTRIBUTORS CAN RECEIVE A COMPLIMENTARY BOOK!

Calvin and Jeanna Kim are so impressed by this book that they are making it available for FREE, including shipping, to all distributors! They are confident that this book will provide more credibility and greatly increase the BioMat's overall usage. Since this will naturally increase the sales for distributors, they are providing this book at no charge

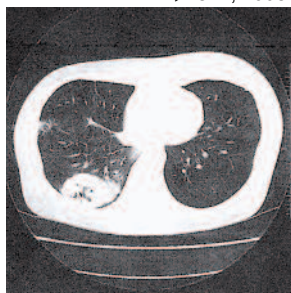
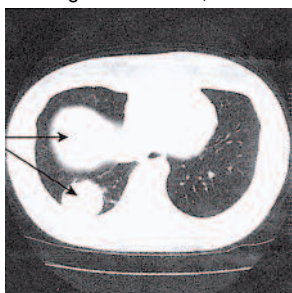
CT Image

► Lung cancer 2. 22, 2008

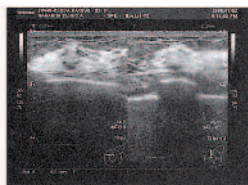
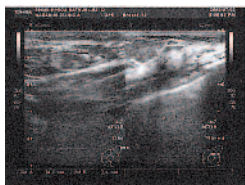
Stated using Biomat
since 7. 14, 2008

► 8. 1, 2008

Lung cancer



Lung metastasis were totally gone after 6 months



08.7 tumor mass has shrunk and there is no need for surgery anymore

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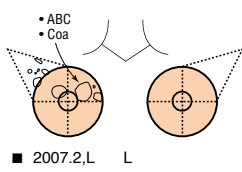
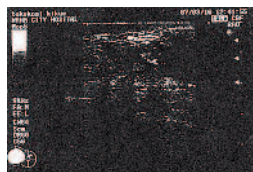
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(Patient T.K., 76 years old female)

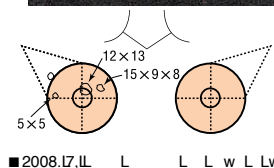
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I was diagnosed with breast cancer in February 2007 and asked to go through surgery. I had three tumor masses including one 3cm tumor mass. Since I knew about the biomat, I decided to refuse the surgery and heat up my body for one hour each day for four months.

As of result, my 3cm tumor shrunk down to 1cm and one of the three tumors disappeared. All of my doctors were extremely surprised.



■ 2007.2.L L



■ 2008.1.7.L L L L w L Lw

to distributor customers, too! When distributors request a book for their RichWay customer, RichWay will gladly place a contact label on the book with the distributors name and phone number. Now that's what I call outstanding company support!

Hypothermia is related to life

43.0°C

Protein activation

41.0°C

H.S.P

40.0°C

Bacteria/virus/cancer
are heat liable

37.0°C

Body enzyme activation

36.5°C

3,000 types

Health

35.5°C

Excretion disability

35.0°C

Allergic symptoms

Cancer cell activation

When the body temperature
is decreased by **1 degree**

36% of immune function
declines!

12% of basic metabolism
declines!

50% of enzyme activities
decline!

Please note that RichWay can only deliver this book to distributors in USA, Canada, and Mexico. That said, the book is going to be translated into German, Czech, French, Spanish, Russian, Chinese, Japanese, Korean, India, and Arabic - all to be available in about three months.

To receive your free copy of The Fourth Treatment for Medical Refugees contact RichWay Customer Service. This can easily be done by sending an email to: customerservice@richwayusa.com. Include your name, the name you are registered under as a distributor, shipping address, phone number, and place "free book" in the subject line.

Additionally, RichWay Diamond Executives may have an unlimited number of The Fourth Treatment for Medical Refugees book sent to their customers on the distributors behalf! Again, just email your request details to RichWay's customer service. They will place a sticker on the book with your name and contact number and freely ship to your customer.

Can't wait?! Here it is in a downloadable .pdf file:
http://www.richwayusa.com/en/download/4th_medicine_final.pdf

The Fourth Treatment for Medical Refugees

Enjoy!



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The BioMat Company, Inc. 866.617.1300
www.thebiomatcompany.com
info@thebiomatcompany.com

Bio Mats 7 Elimination Channels for Detoxification

In order for the body to return to Optimal Health the body must **detoxify first**. In order for the body to detoxify, two things absolutely must happen. The body must be able to move **BLOOD** and **LYMPHATIC** fluid. Unless the body cleans itself up of “**trapped blood proteins**” (i.e. toxins/poisons) the body will not heal itself. Laying on the Bio Mat automatically stimulates blood/lymphatic flow for all 7 areas of detoxification below.

Doc Russ

Bowel – the bowel (or colon) disposes of toxins from the digestive system and the liver, so cleansing the colon helps clear the way for other organs to function properly and help purge the body of unwanted toxins. Bio Mat stimulates peristalsis (movement of the bowels). Very important that everyone drink a full glass of water before using the Bio Mat and after getting off the Bio Mat. Water is the Universal Solvent to aid elimination.

Blood – Healthy blood circulation is crucial to removing toxins from the body. That is because the blood transports toxins to other organs for proper elimination.

Skin – Perspiration transports wastes and toxins out of the body through the pores in the skin. Because of its large surface area, the skin actually disposes of more waste (by sweating) than the kidneys and colon combined.

Kidneys – The kidneys remove waste products from the blood; eliminate toxins from the urine, and process toxins from the liver. In addition, they constantly filter the blood to purge toxins.

Lymphatic System- The lymphatic system transports wastes and toxins from cells and the circulatory system to each of the organs involved in the elimination of toxins from the body.

Lungs – Your lungs purge toxins from the body each time you exhale. Always recommend that people do the proper deep breathing, in through the nose and exhale slowly out the mouth, while on the Bio Mat and throughout the day. Proper deep breathing also floods the body with badly needed oxygen, greatly increases the flow of lymph, which further helps to eliminate toxins.

Liver – The liver chemically converts destructive toxins into less harmful substances that the colon and kidneys can eliminate.

Detoxification Protocol: Highly recommend that you take one pack of RichWay Detoxi Salt in your water, at least 3 times a day through the detoxification process. This special ancient processed salt provides many benefits containing numerous essential minerals and micronutrients that you will not get from any other salt.

NOTE: All table salt is loaded with Aluminum, which is used as an anti caking agent, plus the reason why table salt looks clean and white is because they are chlorinated, which means you're eating chlorine. Choose only to eat sea salts.

Rev. Dr. Russ Newman, CL, PMD, DCT (P)
Diamond Executive
Bio Mat Company

The Engine of Life and The BioMat

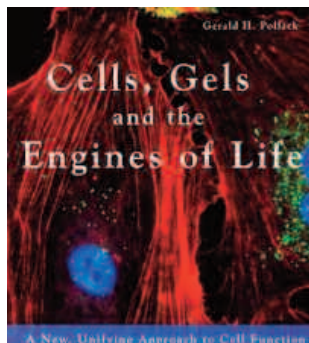
By Thomas Myers

Thomas Myers directs Kinesis, which offers continuing education seminars worldwide for manual and movement professionals. Tom is the author of *Anatomy Trains* (Elsevier 2001, 2009) and *Fascial Release for Structural Balance* (North Atlantic 2010) and numerous journal and magazine articles. www.anatomytrains.com

I have been using the Biomat® for general health, and specifically for restoration after my frequent bouts of air travel. It is clearly more effective and physiological than a simple 'heating pad', but the available written material on the mechanism by which the Biomat might positively affect cell function positively was either missing or way too 'New Age' for me.

Recently, I came across some new information on far infrared rays and how they might work to clean and renew nearly every cell of the body. The basic research comes from Dr Gerald Pollack, the author of *Cells, Gels, and the Engines of Life* (Ebner and Sons, Seattle, 2001 - (see it on Amazon.com)) whose work revolutionizes the way we think about cell function and how it is powered. In this piece, I extrapolate from Dr Pollack's work to how the Biomat may be working.

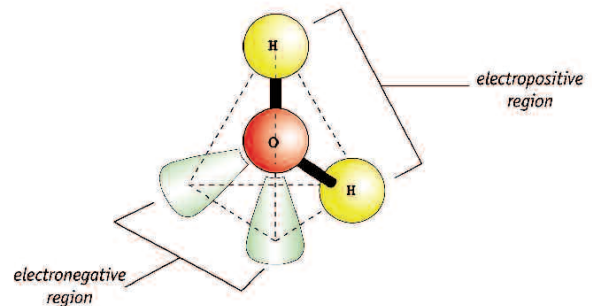
The standard model has cell function powered entirely by fuel – glucose, sugar, and the ATP → ADP conversion. Dr Pollack shows that some of the functions within the cell can be powered by light – far infrared light waves specifically.



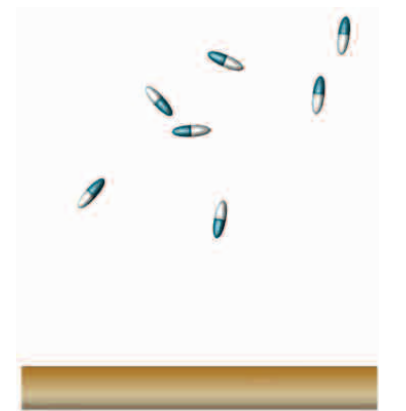
As you might expect the action of the far infrared waves is via that most widely distributed substance in our bodies – water. Water molecules are 99% of the molecules in the body. Please note, this does not mean the body is 99% water, as H₂O molecules are very small, and protein molecules are huge in comparison. By volume, a body is generally between 60-75% water, depending on how old it is and how much fat it has. Nevertheless by number water very much dominates the molecular count.

We think we know a lot about water, but there are many aspects of this simple element that remain mysterious. I am not talking about Masaru Emoto's *Hidden Messages in Water* (Also on Amazon.com). Take the time to examine his studies and, as pretty and emotionally appealing as his results are, you will find his self-selecting methods do not stand up to scrutiny. Water is mysterious enough without making up stories. Pollack's work, on the other hand, has been replicated and confirmed by many labs.

Water is a dipole molecule, meaning it is polarized with electrically positive and negative ends.

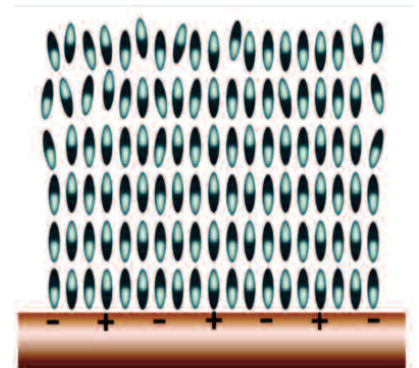


In regular water – in the tap or in the pond – the molecules are constantly shifting position, going every which way, random and not lined up.

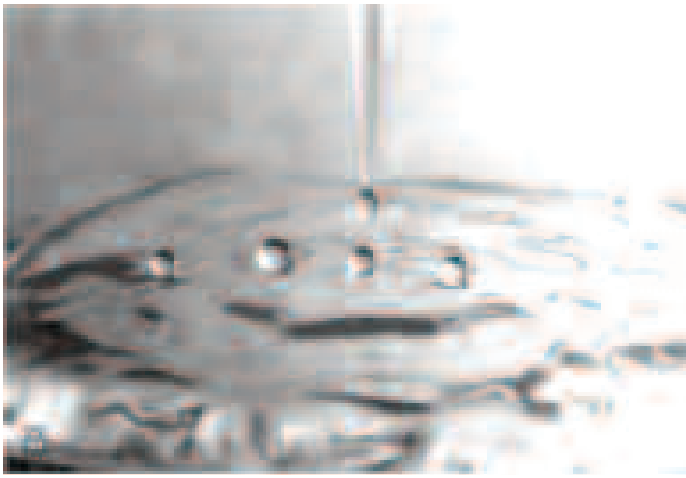


Run a current through it, and the water molecules will line up – the very definition of a 'liquid crystal'.

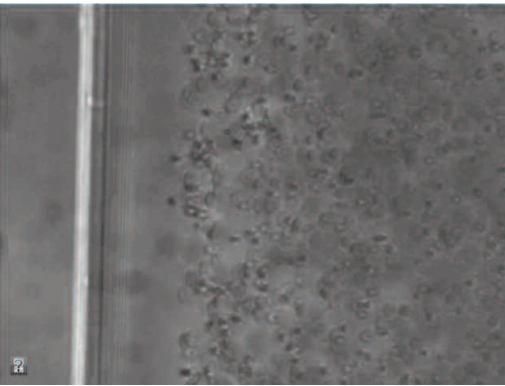
This also happens along edges, accounting for surface tension at the upper 'edge' of a glass of water which can support a carefully placed paper clip when it 'should' sink, or a water boatman beetle on the surface of a pond. Even water will 'float' on water for a bit as two same-charged surfaces repel each other.



As the water lines up in rows building out from the edges of these membranes, the aligned water molecules become a liquid crystal, creating what Dr Pollack calls an 'exclusion zone' (EZ). Pollack has



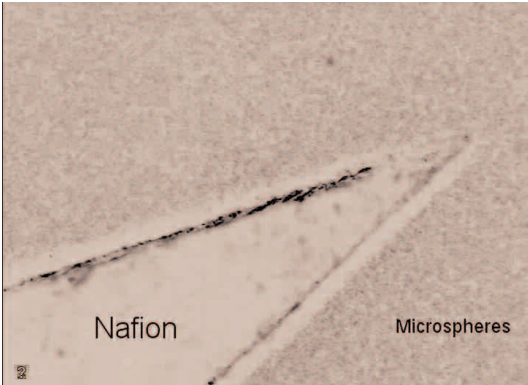
shown that the EZ from a properly charged surface can extend not just a few molecular layers away from the surface, but millions of molecular layers away from the surface – enough to create layers in the water that are visible in the microscope and occasionally to the naked eye. This is a very strong effect, and the surprise is that it has not been studied more in cells=



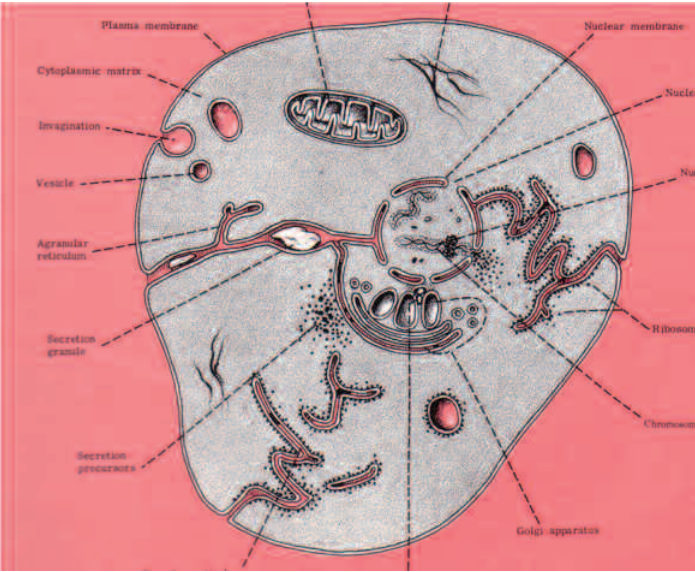
In the EZ, the array of aligned water molecules – the liquid crystal – leaves no room for other solutes in the water, so all other

substances are forced out of the zone, essentially 'filtering' the water, pushing all other substances back out of this exclusion zone. In other words, this layer of liquid crystal water essentially cleans the area, also clearing up the 'windows' (ion channels) in the cell membrane through which ionic balance happens and cell functions accelerate.

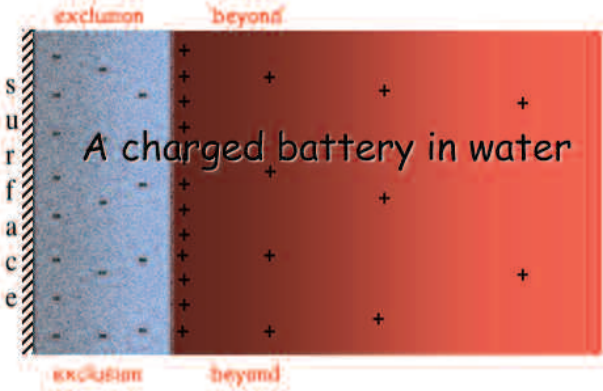
Most people still think of a cell as something like a water balloon – a bag of water with the membrane providing the outer skin. If so, you need an update: The mem-



brane of a cell is not only the surface; it is folded like curtains into the structure of the whole cell, including such inner structures as the endoplasmic reticulum, the Golgi apparatus, and even the nuclear membrane wrapped around the genetic material. The membrane thus goes not only around the outside the cell but all through the cell – think of the cell membrane less like a water balloon and more like a balled-up piece of paper or tissue, where the membrane is enfolded in a complex but singular way all through the cell, as well as forming the mosaic of the surface.



This phenomenon of 'membrane' (with nearby water forming into these ordered rows of a liquid crystal, expelling all foreign substances and thus acting as a filter for the 'cell juice', or cytoplasm) is thus happening throughout the cell and affecting its many processes, not just on its surface.



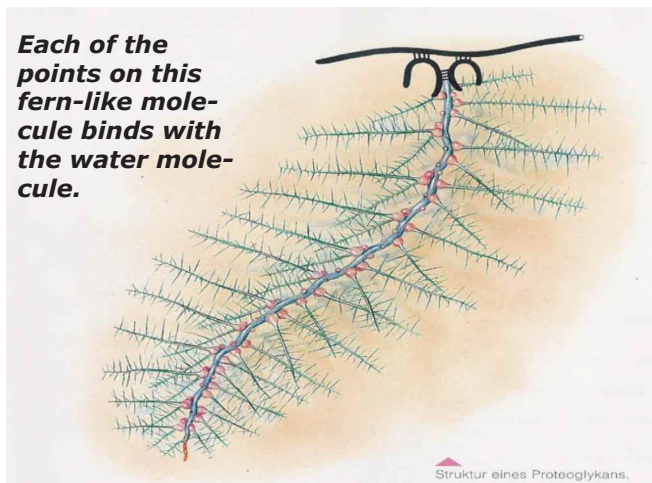
Because of the charge, this process of crystallizing and pushing substances 'upstream' creates a tiny battery along every edge within the cell – both via the folded membrane as well as the 'cytoskeleton' (the microtubules in the cells which form another surface for water molecules to fall in line around).



Another charged battery in water...

And it gets better than that: Much of the water in your body is between the cells – lymph, interstitial fluid, cerebrospinal fluid, and blood ‘plasma’ – but even this water is affected by the ordering of the liquid crystals along the polarized ‘edges’ of the huge hydrophilic protein gels (ground substance, or glycoaminoglycans) that also occupy the intercellular space. So this filtering function is not only happening within the cells themselves, it is also happening between the cells, where many toxins lie stuck in these gels.

There is a kicker to this interesting and largely ignored story: Power is needed to line the molecules up, create the battery, push the other substances out of the exclusion zone, and maintain the array. And this power, Pollack has found, come from the far infrared rays occurring naturally in our environment. The Biomat, however, concentrates these



Each of the points on this fern-like molecule binds with the water molecule.

Struktur eines Proteoglykans.

infrared rays, sending them deeper into the body than the randomly occurring rays from the sun and objects around us, greatly magnifying this ordering and filtering function. In this way, the Biomat is very conceivably greatly augmenting the body’s natural ability to reorder and clean itself.

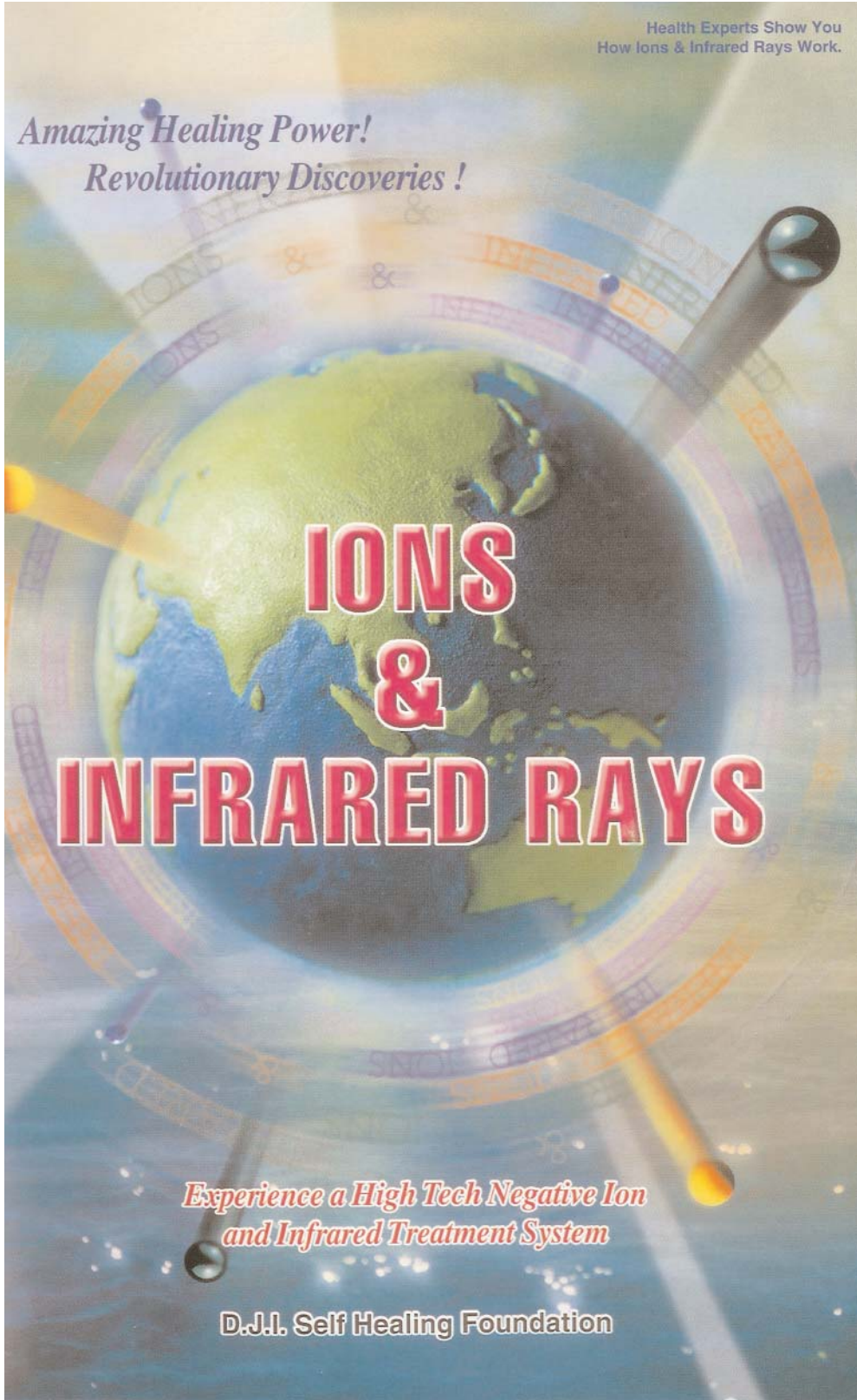
I have tried far infrared saunas and other products that claim to reorder the body electronically, sweat out heavy metals, and restore healthy function to the cells. The two essential elements that make this possible theory effective are 1) the literal energetic power contained within the infrared rays (of which the Biomat creates much larger amounts than simple sunlight, and seemingly stronger, more ordered, and more penetrating than a sauna), and 2) the ability of these rays to penetrate deeply within the body – and I have yet to find a device that appears to send this organizing energy more deeply into the human system than the Biomat.



Tom Myers (left) talks with Gerald Pollack at the Fascial Research Conference in 2012. Tom lives, writes, and sails on the coast of Maine with his partner Quan and their animals.

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Chapter 1

NEGATIVE IONS

1. The \ominus Ion is Found Only in Clean Air

In order to have a healthy life in our modern day 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 (\ominus) Ions change depending on the time and place. An Ion is a particle which has electricity. An Atom is the smallest particle that exists in the composition of any material. It is the basic element of the nucleus. Ions are being made in the air we breathe so fast that 10 to 20 Ions Per Cubic Centimeter are being made each 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.

2. Benefits of \ominus Ion Health Treatment

Many studies of the relationship of the Ion (especially the \ominus 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.

On this subject, the world famous A.D. Moore (A Professor at Michigan University) stated the following:

- Most people agree that if we can control the amount of Ions in our everyday life, it will have a positive effect on our health.

- Breathing air with a certain type of Ion can be helpful as a medical treatment such as healing a wound.

In this way, and Ion helps improve our health, and the \ominus Ion performs an especially important role.

3. Reasons Our Health is Improved

As you may already know, the Ion does play a very important role in keeping us healthy, and the \ominus Ion is the major health benefactor.

\ominus Ions are found everywhere in the air, and are a major element that provides energy to the human body.

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 \ominus Ions within the cell, and \ominus Ions outside the cell.

The reverse holds true if there is a lack of \ominus Ions, and too many + Ions within a cell. This, absorption of nutrition and elimination of waste material can not be done effectively. As a result adult diseases such as hypertension, arteriosclerosis, cerebral apoplexy, and cancer occurs.

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

4. How Do \ominus Ions Make Us Healthier?

1) THE PURIFICATION OF OUR BLOOD

Through research done by Dr. Tanaka in Japan, it was discovered that when $-$ Ionization is introduced, the Ions in calcium and natrium (salt) in the blood increases, and the blood is purified by increasing blood alkaline.

2) REVIVING THE CELL

When the amount of \ominus 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.

3) INCREASES IMMUNITY

As the amount of \ominus Ions increases, the Gamma Globulin in the blood increases resulting in blood rich in protein and antibodies.

4) THE CONTROL FUNCTION OF THE AUTONOMIC NERVOUS SYSTEM

Dr. Tanaka found that \ominus Ions control the balance in the Autonomic Nervous System between the insulin and adrenal functions. This provides strong resistance to diseases.

5. Using Synthetic Fabrics

1) THE CALCIUM IN OUR BLOOD DECREASES

When we wear Synthetic Fabrics, \ominus Ions are decreased, and the calcium in our blood discharges in our urine. As a result, our blood becomes acidified, and neurosis (a nerve disorder) may occur causing a tired feeling. Synthetic Fabrics decrease \ominus Ions.

2) THE BLOOD SUGAR LEVEL INCREASES

When we wear Synthetic Fabrics, \ominus Ions are decreased, and the amount of glucose in our blood increases. Usually, the blood sugar level of a human being is 100 mg per 100 Cubic Centimeter which is automatically controlled by the body. If the control function changes, then the blood sugar level may increase or decrease abnormally which can cause various symptoms. A typical disease when the blood sugar level increases severely is diabetes. Many professionals think that a reason for the current increase of this disease may be caused by the use of Synthetic Fabrics.

3) THE AMOUNT OF VITAMIN 'C' IN SERUM DECREASES

Wearing Synthetic Fabrics decreases the amount of Vitamin C in serum (liquid component of blood) abnormally. As a result, the resistance of our body is weakened causing stress. Vitamin C deficiency is also caused by eating too many fast foods, or too few fruits and green and yellow vegetables.

6. \ominus Ions and Our Health

A recent newspaper article reported that a pregnant woman developed eczema (itching skin inflammation) because she often came in contact with an internal concrete wall which was near her bed. Living in this recently built concrete apartment building also placed her in a high risk category for miscarriage.

The ideal amount of \ominus Ions for our health is 400 to 1000 Per Cubic Centimeter of air. These numbers seems to be decreasing everywhere because of the concrete jungle we live in. Because of this, we are experiencing serious effects, such as Headaches, Insomnia, and Fatigue of our body and mind.

7. The Relationship Between Sleeping and the \ominus Ion

The development of a product that artificially produces \ominus Ions has been incorporated into the production of a mattress that provides the benefits previously found only in the air.

1) A BEDDING PRODUCT THAT HAS A PLEASANT HEAT PRODUCING METHOD OF PASSING ON THE \ominus IONS TO THE BODY IS FOUND IN THE BIO-MAT

Many professionals helped to develop this high quality Bio-mat product which gives you a refreshed feeling all day after a sound night's sleep on it.

2) BECOME HEALTHY WHILE YOU SLEEP (USING THE BIO-MAT)

\ominus Ions will make your mind and body feel healthy. The 24-hour cycle we repeat daily of rising with the sun, and going to bed at sundown, develops a body rhythm. If this cycle is changed, we are thrown out of rhythm, and do not sleep well. Our sleeping cycle has 4 different levels of depth of sleep. There is a repetition of these levels 4 to 5 times during the night until we wake 7 to 8 hours later.

8. A GOOD NIGHT'S SLEEP

Recently, Electronic Engineers developed a \ominus Ion-producing mattress. The famous Japanese Dr. Tanaka first developed an electronic \ominus Ion medical treatment device. This proved to be a very convenient way of supplying the necessary amount of \ominus Ions for our body without having to depend on those we receive from the air. In addition, this device can provide the necessary \ominus Ions needed on a short period of time. It also gives a variety of pleasant effects such as:

1) THE CONTROL OF THE AUTONOMIC NERVOUS SYSTEM

This system controls the internal secretion of hormones that regulate the human body. There is a sympathetic nervous system that increases the energy of the human body. It acts to stabilize and keep these two systems in balance.

2) THE VITALIZATION OF CELL METABOLISM

A living cell exchanges nutrition and waste material through cell walls. When \ominus Ions increase, the material exchange is slowed. If \ominus Ions are provided, this function is returned to its normal status. In this way, the \ominus Ions vitalize the metabolism of the tissue.

3) THE PARALYSIS SYMPTOM IS EASED

Slight shoulder sclerosis, an occupational disease, causes paralysis of the fingers, arm, and shoulder. If the symptoms of this dreaded disease continue, the entire body becomes paralyzed. The cause has not yet been discovered. However, it has been reported that these symptoms were relieved within 90 days when a \ominus Ion treatment was used.

4) RELIEF OF PAIN

According to the clinical research report of Dr. Nagamo of Kumamoto Civil Hospital, and Dr. Maiyama of Kyoto Hospital in Japan's Pain Research Institute, the pain relieving efficiency of the \ominus Ion has been acknowledged through its notable effect on numerous headache and neuralgia test cases.

9. When \ominus Ions are increased

Although we may know that the \ominus Ion is good for our health, the problem is that we cannot all live in the forest, in the field, or by a mountain or a sea where the \ominus Ions are available in abundance. Additionally, if we absorb the \ominus Ions from the air, the efficiency is very low. The absorption rate is only 15 to 20%. For example, in a hot spring which usually has a high \ominus Ion density of 2000, the absorbed \ominus Ions would only be 300 to 400.

Therefore, using a \ominus Ion treatment such as the Bio-Mat is a much more effective and desirable way for modern health management. By using a \ominus Ion treatment while sleeping, surprising effects can be expected by those experiencing loss of appetite, lack of stamina, or lack of energy.

10. The Healing Effects of \ominus Ions

1) RESEARCH OF DR. TAKADA

There are a variety of theories that have come from research by Dr. Takada, Toho University's authority on \ominus Ion treatments. These theories have become classics, not only in Japan, but world-wide.

During his research on the Ionization Phenomenon, Dr. Takada realized that \ominus Ion loading had good effects on the Physiological functions of a living body.

2) THE CLASS OF PHARMACOLOGY AT JOCHI MEDICAL UNIVERSITY

Clinical research at a Tokyo Dental College Hospital sponsored by the Japan Red Cross in Shinjuku: \ominus Ions have a positive effect in the control of the nervous system in the relief of tension. It showed that the results were good, in a short period of time, with regard to headache and neurasthenia relief.

3) IN THE MEDICAL SCIENCE CLASS AT DAEPAN MUNICIPAL UNIVERSITY

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' usage. The stomach showed the fastest effects, and the function of the liver was improved which counteracted many poisons.

Another result was the elimination of constipation and stomach pain, as well as a fast recovery from fatigue.

4) INSTITUTE REPORTS OF DR. KOUDO MICHIO

Dr. Koudo Michio reported that symptoms of paralysis had been dramatically reduced after supplying \ominus Ions for 30 days. After 90 days of treatment, the Patient had recovered completely. Dr Koudo Michio said that the \ominus 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.

5) THE CLINICAL RESEARCH REPORT OF DR. NAGAO KATSHARU

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

6) ADDITIONAL REPORTS FROM GERMANY STATED THAT DR SHERES & DR. KO GYO YANG MYUNG found that a lack of \ominus Ions can cause mental problems such as neurasthenia, neurosis, and loss of memory.

Chapter 2

LONG WAVE INFRARED RAYS

From past experience, we have learned that Long Wave Infrared Rays are beneficial, however, we did not understand the principles of Long Wave Infrared Rays. The secret of placing a warm tile on our stomach and rubbing it when we had pain, the nice relaxed feeling we have after sleeping in a warm bed, the good flavor charcoal or natural stone gives barbecue food, or the healing of diseases by a clay sauna are all the results of the utilization of Long Wave Infrared Rays.

1. Understanding Long Wave Infrared Rays

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. The infrared ray is an electronic wave which is a sort of energy wave, and is a light within the wave length level of 0.761 ~ 1,000 micron. According to its wave length, 0.76~1.5 micron is a short wave infrared ray, 1.5~5.6 micron is a middle wave infrared ray, and 5.6~1000 micron is a long wave infrared ray which is the most useful infrared ray in our daily living. (Micron is 1M of one million.)

2. The function of Long Wave Infrared Rays

Long Wave Infrared Rays have three characteristics.

1) RADIATION

Radiation is one of the general characteristics of light, and this means that light reaches an object without using the air. For example, the sun's light reaches the earth through the vacuum of space by radiation.

2) DEEP IMPACT POWER

The second characteristic is the deep impact power. Different from ordinary light beams and short wave infrared rays, Long Wave Infrared Rays can penetrate deeply. Because of this, it can warm our body from the inside out, and stimulate our system.

3) RESONANCE & ABSORPTION

This third characteristic can be explained by an example of touching a large bell with a single finger. A bell has an inherent number of vibrations when it is touched / struck. When the bell is struck at a regular interval it causes vibrations, and it begins to move. When the energy used to activate the bell is increased, the vibrations between molecules strengthens, and the electronic energy increases.

3. The Effect of Long Wave Infrared Rays on an Organism

Think about this relationship our body. Our body consists of over 80% water, and a variety of other materials, such as, proteins, hormones, enzymes, and nerve tissue which all play an important role.

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 the bell when it is struck.

1) WHAT IS AN ORGANISM?

An organism is an organic compound that we call a living body. When the shape, composition, and movement of this body is studied, we arrive at a biological evaluation. When we further study the movement of molecules within a cell to discover the characteristics of a living body, this is called "Cytology" or "Microbiology."

2) WHAT IS A LIVING BODY?

Through chemical analysis of a living body, we find it is composed of carbon, oxygen, hydrogen, potassium, nitrogen, phosphorous, and other basic elements which cannot be seen.

4. How Long Wave Infrared Rays Penetrate our skin

Perspiration is directly related to body temperature. The Long Wave Infrared Rays penetrate deeply into our skin, and they eliminate waste materials through skin pores. They promote good blood circulation which helps cure hangovers, fatigue, and arthralgia. When the body's temperature rises, perspiration begins to help control the body's temperature. The evaporation of 1 gram of water takes about 0.6 Kcal of heat away; therefore, the role of perspiration is very important in controlling our body temperature.

THE FUNCTION OF LONG WAVE INFRARED RAYS

Long Wave Infrared Rays penetrate 14-15 cm 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 provide a heat source that relieves shoulder pain, lumbago, and fatigue of body muscles. Moreover, perspiration helps expel unhealthy materials such as urea, nitrogen, uric acid, sodium, and chlorine, which cause kidney infections and other problems.

Chapter 3

REALIZING THE BENEFITS

Results show an improvement in the cleansing of the entire body. 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 one day, or it may take some people several months (2-3 months).

The different reaction times experienced between persons is explained by the fact that the health of one person can vary greatly to that of another person. Some people have a much more acidified body, and have accumulated many more waste materials than others. These persons will take longer to cure, and realize a noticeable change in their body.

Occasionally, these people will feel worse before they feel better because of the numerous years these waste materials have had to accumulate. There eventually will be a positive evidence of improvement of the body as waste materials are eliminated from each cell. Even though this is a superior method of improving your body's health, it will take time for some diseases, and, rarely, it can take one or two years for some serious toxic disease conditions. Most people will notice the benefits of Long Wave Infrared Rays after a 20-30 minute treatment.

Some persons with more serious muscle problems may take 2-3 days to notice improvement, and a few cases may take a week. About one out of ten people won't notice any reaction because they are blessed with excellent health, and are probably young. If you take your vitamins before sleeping on the mat, the effect of the Long Wave Infrared Rays greatly enhances the benefits of the vitamins.

1. Stages of Improvement

Your body will experience changes as the healing process occurs. During the healing process, you will experience feeling worse before your body feels better. Don't let this worry you. This is part of the natural process as toxins and waste materials are eliminated from your system.

The following is an example of symptoms experienced as your body goes through "stages of improvement"

High or low blood pressure

- Dull Headache pains.
- Stressful feeling in the neck and shoulders.
- Yawning

- Fatigue and sleepiness

Diabetes

- Urine becomes dark.
- Sweat occurs while sleeping.
- Change in appetite.
- Fatigue and sleepiness

Stomach ulcer or ulcer of the intestines

- Have annoying pain in the stomach
- Heavy feeling and pain in the waist.

Athletes foot

- Feel more itchy.
- Have more perspiration

Hemorrhoids

- Feel itchy in the rectal area.

Constipation or diarrhea

- Stomach gurgling.
- Frequent gases released.
- Feeling of fatigue and sleepiness.

Inflammation of nose or Ozena

- Drainage from nose increases

Hepatitis or gastritis

- Heavy feeling and pain in the waist.
- Swelling in hands and feet.
- The amount of urine increases, and the color is dark.

Pyorrhea

- Have almost no feeling in teeth.
- Gums become very sensitive.

Eczema

- Have similar symptoms of hepatitis or kidney inflammation.

Neuralgia

- Feel more pain temporarily
- Pain felt in various parts of body.

Weight reduction

- Sweat hard.
- The amount of urine increases, and the color is dark.
- Feeling of fatigue and sleepiness.

Metabolism

- Whole or a part of body itches.
- The weakest part of body swells up and discoloration occurs.
- Become nervous.
- Experience insomnia.

Chronic Fatigue

- Have similar symptoms of hepatitis or kidney inflammation.

2. Helpful Suggestions

(1) Consult with your physician or health care provider. If you are currently taking medicine, continue until the symptom is improved.

(2) Don't let fast improvement worry you. Some people respond faster than others. Do not judge your progress compared to others. Many factors of a disease are different to each individual, and their progress will vary according to physical strength, etc.

(3) continue using the Long Wave Infrared Ray treatment with the belief that it will improve your health or relieve any disease you may have.

3. Additional Symptoms that may become Intensified as Your Health Improves

- ⊗ More pain in the affected area. (Including neuralgia, arthritis, bruised area of former injury.)
- ⊗ Vomiting. (Trouble of liver function.)
- ⊗ Facial rash. (Trouble with blood pressure.)
- ⊗ Body is swollen.
- ⊗ The function of internal digestive system is adversely affected.
- ⊗ Get rough tongue. (The function of internal secretion.)
- ⊗ Heart beat increases. (Heart disease.)
- ⊗ Urinate more frequently. (Kidney, bladder troubles.)
- ⊗ Itchy. (Especially in bruised area, allergic skin.)
- ⊗ Have general fatigue. (Improvement of blood circulation.)
- ⊗ Hands and feet feel heavy. (Trouble in circulation system.)
- ⊗ Bleeding nose. (Hypertension.)
- ⊗ Suffer from diarrhea. (Stomach trouble.)

- ⊗ Sleepy. (Blood acidity.)
- ⊗ Feel dizzy. (Trouble in circulation system.)
- ⊗ Feel languid and heavy. (Blood impurity.)
- ⊗ Have fever. (Blood pressure system.)
- ⊗ Sometimes have a cold sore on lip, boil, headache, and cannot sleep.

The above mentioned symptoms will begin to improve, in some cases, within 2 or 3 days after treatment begins. Stronger symptoms may take longer to notice improvement, and may take a week for relief to be noticeable. In the case of severe symptoms, you may need to take a rest of 1 or 2 days before resuming treatment. Some symptoms may take weeks or several months to cure.

4. The Healing Powers of Long Wave Infrared Rays and Negative Ions

WHAT IS THE BENEFIT OF THEIR EFFECTS?

- (1) They improve our immune system (the body's defense system) by providing protection against harmful viruses and bacteria.
- (2) The improvement of the body defense system represses the increase of cancer cells by accelerating blastogenesis. According to tests on animals, the increase of malignant tumors like sarcoma and melanoma were notably suppressed. Currently, more research studies are being performed on the effect of cancer prevention.
- (3) Suppression and prevention of the effects of arteriosclerosis have been performed by stopping the formation of peroxide and adipose. A positive clinical effect was found with patients who had blood circulation troubles.
- (4) Other diseases which showed notable improvement with this treatment include rheumatoid arthritis, paralysis, diabetes, occlusion by arteriosclerosis, raynaud disease, and progressive hardening of the arteries.

Currently, the effect on many other diseases is being studied. In addition to the above mentioned diseases which have been proven by clinical and scientific experiences, people have given testimony that positive and surprising effects of healing were realized on other diseases, such as insomnia, chronic lumbago, arthralgia, menstruation pain, fatigue recovery, and maintenance of general health.

5. The medical Treatment of Long Wave Infrared Rays and \ominus Ions

1) METABOLISM:

Promotes the processes of life support by which a substance is assimilated, or eliminated, by the body. Long Wave Infrared Rays activate this process.

2) BLOOD CIRCULATION:

Pharmacologists say that improving blood circulation is very difficult. The Long Wave Infrared Rays and \ominus Ion treatment does promote better blood circulation which invigorates cells and eliminates waste materials and harmful fat.

3) LACERATION, WOUND FROM BEING CUT:

The effect of pain relief will depend on the size and degree of the wound. The healing period will be shortened, and the scarring effect will be greatly reduced.

4) HYPERTENSION:

Hypertension and arteriosclerosis are major causes of heart disease and kidney trouble starting with middle-aged people. Improved blood circulation will lower blood pressure, and the autonomic nervous system is greatly helped by the heating effect.

5) LOW BLOOD PRESSURE:

Symptoms of low blood pressure are frequent dizziness and fatigue. There is normally no cure except for rest and enough sleep. The heat treatment method will promote perspiration and give energy to the body returning blood pressure to normal.

6) DEMENTIA, MENTAL DISEASE OF ELDERLY:

It is believed that Long Wave Infrared Rays improves blood circulation and metabolism which reduces the symptoms of senility by 60%. This treatment has provided very favorable results on mental disease.

7) CANCER PREVENTION:

It is believed that everyone has some cancer cells, mixed with our healthy cells, somewhere in the body. If we are in a weakened state due to overheating or fatigue, we are susceptible to developing cancer, over time, with the accumulation of harmful food products we consume. The Long Wave Infrared Rays within the range of 40°C to 50°C will weaken and destroy cancer cells without harming the surrounding healthy cells. There is data that suggests that 95% of ordinary malignant tumors die at a temperature of 43°C.

8) DIABETES:

Diabetes is caused by metabolic problems. Although results are not immediate, it is very helpful to have the Long Wave Infrared Rays cause perspiration which will gradually ease these symptoms.

9) LYMPHATIC GLAND:

This gland controls and balances a bodily liquid consisting chiefly of blood plasma and white blood cells. This affects the entire body including muscles, intestines, and nerves, which eliminates waste materials.

10) PARALYSIS:

For a person who becomes paralyzed or becomes partially paralyzed by a stroke, the rehabilitation treatment is more important than medical therapy. This treatment takes a long time, and the Long Wave Infrared Ray treatment is very effective.

11) TRAFFIC ACCIDENT VICTIM:

The \ominus Ion treatment is very helpful for traffic accident victims who suffer from damage to their autonomic nervous system. The pain experienced by the victim is often so serious that only they can realize the degree of effect. They can get notable relief from the \ominus Ion treatment in balancing the autonomic nervous system.

12) RHEUMATISM:

Rheumatism is an inflammation of the joint similar to arthritis which causes severe pain in joints and muscles. The warm heat and Ion treatment improves blood circulation, revitalizes old tissue, and promotes production of enzymes.

13) MENOPAUSE:

When a female reaches 45-50 years of age, she usually experiences symptoms such as feeling cold or hot, hypochondria, dizziness, headaches, and anxiety. These symptoms can usually be relieved within a short period of time if they use this heat and \ominus Ion treatment.

14) STRESS:

In the opinion of some people in the medical world, up to 75% of all diseases are caused by stress. Stress can be greatly reduced, or eliminated, by using the Long Wave Infrared Ray and \ominus Ion treatment. By perspiring and relaxing a satisfied mental and physical feeling is experienced. Many beneficial effects include weight loss, body odor elimination, improved skin condition, elimination of harmful minerals from the body, energy replacing fatigue, disappearance of various symptoms of lumbago, and feeling refreshed.

TESTIMONIES OF PERSONAL EXPERIENCES USING LONG WAVE INFRARED RAYS & \ominus ION TREATMENTS

- ☐ A paralyzed hemophilia patient was able to stand by himself after using for one month. **(MM, Male, 65 years old, Japan)**
- ☐ Pain from a spinal disorder was relieved. **(TI, Male, 46 years old, Japan)**
- ☐ Mother reported her daughter overcame, in 3 days, a disease that caused bed wetting. **(MS, Female, 10 years old, Japan)**
- ☐ A person suffering from epilepsy for 20 years reported to be much improved after using for one month. **(OA, Male, 26 years old, Japan)**
- ☐ A woman suffering from hepatitis reported to be much improved after using for two months. **(MM, Female, 37 years old, Japan)**
- ☐ An elderly man reported a much improved condition of rheumatism. **(NK, Male, 73 years old, Japan)**
- ☐ A condition of lumbago and headaches was improved after using for one month. **(SK, Female, 29 years old, Japan)**
- ☐ Lumbago cured. **(KM, Male, 55 years old, Japan)**
- ☐ Overcame 20 years of chronic kidney inflammation. **(TI, Female, 63 years old, Japan)**
- ☐ Resumed farming after healing sciatica (nerve disorder) and shoulder pain. **(TO, Female, 52 years old, Japan)**
- ☐ Improved hypertension and diabetes which enabled him to obtain insurance which was previously denied
- ☐ Overcame insomnia and was able to resume business. **(TK, Male, 62 years old, Japan)**

- ❑ Improved lumbago, chest pain, and stomach acidity caused by alcoholism after 1 year of out-patient treatment failed. **(MS, Male, 47 years old, Japan)**
- ❑ Overcame sever insomnia after using 1 year. **(YI, Female, 42 years old, Japan)**
- ❑ Facial distortion cause by a stroke relieved. Face returned to normal features after using for 2 days. **(Female, Hawaii)**
- ❑ Surgery due to diabetes cancelled after using 2 months. **(LN, Male, 77 years old, Hawaii)**

CONCLUSIONS

After many years of research studies and test cases, it has been determined, and proven, that the use of Long Wave Infrared Rays and Negative Ion treatments are beneficial to our health. Many diseases are either cured or greatly improved by regular usage of this treatment method.

In addition to being beneficial to your health, it “feels good”! A pleasant warming sensation is felt in your body. It feels as if the heat is coming from the inside, out. This is basically true since the Long Wave Infrared Rays do penetrate about 6 inches into your body.

It is an economical means to good health. The electricity used is minimal, and the trips you save to your doctor will keep medical expenses to a minimum. You will either be able to stop using prescriptions you now take, or cut back on your medication.

It costs much less than other similar products, and performs many functions some don't provide.

This booklet has been compiled by presenting material (taken out of context) from the research study of the Records of Doctors: Dr. Takaka Maku, Dr. Hatashita Toshiuki, Dr. Hirohuchi Mitchio, and Dr. Ota Nobuoi of Toho University Hospital Japan. These research records were developed over a 40 year period of time.

A central figure of a person stands with arms slightly out, surrounded by a complex, glowing molecular structure. The structure consists of interconnected spheres (red, yellow, and blue) and lines, resembling a crystalline or molecular lattice. The background is a gradient of purple and blue, with a bright yellow light source at the bottom, creating a silhouette effect on the person and the molecular structure.

REVOLUTIONARY DISCOVERIES

TINY NEGATIVE IONS ARE FLOWING IN THE AIR AROUND YOU.
THEY IMPROVE YOUR HEALTH AND MAKE YOU FEEL BETTER.

HEALTH EXPERTS SHOW YOU.
HOW IONS & INFRARED RAYS WORK.


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RichWay NEW BIO-MAT

VS.

Electric Heat Mat

RichWay New Bio Mat	Items	Other Electric Heat Mat or Mud Mat
<ol style="list-style-type: none"> 1. ⇒ Surface Material : Silicon Urethane. 2. ⇒ Natural Amethyst (Long Wave infrared Rays). 3. ⇒ Double Protected Safety Layer. 4. ⇒ Hyron Cotton Layer (Thermal Insulation Layer) 5. ⇒ Air Roll Padding Cottons. 6. ⇒ Water Proof Layer. 7. ⇒ Japanese Kurare's Super Fiber(Long Wave infrared Rays). 8. ⇒ First Aluminum Layer (The Interception of Water Vein Wave and Harmful Electromagnetic Waves). 9. ⇒ Japanese Kurare's Special ⊖ Ions Conductor. 10. ⇒ First Urethane Protector Layer. 11. ⇒ Solid Square Cotton Padding. 12. ⇒ Second Aluminum Layer (Prevents Over Heating & Electromagnetic Waves). 13. ⇒ Japanese Kurare's Carbon Ceramic Heating Fiber. 14. ⇒ Second Urethane Protective Layer. 15. ⇒ Padding-Hyron Silk Cotton Thermal Insulation Layer. 16. ⇒ Concentrated Ceramics Reflects Infrared Rays. 17. ⇒ Bottom:High Quality Silk Cotton Material. 	<p>Cross ← Section of → Layer</p>	<ol style="list-style-type: none"> 1. ⇒ Surface Cotton Material 2. ⇒ Mud Power 3. ⇒ Copper Fiber Material 4. ⇒ Aluminum Foil 5. ⇒ Metallic Heating Coil 6. ⇒ Aluminum Foil 7. ⇒ Nylon & Cotton Layer 8. ⇒ Bottom: Surface Cotton Material 
It uses Japanese Kurare's Carbon Ceramic which reduces electrical consumption 60% or more as compared to other electrical mattresses.	← Save on Electricity →	① It uses a metallic coil to produce heating which consumes extra electricity, and possibly cause fire.
It uses special function that emits ⊖ Ions and transforms ⊕ Ions to ⊖ Ions in the human body. It gives strength and energy to the human body and relieves pain	← Emission of Negative Ion →	① Does not produce ⊖ Ions .
Uses Japanese Kurare's Super Fiber Materials to generate Long Wave Infrared Ray . (8-12 Micron), that the human body can easily absorb.	← Emission of Long Wave Infrared Ray →	① Produce little or no infrared Rays.
<ol style="list-style-type: none"> 1st Interception: Japanese Kurare's Carbon Ceramic can reduce and minimize the Electromagnetic Waves. 2nd Interception: Double Layered Aluminum Fiberglass further reduces Electromagnetic Waves. 3rd Interception: Even though there are very few Electromagnetic Waves left, Japanese Kurare's Super Fiber completely absorbs the remainder of the Electromagnetic Waves. 4th Interception: A Special I.C Chip is in the Control Box which cuts off Electromagnetic Waves. 	<p>The Interception of Electromagnetic Waves</p>	<ol style="list-style-type: none"> 1. ➡ Metallic Coil Heating System emits a lot of Electromagnetic Waves. 2. ➡ To reduce the products cost they use Aluminum Foil or a Copper Fiber to cut the Electromagnetic Waves. It causes a lot of harm because there is no protection. <p>① If the human body comes in direct contact with the mattress, there are many harmful effects to the body. If body is exposed to the Electromagnetic Waves, then there will be a reduction of 80% of the Melatonin Hormone, which affects sound sleep and resists to all kinds of diseases.</p>
A Special layer of double Aluminum Fiberglass completely cuts off harmful Water vein Waves.	← The Interception of Water Vein Waves →	① Because it uses Aluminum Foil and Copper Fiberglass. it cannot cut off harmful Water Vein Waves.
It has the most developed I.C Chip which cuts off the Electromagnetic Waves. A Soft Touch Control System which has many convenient functions.	← Control Box →	① Only has minimum function and a temperature controller.

Infrared Sauna Alternative



The BioMat vs Infrared Sauna

- ✓ The BioMat is 1/3rd the cost of an infrared sauna.
- ✓ The BioMat does not require additional space.
- The BioMat does not require you to make additional time in your day. You can sleep on a BioMat all night long allowing you to take advantage of the 8 temperature settings the BioMat has to offer. Soft gentle lower temperatures to therapeutic sweats.
- The BioMat uses less power and only costs 1 penny an hour, making it extremely energy efficient and much more cost effective than an infrared sauna.
- BioMats are portable. You can travel with them and move them from room to room. The Mini and Professional BioMats come with a travel bag.

- The BioMat has deeper infrared penetration. The BioMat can penetrate 6-8 inches into the body; where as an infrared sauna penetrates about 2 inches.
- The BioMat offers Crystal Infrared technology, different from the sauna, in that the frequency is modulated by the amethyst crystals, which amplifies the bio-availability of the infrared.
- The BioMat provides additional therapy in the form of negative ions. Negative ions help stimulate serotonin production, allowing the body and mind to relax, assisting in sleep
- The BioMat produces a 100 milligauss magnetic field to assist circulation in the body. This is the Safe and HEALTHY spectrum of the Electromagnetic Field.
- The BioMat is a registered FDA medical device.
- The BioMat has an EMI device which blocks harmful Electromagnetic Interference. Saunas do not offer this protection.
- The head remains cool while the body warms from the inside out...radiant heat. This allows you to take higher therapeutic temperatures more comfortably and avoid heating the grey matter of the brain. In a sauna the entire head is exposed to extreme temperatures.

The BioMat produces far infrared and negative ions through a bed of amethyst crystals and is a great alternative to an infrared sauna. The BioMat has multiple temperature settings. When the temperature setting is placed on high, the Bio-Mat can effectively be used in place of an infrared sauna. The high temperature settings allow you to sweat or Detox, as you would with an infrared sauna. Lower settings offer deep relaxation, healing and recovery making the BioMat a much more versatile and valuable health device the entire family can benefit from.





INSURANCE

The Family Acupuncture Center
Vicci L. Cascioli R.N., A.P.
FL LC#1057AP
1833 NW 6th Street
Gainesville, Florida 32609

State Farm Insurance
Claim #
Group #594974617
Attention: Tim Lane

M. presented with complaints of neck and low back pain causing muscle spasm and difficulty with daily life activities accustomed to. For previous months to seeking acupuncture patient has tried other modalities of treatment which have not maintained her pre accident health status. She has been evaluated as having increased pain along with other symptoms since accident such as difficulty sleeping etc.

It is my suggestion and prescription that she acquire a Bio-Mat 2002MX for whole body pain along with a Bio-Mat pillow for curvature correction.

Sincerely,
Vicci L. Cascioli RN, AP
Acupuncture Physician

CLAIM NO	POLICY NO	Amount	COL	Pay Cd
		\$3,217.92	051	2

REMARKS: biomat lmt reim, mileage.

STATE FARM MUTUAL AUTOMOBILE INSURANCE COMPANY
WINTERHAVEN, FL
EMEDICAL 19-020 L354

SUNTRUST BANK, ATLANTA OR 64-79/611
SUNTRUST, NORTHWEST
GEORGIA, GA

CLAIM NO

INSURED

*****EXACTLY THREE THOUSAND TWO HUNDRED SEVENTEEN AND 92/100 DOLLARS *****

LOSS DATE 2/13/2005

PAYMENT NO 1 19 393955 J
DATE 10/19/2005
AMOUNT \$3,217.92
TIN

RETAIN STUB FOR RECORDS

AUTHORIZED BY KANE, TIM
PHONE (904) 443-4684

1 19 393955 J
10/19/2005

LOSS DATE 2/13/2005

\$*****3,217.92

BioMat Care-Travel-Storage Instruction

Care: ALWAYS cover BioMat surface with Cotton Quilt provided!

DO NOT lay on bare surface of BioMat.

Use Only NATURAL Fiber materials on the BioMat.

Do Not use synthetic fabrics as padding or protection on top of the BioMat or as a coverlet.

Keep dry, avoid spills.

If using an abundance of Essential Oils or Massage oils consider purchasing the Professional Cover which is water resistant.

Vacuum occasionally to remove dust and lint from the surface channels.

Cotton Pad may be washed in warm water with mild detergent, NO BLEACH. Tumble dry on low heat or line dry.

Travel Instructions:

Unplug computer cord from BioMat.

Store Control Panel in box provided, or wrap cords around Computer Panel.

Allow BioMat to cool down. DO NOT FOLD or ROLL BioMat when HOT!

Fold in quarters, with Channels on inside of folds. DO NOT ROLL!

Store in Cool, Dry place.

RICHWAY INTERNATIONAL, INC.

1314 S. King Street, Ste 520
Honolulu, HI 96814 U.S.A.
Ph: (808)589-2800.... Fax: (808)597-1651

REFUND AND REPAIR POLICY

REFUND POLICY

1. 0 to 7 days from date of delivery 100% Refund
2. 8 to 14 days from date of delivery 70% Refund
3. 15 to 30 days from date of delivery 50% Refund
4. 31 days or more days from date of delivery 0% Refund

REPAIR POLICY

Richway International provides repair service for our products. In order to better serve you, a **Return Material Authorization (RMA) number is required**. You may obtain this number by calling our customer service center at (808)589-2800 or by sending an e mail to customerservice@richwayusa.com detailing the problem you are experiencing and provide your **RI NUMBER** for your purchase. The RI number is the Richway invoice number for your purchase which is obtained at the time you place the order. The following information provides some details of our repair service

1. Up to 2 months from the date of delivery, Richway will pick up the product, repair it and send it back to the customer at no charge.
2. Two months to one year from the date of delivery, the customer is responsible for shipping the product back to Richway and the repair fee is 100% free. Richway International will cover the cost of shipping the product back to the customer.
3. One year to 3 years from the date of delivery, the customer is responsible for shipping the product back to Richway and for the repair fee which is detailed below. Richway International will cover the cost of shipping the product back to the customer.
4. Richway International offers Life Time Trade In for 50% off the value of your original purchase. You can trade in for the same product plus shipping or if the products you are trading in for is of lesser value, it is 50% of the cost of the lesser value item plus shipping.
5. Only the original buyer of the product can call to get the warranty service.

IMPORTANT NOTE – How to send product in for repair:

1. Pack items securely. Do not send the Biomat in the suitcase/carry bag.
2. Write the RMA number on the outside of the package and enclose return name, address and phone number.
3. Item must have a tracking number. UPS or FedEx numbers can be tracked. If sending via the U.S. Post Office, requesting delivery confirmation will enable tracking of your item. If sending via the U.S. Post Office, you may insure your item, but the insurance receipt cannot be used for tracking.

Repair service up to third year covers: electronics/heating/top replacement

4th year and up - top replacement not included in repair fees - see below **

			REPAIR FEES AFTER FIRST YEAR			
PRODUCT	1 to 2 months	2 months to 1 year	2nd YEAR REPAIR	3rd YEAR REPAIR	4th - 30th YEAR	
					REPAIR	TOPS
MINI MAT/BIOBELT	FREE PICK-UP FREE REPAIRS FREE RETURN	SEND BY CUSTOMER FREE REPAIR FREE RETURN	\$ 40.00	\$ 80.00	\$ 120.00	\$ 100.00
BIOMAT PROFESSIONAL			\$ 60.00	\$ 120.00	\$ 180.00	\$ 200.00
BIOMAT SINGLE			\$ 60.00	\$ 120.00	\$ 180.00	\$ 400.00
BIOMAT QUEEN			\$ 80.00	\$ 160.00	\$ 240.00	\$ 600.00
BIOMAT KING			\$ 100.00	\$ 200.00	\$ 300.00	\$ 800.00
ALKAL-LIFE			N/C	N/C	\$ 240.00	
REJUVENA			\$ 50.00	\$ 100.00	\$ 150.00	
S-FILTER			ONE YEAR WARRANTY			
ALKA ENERGY A-1 FLASK			ONE YEAR WARRANTY			

**From 4th year and up - top replacement service is repair cost plus cost of tops.

If you have any questions, please feel free to call us at (808)589-2800 or e-mail to customerservice@richwayusa.com.

THANK YOU FOR YOUR BUSINESS

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