



What is Bio Mat?

A device that combines state-of-the-art Far Infrared Light FIR (is the Sun's spectrum most healing radiant heat), Close to FIR, (the Red Light with 640-680 nm wavelength is the most beneficial part of the visible Sun Spectrum), Bio-Magnetic Fields pulsing (PEMT) with the similar to Earth and Sun frequency, and Negative Ion Therapy. The main parts of the Bio Mat are the semi precious crystals which when heated produce negative ions and emit Radiant InfraRed.

What Can Bio Mat Do?

This mat can relieve muscle and joint pain and stiffness from muscle spasms, sprains, strains, and so much more. It can reduce stress, encourage relaxation, create intense deep impact heat boosting metabolism, improving blood circulation and support both the body and mind on a path to improve health and well-being. After one session you may notice benefits, such as a relaxed state of mind, reduction of stress and fatigue, a better supported immune system and improved sleep.

How Does it Work?

The FIR heat helps to boost metabolism and relax the nervous system. It provides deep muscle and tissue therapy with soothing nerves, increasing circulation, assisting in detoxification as well as reducing stress, depression, and some types of pain. FIR rays for health are well tested and have been used for over 50 years in Japan. Forty years ago NASA and Russian Space Agency noticed that astronauts did not heal while in space. The scientist determined that red light could heal the astronauts while in space.

Bio-Magnetic Field Therapy (PEMT) : Magnetic fields naturally exist in the human body. PEMT is a modern reparative technique which stimulates cellular repair for a wide variety of musculoskeletal disorders, nerve regeneration, sports injury, wound healing, diabetes, bone healing, depression, and more. The Bio Mat emit similar Electro Magnetic Fields biologically identical to those created by our body and therefore complementary to our chemistry and function. PEMT brings energy into the body, like recharging a battery, increasing circulation, boosting metabolism encouraging the healing of tendons, bones, wounds, nerves. There are over 10,000 studies the reference this therapy including thousands by NASA.

Negative Ions: Negative ions neutralize Free Radicals. They revitalize cell metabolism and enhance immune function, relax the body and mind, promote deep sleep and enhance recovery from physical exhaustion, increase flow of oxygen to the muscles and brain resulting in higher alertness and more mental energy.

During the Session

It is best to begin using the Bio Mat slowly and increasing the intensity of your sessions over time. This will give your body a bit of time to adjust to the mat's effects. Start with lower temperature at first and use a small amount of time to see how your body likes and responds to the mat. Then you can increase the PEMT, temperature of the mat as well as the time. Once to three a week sessions will be a good way to begin, good results are reported from two or three 30-minute sessions per week so that you may benefit from the mats accumulative effect.

Proper hydration is very important before each session. Drink plenty of pure or mineral water along with the important minerals and electrolytes that the body needs when replenishing it self . Do this before and after session.

Healthful Benefits of Bio Mat

Relieves pain, helps burn calories, ease joint pain and stiffness, reduces stress and fatigue, improves skin, alkalizes and purifies the blood, revives cells, promotes sleeping and relaxation, helps after workouts recovery, induces sweating with Sauna-like Action, Metabolism stimulation, Balances menopause, andropause hormone systems, fights abdominal and visceral fat, helps to relieve insomnia, helps with Post Traumatic Stress and Trauma recovery, improves circulation and cardiovascular function, improves immune system.

Contraindications

Organ Transplants, Pacemakers/Defibrillators, Newborn Babies/Infants/children, Pregnancy, Radiation/chemotherapy, Hyperthermia/Fever, Joint Injuries, Insensitivity to Heat, Immobility, Medications (consult physician)

Never use this device while under the influence of medicines, sleeping aids, drugs, alcohol or other intoxication.