

# BioMat Best Practices & Contraindications

## How to Use the BioMat Safely & Effectively

Transcribed by Susan Hikel from Carrie Luke Training Call June 2012

# Contraindications

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. Do not use with a pacemaker that has a **Defibrillator**. 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 they have, the heat sensitive type? They can use the mat with just the negative ions or 1st Setting (95°), 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 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.
- ▲ **Radiation Therapy**. Those currently going through radiation treatments should wait 6-8 weeks before using the BioMat on heat settings. Use Negative Ions only as the body needs to recover from the intense radiation (burn) before exposure to more internal heat.
- ▲ **Chemo Therapy**. Consult 4th Treatment Book for details on using together.
- ▲ **Brain Tumors**. Low Heat or No Heat. Use Amethyst Pillow while on the BioMat. Heat increases pressure on the brain.

### What about other issues?

- ▲ Metal body parts anywhere in the body. Use on low-Medium heat 1-3 Setting (95°-122°) Hip replacements, knee, spine, etc...
- ▲ Breast implants, low heat (95°-104°).
- ▲ Pregnant: low heat. Green temps (95°-104°).
- ▲ Children low heat. Green temps (95°-104°).
- ▲ 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 as they block negative ions and the body absorbs toxins in synthetic fabrics. Counter-productive.

### Uses for the 9 Settings

- ▲ 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 first two settings (95°-104°) are a wonderful way to introduce someone to the BioMat!
- ▲ Those with health issues such as diabetes, high blood pressure, allergies, asthma, or who you know might be very toxic from smoking, drinking, medications, etc. Start slow with 2nd green temperature (104°) for 20 to 30 minutes. Have them drink water and monitor how they feel afterwards. Limit sessions the first few days unless they want to use negative ions setting only. (No temp.)
- ▲ The green settings (95°-104°) 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 the 4th setting (122°). This is a good temp for those with health issues. For those that do not have health issues, the fifth Setting (131°) is a very comfortable setting, gets them in the theta and delta states very quickly, and is very relaxing. For pain relief or a 30 minute power nap.
- ▲ Therapeutic sweats are beneficial at least once a week for half an hour to one hour on high. Wear natural fibers. Wrap yourself in terry cloth wrap, sweats, cotton sheet, Mylar sheet, etc... anything to raise the body temperature. Protect the mat from sweat by layering cotton towels on top of the cotton pad.
- ▲ To make mat softer, layer with cotton beach towels, wooly fleece, down comforter or folded cotton blanket. The frequencies 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.