

BioMat Best Practices & Contraindications

How to Use the BioMat Safely & Effectively

Transcribed by Susan Hikel from Carrie Luke Training Call June 2012

Always remember that, "Almost everyone can use the BioMat safely. The BioMat is extremely safe. Has been tested many, many times over the years, not only in the US but all over the world with American, Korean, Japanese FDA approvals and numerous ISO, KETI, CE safety certifications. Richway has gone the extra mile to make this a safe product!

Only a handful of people should NOT use the mat. Who is that?

- ▲ Somebody with an external pacemaker on outside of body. Normal pacemakers under the skin, not a problem.
- ▲ Somebody in renal or kidney failure. No heat. Can be on mat with negative ions only. Bio-mat increases oxygenation and flow of blood, will push blood quicker through the kidneys, don't want to tax kidneys, as they are already in failure.
- ▲ People with Heat sensitive MS. Ask person, what type of MS do they have, the heat sensitive type?" They can use the mat with just the negative ions, (possibly Green settings), which would be very beneficial for their nerves and cellular activity. The other MS type can enjoy the full gamut of the mat.
- ▲ Organ transplants, not to use BioMat for over two years. It might cause body to reject transplanted organ.
- ▲ Newborn babies. Their thermostats have not regulated yet. Wait till they are at least 6 months old and keep on two lowest temps. Or use with negative ions only.

What about other issues?

- ▲ Metal body parts anywhere in the body. Totally fine, no problem. Hip replacements, knee, spine, etc...
- ▲ Breast implants, low heat. Green temps.
- ▲ Pregnant: low heat. Green temps.
- ▲ Children low heat. Green temps.
- ▲ Pain patch. Any kind of external patch on body to be removed while on the BioMat. Will increase the uptake on the patch. Including nicotine patch.

More good Information

- ▲ If Incontinent, use a waterproof pad that can be bought from Richway.
- ▲ Use only natural fibers on the BioMat: Cotton, wool, flax, silk, bamboo.
- ▲ Hydrate well. Drink a glass of water before and after using the mat.
- ▲ Always use the BioMat with all natural cotton pad that comes with mat. This enables the mat to heat evenly and

maintain the temperature setting you selected.

- ▲ Stay away from synthetic fibers. Heat up very quickly and intensely, blocks negative ions. Body absorbs toxins in synthetic fabrics. Counter-productive.

Follow the 8 Settings Guide

- ▲ If somebody wants to maintain optimum health, and they are already fit and healthy: they can run the whole gamut of temperatures spectrum.
- ▲ A Good way to introduce anybody to the mat is slow and easy. Slow and Easy wins the Race! The Green settings are a wonderful way to introduce someone to the BioMat!
- ▲ Those with health issue such as diabetes, high blood pressure, allergies, asthma, or you know is very toxic from smoking, drinking, medications, etc... Start slow with 2nd green temperature for 20 to 30 minutes. Have them drink water and monitor how they feel afterwards. Limit sessions to three a day the first day unless they want to use on negative ions only. (No temp)
- ▲ The green settings are a very mild temperature for anyone to adjust to the mat and let the body meet the frequencies and enjoy it. These temps can be used extensively and be slept on as well. Once somebody has had an experience with the mat on these lower settings for at least a couple of days and feels good, they can go ahead and slowly work their way up to low gold at 122 temp. This is a good temp for those with health issues. For those that do not have health issues, 131 degrees is a very comfortable setting, gets them in the theta and delta states very quickly, and is very relaxing. This is also good for pain relief.
- ▲ If somebody wants to do a therapeutic sweat, this is very good for you at least once a week. Wear natural fibers. Half an hour to one hour on high. Wrap yourself in terry cloth wrap, sweats, cotton sheet, Mylar sheet, etc... anything to raise the body temperature. Protect the mat from sweat with layering on top of cotton pad with cotton towels.
- ▲ To make mat softer, layer with cotton beach towels, wooly fleece on top, down comforter, folded Egyptian cotton blanket. Frequency will pass through the layers of insulation and reach you. The heat might need to be bumped up a notch; it won't feel as intense through the layers.



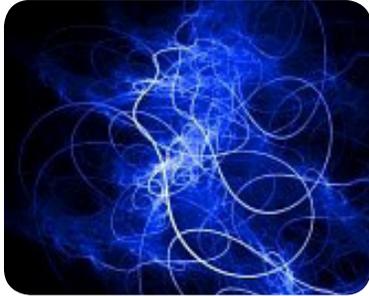
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▲ Main purpose of BioMat is to bring body back into biological balance. One way to do that is through Detoxing. BioMat helps body to produce a sweat, by encouraging and awakening the lymph glands so you can move body fluids. You might experience going to the bathroom more which is a sign your body is releasing toxins.



▲ Some signs that you detoxing if you are using the BioMat "Too much, too soon, too quickly" are: headache, cramps, belly ache, diarrhea, vomiting, nausea, breaking out in sweats all of a sudden. Everyone is different and everyone detoxes differently. Turn down the temp or do less time. 99% of people said when they hung through the uncomfortable detox symptoms; they came through with flying colors.

▲ Remember to drink water to hydrate yourself before and after every session on the mat. Maintain hydration at all times.

How to Maintain Your BioMat:

- ▲ Can gently vacuum with upholstery brush in the channels on mat to pick up lint or wipe with a damp cloth. Do not use water or dry clean which can damage the electrical components of the mat.
- ▲ Do not need to clear the crystals. Sea salt packed in the channels with the crystals. Negative ions and far infrared-constantly clearing the energy.

Final Recommendations :

- ▲ 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., third gold setting at 131°F for a 30 minute power nap) when you are ready to lie down.
- ▲ For the best results, use the BioMat daily. Its effects are cumulative.
- ▲ If you want to cleanse the mat for sanitation reasons, turn the temperature control to the highest red setting and let it "bake" for 30 minutes.
- ▲ 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.
- ▲ If desired, set the timer on the control panel so the power will automatically go off after 2, 4, 8 or 12 hours.

Finally, Enjoy Your BioMat and Prosper!

This information is not intended to cure, diagnose or treat medical conditions, nor is it a substitute for the product User's Guide. Please consult with a Physician before beginning this or any other new healthcare program. Any information with regard to personal testimonies about RichWay International's products do not reflect or represent RichWay International's product claims. These statements have not been evaluated by the FDA.

Susan Hikel, Carrie Luke & The BioMat Company

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