

## BioMat Q&A

*As you relax with the BioMat, here are some interesting facts about what you are experiencing and why.*

### BioMats 7000mx



### Why is this thing warm?

*The beneficial Far Infrared (FIR) is generated when the alumina silica material is heated, which is accomplished by an electric heating coil.*

### Alumina Silica?

*In 1967 while experimenting with materials for insulation, NASA developed an alumina silica material that, when warmed, generated a large amount of infrared. In 1982 NASA released the patent on this technology. In 1990, using the NASA technology, Japanese researchers made a material of alumina, silica, and carbon fiber to generate infrared. In 1997, Richway introduced the BioMat using this material.*

### What is Far Infrared (FIR)?

*A type of light that we cannot see with our eyes, Far Infrared is a band in the electromagnetic spectrum. Roughly 49% of the energy from the sun is infrared. It has been used effectively for millennia to mitigate pain. A heated sauna, for example, is one of the earliest ways that people used far infrared for therapeutic purposes.*

### What does FIR do?

*FIR stimulates the mitochondria that are part of every cell in your body. Mitochondria are known as the power plants of the cell. They are organelles that act like a digestive system—taking in nutrients, breaking them down, and creating energy rich molecules for the cell. Mitochondria are the working organelles that keep the cell full of energy.*

*[<http://www.biology4kids.com>]*

## How does stimulating the mitochondria help me?

*This process gives you an energy boost on a cellular level. The FIR has a positive effect the cells throughout your entire body in a generalized way. For example, blood flow improves, nourishing injuries or reducing inflammation in sore muscles and joints. The gentle heat also generates deep relaxation, which promotes more restful sleep.*

## After a while, my body feels warmer than the BioMat. Why?

*Stimulating the mitochondria is also known as cellular respiration. This process is like firing up an engine within each cell. The cumulative effect of cellular respiration is a feeling of deep internal warmth that in time becomes more intense than the heat generated by the BioMat.*

## What is the effect of the Amethyst and Black Tourmaline crystals?

*For centuries, healers have regarded Amethyst as a power crystal with purifying and pacifying restorative properties for both body and spirit. Black Tourmaline is a potent grounding stone that cultivates connection to Mother Earth. Both of these crystals naturally create and emit FIR. When radiating additional FIR through these crystals increases the coherence of the energy pattern and intensifies its healing effects.*

## What is the most beneficial amount of time to use a BioMat?

*The optimal length of time varies from person to person. The timer can be set for 2, 4, 8, or 12 hours. Some people sleep on the BioMat every night. People who spend a lot of time in a car use an adaptor so they can reap the benefits of the BioMat while driving. Extended time on the highest heat settings is discouraged because of the danger of dehydration (the heat automatically turns down after one hour), but lower settings can be safely and comfortably enjoyed for several hours at a time.*

## Concerned about EMF?

*Special layers of fabric in conjunction with the BioMat® EMF Interceptor effectively reduces electromagnetic waves.*

## How can I try out a BioMat again?

*Lynn Harms, LMT and Tami Harms offer various ways to experience and to learn more about the BioMat.*

*We offer educational sessions we refer to as Synergistic Healing Concepts to individuals and to groups, to both professional and private users who are looking for this type of assistance. We share how this can benefit you on a personal level, whatever that may be.*

*Lynn Harms, LMT offers a variety of massage options as well as Reiki healing energy, all including the Amethyst BioMat.*

*Tami Harms offers Reiki energy work with the BioMat. She also includes Aromatherapy, crystal healing and channeling that creates a synergistic healing effect she has found to be quite profound.*

*\*Ask us how we can help you bring this into your practice and/or home.*

## Contact Us

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