

Benefits of the Amethyst BioMat

FIR (Far Infrared) Therapy has been shown to:

- Reduce pain, stiffness, swelling and inflammation
 - Improve lymph flow and the endocrine system
 - Increase blood circulation and strengthen the cardiovascular system
 - Activate healthy molecular vibration with long-lasting, life-sustaining activity by initiating enzyme activity
 - Penetrate deeply into the innermost parts of the body, stimulating healing and the regeneration of cells, nerves and meridians hidden beneath surface, adipose (fat) and muscle tissue layers
 - Balance pH by decreasing acidity
 - Assist in removing toxins and detoxifying the body
 - Improve the Immune System
 - Reduce stress and fatigue
 - Improve skin and muscle tone
 - Help control weight and burn calories
 - Reduce Cholesterol
 - Normalize Blood Pressure
 - Assist in attaining a deep Delta State of Relaxation
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Negative Ions are considered to be "Natures Battery Charger". Negative Ions are a major natural element that provide energy to the human body and have been show to:

- Deliver a molecular level massage that accelerates and deepens all healing and cleansing processes
 - Be the "Master Power Switch" which activates the body's entire cellular communication system and makes every single body function work better. Nobel Prize in Medicine 1991: "Reviving the Cell" – When the amount of Negative Ions in the blood increases, the function of the cell is activated, thus increasing nutrient absorption, waste elimination, metabolism and cell function. The reverse holds true if there is a lack of Negative Ions, and too many Positive Ions within a cell. Thus, absorption of nutrition and elimination of waste material cannot be done effectively. As a result diseases happen
 - Alleviate allergies, migraines and sinus problems
 - Aid in purification of our blood. Through research done by Dr. Tanaka in Japan, it was discovered that when Negative Ionization is introduced, the ions in calcium and natrium (salt) in the blood increase and the blood is purified by increasing blood alkalinity
 - Increase the flow of oxygen to the brain resulting in higher alertness, decreased drowsiness and more mental energy (Pierce J. Howard, PhD, author of "The Owners Manual for the Brain: Everyday Applications from Mind Brain Research" and director of research at the Center for Applied Cognitive Sciences in Charlotte, N.C.)
 - Produce biochemical reactions that increase levels of the mood chemical serotonin, helping to alleviate depression, relieve stress and boost our daytime energy
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Amethyst Quartz is Nature's "Super Conductor":



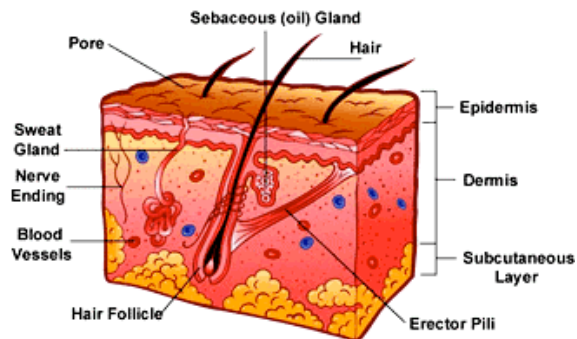
Scientifically found to offer the steadiest and most powerful delivery of beneficial Far Infrared light waves and highest vibrational frequencies into the human body. Amethyst also aids in inner alignment – balancing inner body energies and clearing energy blocks. It has been shown to:

- Aid with sleep
- Improve mood and depression
- Help with swelling and inflammation
- Detoxify the body
- Enhance relaxation
- Balance and stabilize energies located within certain areas of the body

Why Far Infrared Therapy?



FIR has the ability to penetrate, refract, radiate and reflect. The human body can absorb FIR because of its deep penetrating ability. When FIR penetrates through the skin to subcutaneous tissues, it transforms from light energy into heat energy. The thermal effect within the deep layers of the tissues causes blood vessels and capillaries to dilate, promoting better blood circulation. The heat produced helps to get rid of body toxins and metabolic waste through sweating.



FIR energy that is absorbed by human cells causes a physical phenomenon called "resonance". Thus the cellular activities are instantly invigorated, resulting in better blood circulation and an overall improved metabolism.

The quicker metabolic rate causes extra toxic waste products to be purged from the body through the skin during perspiration. The skin is often referred to as the 3rd kidney because it is believed to be responsible for eliminating 30% of the body's waste.

Dr. Toshio Yamazaki is the author of "The Science of Far Infrared Ray Therapy" and other books. She notes the following health problems have been helped by the use of Far Infrared technology:

- Asthma, Bronchitis (cleared up)
- Rheumatoid Arthritis (**7 out of 10 cases resolved** in one clinical trial)
- Cancer pain (greatly relieved)
- Cirrhosis of the Liver (reversed)
- **Crohn's Disease (cleared)**
- Cold hands and feet (20-25% improvement maintained)
- **Cystitis (gone)**
- Duodenal Ulcers (eliminated)
- Gastritis (relieved)
- Hemorrhoids (reduced)
- Hepatitis (gone)
- **High Blood Pressure (reduced)**
- Keloids (significantly softened and in some cases completely gone)
- Leg Ulcers (healed)
- Radiation Sickness (relieved signs and symptoms)
- **Teenage Skin Problems (cleared)**
- Tinnitus (chronic case cleared in 10 treatments)
- Eczema and Psoriasis (responded well)
- **Pain Relief**

Far Infrared Cellular Purification

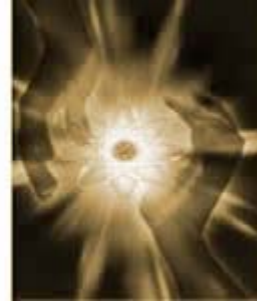
Dr. Toshiko Yamazaki, MD, owns a Far Infrared Therapy clinic in Japan where she has done extensive research on the use of Far Infrared Therapy or Infrared Light Therapy. In her book, "The Science of Far Infrared Therapies," she explains that one of the reasons Far Infrared Therapy has beneficial results in helping with a variety of illnesses is because of the ability of Far Infrared waves to remove toxins with mercury detoxification which is often at the core of many health problems. Since humans are bio-accumulators, numerous toxins that disturb natural body healing (and cannot be removed immediately after entry) are stored in our bodies and prevent future natural body healing.



Far Infrared light wave reaches up to 6 inches deep inside the body's tissue



Cellular vibration occurs when the light waves penetrate the cells and reach the large water molecules



This vibration reduces the ion bonds of the atoms that are holding together the molecules of water, resulting in a release of toxins

Dr. Sasaki Kyuo, MD has done **extensive research** on the therapeutic uses of Far Infrared Therapy. She is the author of "**The Scientific Basis and Therapeutic Benefits of Far Infrared Ray Therapy**" which presents the clinical effects of Far Infrared Ray Therapy.

Besides **cancer**, Dr. Kyuo reports continual successful treatments of many other diseases by the use of FIR waves – treatments not only performed by her but by many other doctors. The list of diseases documented in her book include stress-induced chronic diarrhea, abdominal distention, ulcerated large intestines, gastritis, facial numbness, hemorrhoids, shoulder, back, and knee pain, rheumatism, hypotension, diabetes, weight loss, breast and abdominal tumors, low blood pressure, asthma, anemia, burns and scalds, body odor, early onset of baldness, fracture of cervical vertebra, radiation exposure and other related illnesses and diseases.

FIR Therapy detoxifies heavy metals including mercury, lead, cadmium and aluminum. It detoxifies arsenic, formaldehyde, pesticides, Agent Orange, industrial chemicals and gasoline. It detoxifies alcohol, nicotine and other drugs and it also purifies the body on a cellular level.

Far Infrared Thermal Therapy And Electromagnetic Fields

Recently there have been reports detailing the hazards of exposure to certain kinds of electromagnetic fields, such as those from high-tension power lines, cellular phones or from computer display terminals. Far Infrared heating systems have been tested in Japan and been found to be free of toxic electromagnetic fields. The Swedish National Institute of Radiation Protection has also concluded that infrared heaters are not dangerous. Instead, Japanese researchers have reported that **Far Infrared Radiant Heat antidotes the negative effects of toxic electromagnetic sources.**

Amethyst BioMat Settings

Uniquely Versatile - Select from 8 settings to create your own experience:

Green Setting

Broad Spectrum Cool Vitality - Safest for Sensitive and Extended Use

- All purpose Healthcare Program Support
- Super Immunity and Energy Booster
- First Aid and Irritable Symptom Relief (ie: Headaches, Indigestion, Jet Lag)
- Regenerative Sleep and Recovery

Low Gold Setting

Dynamic Subtle Warmth - Cycles of two hours or more

- Sports and Flexibility Training
- Cardio and Respiratory Aid
- Blood Pressure and Sugar Regulation
- Female Cycle Rebalancing and Support
- Youthful Hormone Restoration

High Gold Settings

Deeply Penetrating Warmth - 30 to 90 Minute Sessions

- Joint and Pain Relief
- Stress, Anxiety and Trauma Relief
- Profound Relaxation and Mood Elevator
- Higher Consciousness Tool

Red Settings

Deep Heat and Max. Therapeutics - Power Sessions of 1/2 to 1 hour

- Sauna level Cleansing and Detoxification
- Natural Weight Loss and Skin Tone
- Enhanced Sexual Vitality and Metabolic Aid
- Healthy Blood Circulation and Purification
- Environment and Bedding sanitizer

For More Information

For more information on the Amethyst BioMat, to book a session, to purchase a BioMat or to become a **distributor**, please contact Bobbi Casey of Holistically Yours by telephone at **(604) 929-2952** or send an e-mail to bobbi@holisticallyyours.ca.

Visit Holistically Yours on the Internet at:

<http://www.holisticallyyours.ca>