



Bio-Mat Basics

With Far-Infrared, Negative Ions, & Amethyst Crystals

The **Bio-Mat** combines state of the art Far-Infrared Light and Negative Ion Technology with the healing power of Amethyst crystals to deliver top notch professional therapeutic results.

The Bio-Mat:

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

The Bio-Mat is a totally unique medical device producing both **Far-Infrared**, as well as generating 6.8 microns of **Medium "Human" Infrared**. According to NASA research, Human Infrared normalizes a variety of important physiological functions, especially glandular functions. |

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

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

The Superior Health Benefits of the Bio-Mat

1. Improves Circulation & Cardiovascular Function

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

2. Improves Immune System Function

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

3. The Bio-Mat Relieves Pain

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

4. The Bio-Mat Burns Calories and Controls Weight

As you relax in the gentle heat of Far Infrared your body is actually hard at work, producing sweat, pumping blood and burning calories. According to a Journal of the American Medical Association report, a single 30-minute far infrared session burns as many calories as rowing or jogging for 30 minutes.

5. The Bio-Mat Eases Joint Pain and Stiffness

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

6. The Bio-Mat Reduces Stress and Fatigue

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

7. The Bio-Mat Improves Skin

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

8. Removes Bodily Toxins and Assists in Detoxification

Synthetic and foreign elements that are potentially toxic do exist within our food and atmosphere and therefore our bodies, keeping with the idea that "it's not just what you eat, but what you absorb". Far Infrared helps to detoxify the body in several important ways. Increased blood circulation stimulates the sweat glands, releasing built up toxins and waste. Daily sweating can help detoxify your body as it rids itself of an accumulation of potentially carcinogenic heavy metals, alcohol, nicotine, sodium, sulfuric acid, cholesterol, and uric acid. In addition to sweating, far infrared is capable of removing toxins via several other bodily systems.

Select from 8 Therapeutic settings:

2 Green Settings – *for safe, extended-hour use*

4 hours or more suggested session time -

- as an all-purpose healthcare program support
- as a immune system & energy booster
- for First Aid, irritable symptom relief, headaches, indigestion, jet lag, depression
- for regenerative sleep and recovery

2 Low Gold Settings –*for a subtle warmth*

2 hours or more suggested session time -

- for sports and flexibility training
- as a cardio and respiratory aid
- for blood pressure and sugar regulation
- for female cycle rebalancing and support
- for a youthful hormone restoration

2 High Gold Settings – *for a deep, penetrating warmth*

9 to 90 minute suggested session time -

- for joint pain relief & stiffness
- for stress, fatigue, anxiety & trauma relief
- for improved circulation & heart function
- as a profound relaxation & mood elevator
- as a higher consciousness tool

2 Red Settings – *for a deep heat, with maximum therapeutics*

30 to 60 minute suggested session time -

- for a cleansing sauna and detoxification
- for natural burning of calories & weight loss/control
- to enhance skin tone & texture
- to enhance sexual vitality
- as a metabolic aid
- for healthy blood circulation & purification
- as a room environment and bedding sanitizer

The Effects of Negative Ions

1. Blood Alkalization & Blood Purification

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

2. Reviving the Cell

When the amount of negative ions in the blood increases, there is an increase in inter-cellular communication. Cellular metabolism is facilitated, and as a result there is an increase in cellular nutrient uptake and cellular hydration. In addition, cellular waste materials are more efficiently excreted. With the increase in cellular metabolism, optimal cell function is rapidly revived. Further information is found in the Nobel Prize in Physiology (1991) for the discovery of ionic channel function.

3. Diseases Associated with Ion Deficiencies

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

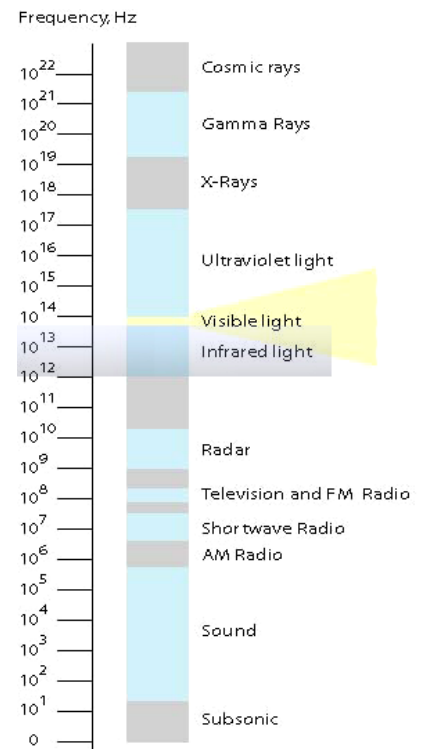
The Science of Bio-Mat

Far Infrared Rays (FIR) are located *within* the infrared's 10^{12} - 10^{14} micron frequency portion of the light ray spectrum from the sun. It's a form of radiant heat that can also be called "infrared energy." Far Infrared Rays not only benefit the skin and muscle tissue on the surface of the body, but penetrate into deeper tissues as they penetrate 6-8 inches into the human body. FIR penetrate into the lymph glands, blood vessels, nerves, as well as key organs. Scientists propose that among the energy spectrum coming from the sun, that the Far Infrared Ray waves are by far the safest and most beneficial electromagnetic energy available for the human body, directly affecting all metabolic and cellular functions.

Infrared shouldn't be confused with ultraviolet or any other forms of dangerous radiation. It is actually used in many different commercial and consumer applications, such as incubators in nursery wards. The human body itself radiates infrared energy. As the earth is warmed by infrared rays from the sun, it too radiates infrared. A good way to understand how infrared relates to the body is to imagine sun bathing at the beach. When the sun is out you can feel its heat warming within your body, but if a cloud moves in and momentarily blocks the sun, you feel a slight chill. This is because the cloud is preventing the infrared rays of the sun from reaching you.

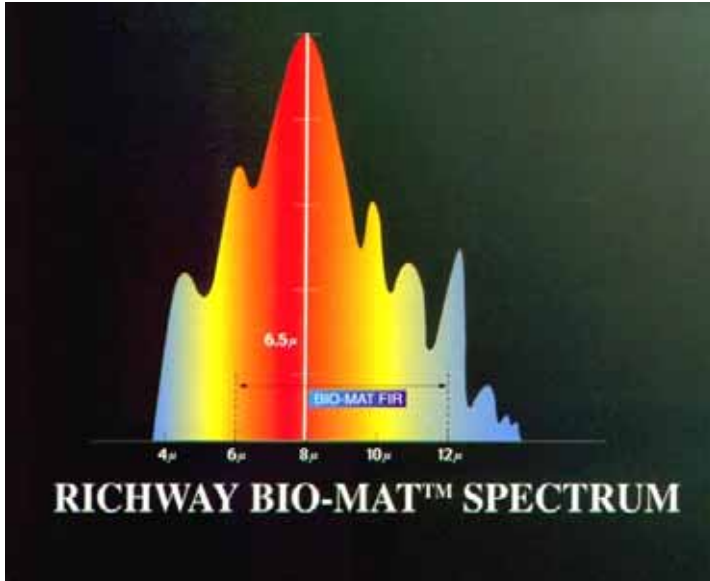
6.5µ & 8-10µ Micron Infrared – The Bio-Mat works within the Infrared spectrum of 5-20µ (microns), specifically at 6.5µ (microns) and 8-10µ (microns) through two special sensors which amplify the amount of 6.5µ & 10µ Infrared healing activity.

The healing benefit of 6.5µ Infrared feature of the Bio-Mat is for carrying information to the cells and creating a gentle soothing internal massage.



8-10 μ Infrared frequency is utilized for transmitting vital energy and massaging the cells at a higher frequency. The microchondria are massaged activating & encouraging cellular natural function.

Setting the Bio-Mat ½ hour daily to a lower 6.5 μ setting creates a low heat nurturing environment.



6.5 μ setting activates the body's healing (immune) systems to optimize all body functions, as it amplifies the natural regenerative capabilities of the body.

Setting the Bio-Mat to higher 10 μ micron activity continues the 6.5 μ benefits plus it increases the metabolism and improve cardiovascular circulation. Fat soluble "toxins," heavy metals, and other contaminants that are stored in cellular tissues are released during the process and expelled through sweat, plus processed through the lymphatic system. This is commonly called "detoxification."

E-coli bacteria are reduced 64.5% after 24 hours on the Bio-Mat.

10⁴² - 10⁴⁸ Hz (Infrared) Spectrum – Utilizing the Infrared portion of the Spectrum, the Bio-Mat has two sensors, one which generates 6.5 μ Infrared and another which generates 10 μ Infrared, within the 10¹² - 10¹⁴ Hz (Infrared) Spectrum. World renowned scientist Dr. Chian, of China has demonstrated that 10¹² - 10¹⁴ Hz (IR) acts as an information carrier when passed through various materials, including human & animal DNA and pheromones. This information carrier effect also occurs as well through gemstones such as amethyst. Bio-Mats with IR sensors were tested along with a control group of Bio-Mats without IR sensors. The most potent healing effects occurred only under the group with the IR sensor plus the amplifier, amethyst crystal. This translates that Infrared alone was not responsible for the healing, but rather the addition of information being released through the amethyst. This is the critical difference between the use of infrared saunas and the Bio-Mat". This may explain why so many reports of healing have occurred over the 9 year history of the Bio-Mat.

Negative Ion Conduction Effect – Negative Ions are naturally found in the atmosphere near mountain tops and ocean sides. When the amount of negative Ions in the blood is increased, the function of a cell is activated. The electrical material exchange speeds up the cell function and as a result, nutrition is fully absorbed by the cell and waste material is eliminated. Metabolism is increased and the function of the cell is gradually revived

The Amethyst Effect was scientifically demonstrated through spectral analysis demonstrating a change in infrared light when refracted through amethyst crystals. Scientists experimented passing far infrared light through a variety of substances, including various gems, glasses, and plastics. Amethyst was found to be the only substance which clearly changed the spectrum of infrared light. Wave forms mimicked patterns similar to the human voice according to scientists. While no theory has yet been proposed regarding the Amethyst Effect, scientists hypothesize that the infrared light passed through the amethyst releases over 20 million years of information which is made available to the human body for healing purposes.

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

Safety - The Bio-Mat protects your body from any harmful AC current by providing a 5-tiered buffering system in which the AC current is converted to DC (direct current). DC is bio-electrically compatible with the human body. The Bio-Mat is approved by the FDA as a medical device, capable of the following functions. Many insurance companies consider the Bio-Mat a viable treatment option for pain as well as other musculoskeletal problems.

Transform your health, your body & your life.

WHERE CAN I TRY A Bio-Mat?

Book your Bio-Mat session. Email yourhealth@janeweitzelstudios.com

WHERE CAN I PURCHASE A BIO-MAT? - yourhealth@janeweitzelstudios.com

Bio-Mat Professional: (fits massage table - 28x68x1") includes travel bag with wheels & 100% cotton padded cover (\$100 Discount with copy of license)	\$1450.00 USD
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Bio-Mat Mini Mat: (20"x 34") For chairs and traveling	\$550.00 USD
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Amethyst/Jade Pillow: Keeps head cool while delivering far infrared & negative ions	\$250.00 USD
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TO PURCHASE, or queries please email Janaki - yourhealth@janeweitzelstudios.com

VISIT www.janeweitzelstudios.com/yourhealth for more healthy living choices.

"Healthy Body, Healthy Mind... Happy Soul"