

The Amethyst Bio-Mat 2002™ Provides The Following Benefits:

- **Improves the Immune System**

Far Infrared Ray's deep heat raises your body temperature, inducing an artificial fever. As it works to combat the "fever", your body's immune system is strengthened. Combined with the elimination of toxins and waste produced by the intense sweating, your overall health and resistance to disease is increased.

- **Improves Skin**

The profuse sweating achieved after just a few minutes in the Bio Mat carries off deeply imbedded impurities and dead skin cells, leaving the skin glowing and immaculately clean. Increased circulation draws your skin's own natural nutrients to the surface.

- **Reduces Stress and Fatigue**

The gentle warmth of your Bio-Mat gives you an overall massaging effect, soothing jangled nerves and knotted muscles. You'll feel rejuvenated and renewed, restored in both body and mind.

- **Increases Blood Circulation and Strengthens Cardiovascular System**

As your body increases sweat production to cool itself, your heart works harder pumping blood at a greater rate to boost circulation.

- **Eases Joint pain and Stiffness**

Infrared Ray heat therapy is widely used to treat patients suffering from many forms of arthritis. In addition, it has been proved effective in the treatment of sprains, neuralgia, bursitis, muscle spasms, joint stiffness and many other muscular-skeletal ailments. Much of the stiffness, aches and soreness that comes with aging is reduced or eliminated.

- **Burns Calories and Controls Weight**

As you relax in the gentle heat of the Bio Mat 2000nTx, your body is actually hard at work, producing sweat, pumping blood and burning calories. According to a Journal of the American Medical Association report, in a single Infrared Ray sauna session you may burn as many calories as you would rowing or jogging for 30 minutes. So you lose weight - not just water.

- **Removes Toxins**

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, as well as alcohol, nicotine, sodium, sulfuric acid and cholesterol.

- **Relieves Pain**

The deep heat of your Bio Mat 2000 helps peripheral blood vessels dilate, bringing relief and healing to muscle 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.

MORE 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) that accumulate at the body joints. Some people feel improvements in the body system in one day, but it may take several months for others. The difference in reaction time is explained by the fact that the health of different people can vary greatly. Some have a much more acidified body and have accumulated more waste material than others.

Different from ordinary light beams, long wave infrared rays penetrate deeply. It warms our body from the inside out, and stimulates our immune system. The long wave infrared ray penetrates deeply into our skin and eliminates waste material through skin pores and promotes blood circulation. All of the following conditions have been alleviated or greatly improved: High or low blood pressure, diabetes, stomach ulcer, athlete's foot, hemorrhoids, constipation, inflammation of nose or ozena, hepatitis or gastritis, pyorrhea, eczema, neuralgia, metabolism, chronic fatigue, fibromyalgia, and more.

HEALING POWER: Immune system improved, body defense system represses increase of cancer cells by accelerating blastogenesis. According to tests on animals, the increase of malignant tumor like sarcoma and melanoma were notably suppressed. Currently more research studies are being performed on the effect of cancer prevention. 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. Other diseases which showed notable improvement with this treatment include rheumatoid arthritis, paralysis, diabetes, raynaud disease, and progressive hardening of the arteries. People have given testimony to the positive effect of: insomnia, chronic lumbago, arthralgia, menstruation pain, fatigue recovery and maintenance of general health.

A FIR pad warms deep inside our body while we are sleeping, expanding clogged-up capillaries, thus helping our body's blood circulation. This action helps dissolve clogged-up acidic wastes into the blood stream. We recommend the users of this pad to drink alkaline water to neutralize the wastes as they come into the blood stream. Sometimes the FIR pad is called a lazy man's exercise tool because it works while we are sleeping. For people with a physical disability, who may not be able to exercise properly, this pad will be useful.

NEGATIVE IONS: The negative ion is only found in "clean air". Studies of the relationship of the Ion to our health have been made by professional researchers who agreed that our health is dependent on the amount and quality of ions in the air. When the human body is fatigued, the blood is acidic. In a negatively charged ion environment, circulation improves, thereby introducing greater amounts of alkaline blood into the system. Ionization assists the body's normal regenerating cycle and provides relief from fatigue, headache and muscle ache. You'll find that you awake more refreshed and more relaxed than before. You'll have that feeling of general well-being that only a good nights sleep can bring. Negative ions help neutralize the body's acidity and raise alkalinity by increasing the sodium and calcium content of our blood. This aids in the more through removal of body waste products.

REASONS OUR HEALTH IS IMPROVED: The Ion is the major benefactor in keeping us healthy. 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 will be normal if there are enough Ions within the cell. The reverse will be true if there is a lack of Ions. Absorption of nutrition and elimination of waste material will be done effectively. Afflictions caused by an improper number of Ions in the body: anemia, allergies, infirmity, climactic trouble, shoulder pain, lumbago, rheumatism, neuralgia and headaches, constipation, gastroenteritis, hepatitis, kidney trouble, unbalanced autonomic nerve, insomnia.

IONS MAKE US HEALTHIER: Purifies the blood, revives the cell, increases immunity, controls function of the autonomic nervous system, calcium in blood will be decreased, blood sugar level increases.