

# Amethyst Bio-Mat

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*Is an Advanced and Effective Product Developed by a Highly Skilled Group of Scientists, Medical Professionals, and Engineers*

## **A Unique Thermo-Therapeutic Mat Combining Three Bio-Tech Therapies**

1. Far Infrared (FIR)
2. Negative Ion
3. Amethyst Crystal

The Amethyst Bio-Mat transmits the natural healing properties of the sun (FIR), the soothing healing elements of air and water (Negative Ions) and the power of the mineral kingdom (Amethyst Crystal) to soothe and restore the body to health.

## Benefits of Amethyst Bio Mat

- **Reduces Stress and Fatigue**
- **Eases Joint Pain and Stiffness**
- **Reduces Inflammation**
- **Speeds Recovery**
- **Increases Flexibility**
- **Improves Circulation & Cardiovascular Function**
- **Removes Heavy Metals & Toxic Waste**
- **Enhances Nutrient Absorption**
- **Improves the Immune System**
- **Burns Calories and Controls Weight**
- **Beautifies the Skin**
- **Increases Blood Alkalinity**
- **Balances Serotonin Levels**
- **Induces "Delta (sleep) State"**
- **Revitalizes the Cells**
- **Mental Healing**

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- Releases Negative Energy & Emotions
- Balances the Chakras
- EMF Protection
- Stimulates the Production of Nitric Oxide

## Stressors

- **Physically** – our cells can be stressed by traumatic damage to the tissues through injury, or by being deprived of exercise, sunshine, rest or cleanliness
- **Emotionally** – we stress our bodies through negative emotions, thoughts and beliefs, like fear, worry, guilt, anger, resentment, impatience, etc. produce acids that take a heavy toll on the reserves of our body
- **Nutritionally and chemically** – we stress our cells by eating an improper diet, consuming chemicals in drugs, impure water and food additives, personal hygiene products and by breathing unclean air
- This upsets the body's normal healthy acid-alkaline balance and moves into an acid condition, if continued long enough, contribute to a deterioration of body function and vitality
- Trapped wastes and poisons inevitably cause reduced efficiency and disease
- Without adequate nutrients, cells are unable to carry out their proper metabolic functions
- In addition, their ability to communicate with the rest of the body is impaired
- **Electrically** – we stress every cell in our body by exposing ourselves to the invisible but unnatural and harmful electromagnetic force fields (EMF) generated by electrical devices such as: machinery, power lines inside and outside our homes, radios, televisions, computers, phones, cell phones, electric shavers and hair dryers
- Our bodies are electrical and anything that interferes with the free flow of electricity and communication around our bodies or within and between the cells, contributes to disease

*(Ron Garner, Conscious Health)*

## 1. Long Wave Far Infrared Rays

### ***What is Far Infrared?***

- Far Infrared (FIR) is part of the Sun's invisible light spectrum. The spectrum of light energy from the sun is classified according to the length of the waves. The shortest are gamma rays (most damaging), next are x-rays (carcinogenic), then ultraviolet (causes sunburns, skin cancer) then visible light and after that is the "*Infrared Spectrum*".
- At the far end of the "*Infrared Spectrum*" are the longest and most healing rays "*Far Infrared*" (FIR) making up approximately 80% of the sun's light.
- NASA discovered the FIR technology in the 1960's to keep astronauts healthy in the darkness and confinement of space.
- FIR is invisible to the human eye and is vital to our health and healing.
- Far Infrared rays are the safest and most beneficial electromagnetic energy sources available to the human body.
- FIR is simply **a form of energy** that is directly transmitted into objects because of its specific wavelength.
- One of the characteristics of Long Wave FIR Rays is "radiation". This means that light reaches an object without using air. For example: the sun's light reaches the earth through a vacuum of space by radiation. FIR Rays radiate directly onto the body and penetrates several inches.
- FIR is completely healthy and safe for ALL living things.
- FIR is safe for newborn babies.

### ***How FIR Works in the Human Body***

- Your body is made-up of 50 trillion cells and FIR has a direct and positive influence on the functioning of those cells.
- Everything that happens in the human cell is affected by light energy.
- FIR is a frequency of light waves that the body can absorb easily. This is known as "resonance absorption".
- By absorbing this light, it causes a quicker vibration effect, transforming light into heat.
- Some of the benefits of this are:
  - Increased cellular metabolism
  - Improved blood flow
  - Increased nutrient absorption
  - Release of heavy metals and toxic gases
  - Tissue repair

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- Pain Relief
  - Increased peripheral blood flow
  - Neutralize blood toxicity
  - Smooths the walls of arteries, capillaries and veins
  - Stimulates production of Nitric Oxide
- One of the characteristics of Far Infrared is the deep impact power, which has the ability to warm the body from the **inside out** and stimulate our system.
  - Far Infrared Rays from the Amethyst Bio Mat penetrates 14-15 cm (6 inches) into the body (compared to an Infrared Sauna that penetrates up to 2 inches). Therefore, these rays not only benefit the muscles on the surface of the body, but all cells including blood vessels, lymph glands and nerves in the deepest parts of our body.
  - FIR increases the metabolic health of individual cells helping to improve and enhance the health of your whole body thus dramatically improving the overall cellular function.
  - As the long FIR rays penetrate deeply into the skin, your body temperature raises and you begin to sweat (perspiration is directly related to the body temperature). When your body heats up, the hypothalamus sends a signal to the skin telling it to sweat more and the blood vessels in the skin widen. This increases the blood flow, so the heat loss from your blood becomes greater, causing elimination of waste materials through skin pores. The skin is often referred to as the 3<sup>rd</sup> kidney, because it is believed to be responsible for eliminating 30% of the body's waste.

## ***Medium "Human" Far Infrared Rays***

- The Bio Mat is a totally unique medical device because it produces both Far Infrared, as well as generating 6.8 microns of medium "Human" Infrared.
- Our bodies radiate medium infrared energy, as warmth from our body. This indicates the cells are repairing and healing, our life force energy (chi) is high. When our bodies are cold our life force energy is low. Medium FIR from the Bio Mat boosts our own infrared.
- This production of Human Infrared energy by the Bio-Mat makes the Bio Mat unique and different from any other infrared device on the market.

## ***Removal of Toxins Waste/Heavy Metals with Far Infrared Rays***

- We humans are bio-accumulators, accumulating numerous toxins from our environment, food, water, air, skin, etc. These toxins disturb our natural body

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healing and because our bodies cannot immediately remove these harmful toxins, but stores them in our bodies, this prevents future natural body healing.

- Fatal toxic gases (such as sulphur and formaldehyde) and heavy metals (such as mercury, aluminium) are encapsulated by clusters of water and trapped in the body. These toxins are also stored in the fat which is under the skin.
- These accumulated toxins block blood circulation, impairing cellular energy.
- When FIR Rays penetrate the cells and reach the water molecules, increased cellular vibration occurs. This increased vibration reduces the ion bonds of the atoms which are holding the molecules of water together, decreasing the size of the water clusters, giving them greater mobility and penetration in and out of the cells. When the energized water molecules move in and out of the cells the encapsulated gas and toxins that were stuck can be released.
- This quicker metabolic rate causes toxic waste products to be purged from the body through the skin, during perspiration. Other avenues for releasing toxins are through the lungs, urine and stool.
- 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, sulphuric acid, cholesterol and much more.

## ***Why Detoxification Is So Important***

- The removal of toxic waste and heavy metal is fundamental and absolutely necessary for good health and vitality.
- When toxins are removed efficiently and good nutrients from foods are absorbed, the **cellular pH moves closer to 7.0**.
- Detoxification strengthens the immune system, revitalizes skin tone, balances blood pressure, balances blood sugar, digestion is improved, the endocrine system works more harmoniously, the lymphatic system becomes more fluid for effective drainage and elimination of cellular debris, reduces swelling and inflammation, improving health and radiance.
- Dr. Toshiko Yamazaki, MD owns a Far-Infrared therapy clinic in Japan where she has done extensive research on the uses of Far Infrared Therapy and Infrared Light Therapy. In her book, "The Science of Far-Infrared Therapies", she explains that one of the reasons Far Infrared Therapy has beneficial

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results in a variety of illnesses is the ability of Far Infrared Rays to remove *mercury*, which is often at the core of many health problems.

- The Bio-Mat penetrates deeply into the innermost parts of the body, stimulates healing and rejuvenates the cells, nerves and meridians hidden beneath the surface of adipose (fat) and muscle tissue layers.

## ***Increased Blood Circulation/Healthy Arteries/Cardiovascular Function***

- The Circulatory System (or Cardiovascular System) is responsible for delivering oxygen and other nutrients to all the cells of the body and removing waste products including carbon dioxide.
- A constant and adequate blood supply is essential for healthy tissues.
- The thermal effect of FIR within the deep layers of tissues cause blood vessels and capillaries to dilate (become wider) which improves blood circulation and promotes healing and wellness, improving conditions such as high blood pressure, diabetes, and high cholesterol.
- FIR increases peripheral blood flow and volume, resulting in improved circulation, heart function, and a significant reduction in blood pressure.
- The penetrating heat of FIR effectively helps to increase blood circulation without putting strain on your heart by slightly increasing your heart rate. This added blood flow increases the levels of oxygen and white blood cells in your blood.
- When normally smooth, firm lining of the arteries becomes thickened and roughened by deposits of fat, fibrin, calcium, and cellular debris it lessens the arteries ability to expand and contract, and slows the blood movement through the narrow channels (fibrin is a protein involved in the clotting of blood and recent research has shown that fibrin plays a key role in the inflammatory response and development of rheumatoid arthritis). These conditions make it easier for blood clots to form, blocking the arteries and stopping blood flow completely. FIR is able to neutralize blood toxicity and smooth the walls of arteries, capillaries and veins.
- FIR also stimulates the production of collagen (a building block for human tissue) in your body.

## ***Reduces Inflammation, Pain and Stiffness***

- FIR waves penetrate your skin and muscles all the way to the bone with soothing heat where it safely and gently warms deep tissues and increases the blood supply to the affected area. This in turn reduces inflammation, relieves pain and brings healing to muscles and soft tissue injuries. This also accelerates the removal of toxic waste products from the muscle fibres.

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- Pain at times is related to lack of blood supply due to tension or spasms. This pain can be relieved by increasing the blood supply to an organ or other body part. FIR induces heat that widens blood vessels, thus breaking the loop in which the lack of blood supply due to tension leads to further spasm and then more pain.
- Heat has been shown to reduce pain sensation by direct action on both free-nerve endings in tissues and on peripheral nerves.
- FIR energy has been proven effective in relieving pain caused by arthritis, back strains, bursitis, carpal tunnel, tendonitis, hemorrhoids, migraines, joint and muscle injuries, sciatica, frozen shoulder, lumbago, abdominal pain, diarrhea, rheumatism and more.
- FIR relieves, reduces or eliminates much of the stiffness, aches and soreness that comes with aging.

## ***Speeds Recovery***

- When FIR heat penetrates through the skin into muscular tissue and ligaments, it transforms light energy into heat energy.
- This deep penetrating heat delivers more oxygen-rich blood to painful or injured areas speeding up your body's own natural healing process.
- Increased blood circulation carries off metabolic waste products and delivers oxygen-rich blood to oxygen-depleted muscles, so they recover faster.

## ***Reduces Stress and Fatigue***

- The increased blood circulation and oxygen promotes relaxation, induces sleep and relieves stress.
- The gentle warmth of the Bio-Mat gives you an overall massaging effect, soothing jangled nerves and knotted muscles.
- Both your mind and body feel rejuvenated, renewed and restored.

## ***Improves the Immune System***

- FIR improves the functions of white blood cells. These functions include increased immune defense response in which white blood cells surround and ingest small living things (such as bacteria) and cell wastes.
- The Bio Mat's FIR Rays deep penetration 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 intense sweating, your overall health and resistance to disease is increased.

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- By using the Bio-Mat on a regular basis and activating your immune system, your body is able to ward off invading organisms much easier.
- As an Example: C. Dunson, a Lymphologist in Utah reported that when treated with FIR and lymphology therapy, patients' pneumonia cleared up within 15 minutes, that's right 15 minutes!

## ***Improved Skin***

- The Bio Mat may cause profuse sweating after just a few minutes and your body will carry off deeply imbedded impurities and dead skin cells, leaving the skin glowing and immaculately clean.
- Increased circulation draws your skins own natural nutrients to the surface.

## ***Burns Calories and Controls Weight***

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

## ***Far Infrared Rays Activate Enzymes that Stimulate the Production of Nitric Oxide (See Appendix A)***

- Nitric Oxide is, quite literally the spark of life – the physical equivalent of *life energy, chi or prana*. It breathes life into us from the moment of conception and throughout our lives telling our cells to live or die, to thrive or decay. It is the energy that is with us when we enter into our physical body and when we exit our physical body.

## ***Documented Benefits of Long Wave Far Infrared (See Appendix B)***

## 2. Negative Ions

### **What Are Negative Ions?**

- An ion is a molecule or atom which has a positive or negative electrical charge.
- Negative ions have an extra electron and positive ions have lost an electron.
- Generally speaking, *positive ions are harmful to the body, while negative ions are beneficial.*
- There are many ions in the air we breathe, and the percentage and number of Positive Ions and Negative Ions change depending on the time and place.
- Negative ions are created in nature and are found in highest amounts in lush forests, beaches and waterfalls, creating fast moving electrical particles, which cleanse and purify the air. In these areas the ionization levels are complete and in natural balance where people feel energized and invigorated, which helps relieve stress, alleviate depression, and boost energy.
- Today, our modern homes and offices seal out negative ions. Computers, fluorescent lighting, forced air ventilation systems and modern building materials generate an over abundance of positive ions. Positive ions make us feel tired, depressed and irritable.
- There are high levels of positive ions in the environment – due to electromagnetic fields generated from computers, cell phones and other electronic devices, which can impair brain function and suppress the immune system leading to a host of other ailments. Symptoms include headaches, lack of energy, fatigue, anxiety, irritability, nausea, stomach-ache, breathing difficulty, vertigo (dizziness), poor circulation, poor mental performance, and sleep disturbances.
- Pollution is a strong contributing factor of a reduction of Negative Ions.

### **Negative and Positive Ion Levels Measured in Various Locations**

	<b><i>Negative Ions</i></b>	<b><i>Positive Ions</i></b>
Industrial Areas	50	300
Offices	70	1,400
Forests	2,500	800
Kowakidani Hot Springs	2,500	820
Near Minoh Waterfall	5,000	300

These measurements were taken in Japan

*Documented results:* In some offices with computer stations, no negative ions were detected at all. Inside typical Tokyo residences, positive ions were found to be 500 times more numerous than negative ions.

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## *How Negative Ions Work in the Human Body*

- Negative ions are the major natural element that provides energy to the human body, considered to be the “Master Power Switch” which activates the body’s entire “cellular communication system” and makes every single body function work better.
- Cells create electrical energy as ions move from solutions inside the cells of our body to the solutions outside the cells.
- The replication of this process to adjacent areas of the cell membrane forms the electrical message, or nervous impulse, that moves along the nerve cell toward another cell in the body.
- This duplicated action then becomes the energy source that initiates body functions ranging from muscle contraction to creative thought. This form of energy is essential in the normal function of many body systems.
- Some believe that the breakdown of cell communication is the root of disease in the body.
- The Bio-Mat has a special function that emits Negative ions and **transforms** positive ions to negative ions in the human body. It provides strength and energy to the human body and relieves pain.
- The human body consists of trillions of cells, and each is enclosed by a cell wall. This cell wall performs many important roles, and one is to absorb nutrition and eliminate waste material. The function of the entire cell (including the cell wall) can be normalized, if there are enough negative ions within the cell and negative ions outside the cell. The reverse holds true if there are a lack of negative ions and too many positive ions within the cell, then elimination and absorption can not be done effectively. As a result diseases occur.
- When using the Bio-Mat, Negative Ions in the blood is increased, the function of a cell is activated. ***The electrical material exchange speeds up the cell function and as a result, nutrition is fully absorbed by the cell and waste material is eliminated.*** Metabolism is increased and the function of the cell is gradually **revived**.
- Negative Ions stimulate the healthy flow of Chi or Vital Energy in the body.

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## *How Positive and Negative Ions Affect the Body*

	<b>Negative Ions</b>	<b>Positive Ions</b>
Blood vessels	Dilate blood vessels	Constrict blood vessels
Blood Pressure	Stabilize BP	Increase BP
Blood	Increase blood alkalinity	Increase blood acidity
Bones	Strengthen bones	Weaken bones
Urinary tract	Promote urination; increase nitrogen in urine	Suppress urination; decrease nitrogen in urine
Respiratory	Stabilize respiration and make breathing easier	Accelerate respiration and make breathing more difficult.
Pulse rate	Decrease pulse rate	Increase pulse rate
Heart	Enhance heart function	Impair heart function
Fatigue	Speed physical recovery	Prolong physical recovery
Autonomic Nervous System	Calm and relax nerves	Tense and strain the nervous system
Growth	Promote healthy growth	Suppress and delay growth

### ***Direct Current of Negative Ions***

- Ions enter the body through the lungs (inhalation) as well as through the skin.
- Studies show that when we absorb negative ions from the air, the efficiency is very low. Approximately 15 -20%. For example, in a hot spring which usually has a high negative ion density of 2000, the absorption of negative ions would only be 300-400.
- The Negative Ions produced by the Bio-Mat are delivered directly to the body **through the skin's surface via a bio compatible**, Direct Current of Negative Potential.
- The Bio-Mat uses a bio-natural direct current which emits 600-1000 volts of negative potential at a speed of .001 amperes. The high voltage, low speed makes use of the higher voltage totally safe and effective.
- The direct conduction of Negative Ions allows for an immediate response and change in the body's electrical field for **100% of the people**, whereby cell channels are activated for a rapid return to the body's optimal physiological state, (this greatly differs from ambient air ions delivered through popular negative ion generators used for air cleaning, which NASA reported as only positively effecting 25% of people).

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## ***Increases Blood Alkalinity***

- The most important nourishment for the body is oxygen, as all functions of the body require this element to operate efficiently.
- The blood pH is influenced by cellular pH throughout the body. As cellular pH become more acid, it has an acidifying effect on the blood, causing it to carry less oxygen, creating an environment where dis-ease and ailments that plague us increase.
- Proper blood pH, is between 6.9-7.2 and is essential for optimal health. Most individuals run acid, that is less than 6.9 and are therefore compromising their health.
- When **negative ions** are introduced, the ions in calcium and natrium (salt) in the blood increases and the blood is purified by increasing **blood alkalinity** (Dr. Tanaka, Japan). This has an overall alkalizing effect on the entire body.
- According the Ron Garner of Conscious Health; **Without acid-alkaline balance we cannot achieve true health.** *When we are healthy, our cells are slightly alkaline. In a disease state, cellular pH is below 6.8. The more acidic the cells become, the sicker we are and feel. The body does whatever it can to keep blood pH healthy. A small change in pH has a large effect in the body. Acid conditions within the body are produced by certain foods and beverages we eat and drink, physical exercise, stress, negative emotions, contaminated air, and by thousands of chemicals in processed food products, personal and household soaps, cleaners and skin treatments we use. A diet of overcooked foods, junk foods, food devoid of live enzymes, and foods that leave an acid residue place an increasing amount of stress on our bodies.*
- By increasing the blood alkalinity in the body, this helps to **strengthen bones, and neutralize acidic substances.**

## ***Enhances the Immune System***

- As the amount of negative ions increases, the Gamma Globulin in the blood increases resulting in blood rich in protein and antibodies. This results in stronger resistance to illness.

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## *The Control Function of the Autonomic Nervous System*

- The autonomic nervous system (ANS) controls all the internal body processes, such as breathing and digestion, without you being aware of this (unconscious).
- Autonomic nervous system is comprised of the sympathetic nervous system and the parasympathetic nervous system, both systems work like an on/off switch in taking charge of the body.
- Part of the ANS is the sympathetic nervous system that increases the energy of the human body, when the body is more active, like exercising or when it is under stress. The parasympathetic slows the body down, promoting relaxation during activities such as eating, resting, sleeping, etc.
- Everyday sympathetic nervous system and parasympathetic nervous system work to balance each other in order to maintain healthy a condition psychologically and physically.
- When we are **stressed**, the autonomic nervous system functions abnormally and eventually destroys the balance.
- What happens is the sympathetic nervous system interferes with the function of the parasympathetic nervous system, the body then secretes insulin and noradrenalin that lead to rapid heartbeat, constricted blood vessels, rising blood pressure, nervousness, anxiety and intense feelings.
- With repeated and prolonged stress, the white blood cells (immune cells) become inactive and the immune system becomes weak.
- Also, large amounts of reactive oxygen species (ROS) and free radicals will be produced in the body which brings fatigue, aging and weakness.
- This may lead to chronic diseases, such as: insomnia, headaches, neck and shoulder stiffness, high blood pressure, diabetes, allergies, heart disease, cerebrovascular diseases and cancer.
- **Negative Ions act to stabilize and keep the sympathetic nervous system and the parasympathetic nervous system in balance, which will bring on a state of calmness, relaxation and peace to the body.**
- By counteracting over-arousal of the sympathetic nervous system, negative ions help ease tension in the stomach and intestines, promoting the production of digestive enzymes and enhancing digestion.

## *Balances Serotonin Levels*

- Serotonin is a neurotransmitter that helps deal with mental, emotional and physiological stress.

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- Positive ions or the lack of negative ions, may cause serotonin hyper function or “irritation syndrome” (**abnormally high levels of serotonin**) which involves sleeplessness, anxiety, irritability, irrational tension, migraines, nausea, heart palpitations, high blood pressure, asthma attacks, respiratory problems, hot flashes with sweating or chills, tremor and dizziness, depression, apathetic and extremely fatigued.
- Migraine headaches originate when an overload of serotonin causes the diameter of blood vessels leading to the brain to dilate and get wider in the brain. Consequently, blood flow increases and the pain receptors in the vessels are stretched, which leads to excruciating pain associated with a migraine headache.
- The brain under environmental stress from increased positive ions produces hormones and chemicals to deal with this stress. The two main hormones released are melatonin and serotonin. Serotonin is increased in the brain and body and fed into the blood stream. The increased serotonin triggers the release of adrenaline which allows the body to work through the stress. Adrenaline is not quickly renewed as are other chemicals in your body. If a body produces too much serotonin for long durations, the adrenaline gets used up. The body then has no defence to this positive ion effect and the chemical system in the body is now unbalanced.
- High levels of serotonin may produce dryness, burning and itching of the nose, nasal obstruction, headaches, dry, scratchy throat, difficulty in swallowing, dry lips, dizziness, difficulty in breathing, and itching of the eyes.
- Serotonin also acts as a bronchial constrictor and slows the cleaning action of the cilia, thus allowing the mucus to thicken.
- **In numerous tests and studies *negative ion* treatment has proven to prevent/reduce the overproduction of serotonin.**

## ***How the Weather Effects Negative Ions***

- Just as benefits accrue from immersing yourself in negative ions, detrimental effects come from breathing air high in positive ions.
- Before a storm, the positive/negative ion ratio is 3:1. As the barometer falls, humans and animals alike react testily, leading to illness, accidents, stupid mistakes, and just irrationally “blowing off steam”. Once the storm passes the positive/negative ratio is 1:3, and we all enjoy breathing in refreshing air.
- Side effects from positive ion winds (such as the Chinook wind in Calgary and the Santa Ana winds in Southern California) compiled by a Swiss meteorological report in 1974 are as follows:

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**Physical side effects:** Body pains, headaches, dizziness, twitching of the eyes, nausea, fatigue, faintness, water accumulation, respiratory difficulties, allergies, asthma, heart and circulatory disorders (heart attacks approx. 50% higher), low blood pressure, slowing down in reaction time, more sensitivity to pain, inflammations, bleeding embolisms of the lungs and thrombosis.

**Psychological side effects:** Emotional unbalance, irritation, exhaustion, apathy, listlessness toward work (poor school achievement), insecurity, anxiety, depression (especially after the age of forty to fifty), rate of attempted suicide about 20% higher, larger number of admissions to drug clinics.

- Conversely, when the weather is comfortable, negative ions stimulates positive morale and relieves certain chronic diseases.

## ***Negative Ions Neutralize Free Radicals***

- Positive Ions turn into free radicals in the body, oxidizing cells throughout the entire system. They damage healthy cells and increase the acidity of blood.
- It is said that 2% of the oxygen we breathe turns into free radicals. When these free radicals combine with free radicals produced by other sources such as: heavy metals, chemicals, bacteria, viruses and positive ions, they become more harmful.
- When cells are oxidized, lactic acid levels rise drastically, resulting in a variety of illnesses, including cancer. The balance of the endocrine, immune, and autonomic nervous system is thrown off, and blood and lymph circulation declines. The result is premature aging.
- Negative Ions work to prevent oxidation by neutralizing the free radicals in the cells. As a result, cells are revitalized, and the immunity and resistance to disease is strengthened.

## ***Induces Delta (Sleep) State***

- Restorative theories of sleep describe sleep as a dynamic time of healing and growth for organisms. For example: during stages 3 and 4, or slow-wave sleep (delta), growth hormone levels increase and changes in the immune function occurs. Without adequate deep sleep the body has a hard time healing and repairing damage and aging tissues. Aging sets in fast.
- Negative ions applied to the body via the Bio-Mat have been shown to induce a delta wave state within several minutes of usage.

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- This greatly facilitates deep relaxation, reduction of stress, and improved sleep function.
- Those who have a history of poor sleep or insomnia may find the Bio-Mat very helpful over a period of time.
- Balancing and stabilizing the autonomic nervous system will provide calmness and peace to the body and mind, improving your sleep quality and restore the internal secretion function.

## ***Normalizes Brain Function & Increases Mental Clarity***

- “Negative Ions increase the flow of oxygen to the brain; resulting in higher alertness, decreased drowsiness, and more mental energy,” says Pierce J. Howard, PhD, author of *The Owners Manual for the Brain: Everyday Applications from Mind Brain Research* and director of research at the Centre of Applied Cognitive Sciences in Charlotte, N.C.
- By promoting abundant oxygen levels in the blood, negative ions help normalize brain function, resulting in relaxation and calmness.

## ***Reviving the Cell***

- When the amount of negative ions in the blood is increased, the function of a cell is activated. The electrical material exchange speeds up the cell function, and as a result, nutrition is fully absorbed by the cell and waste material is eliminated.
- Metabolism is increased and the function of the cell is gradually revived.
- As the Negative ions help revitalize cell metabolism, this enhances the vitality of the muscle tissue and strengthens internal organs.

## ***Documented Benefits of Negative Ions (See Appendix C)***

**Negative Ions are essential to overall health. They can rejuvenate and revitalize all the body's systems and cells, promoting a stronger overall constitution.**

## 3. Amethyst Crystal

### *Amethyst Crystal and the Bio-Mat*

- Amethyst is a member of the Quartz family and its color varies from pale to deep purple.
- Quartz crystal energy is compatible with our body cells as well as the conscious and subconscious mind.
- Amethyst has been prized for its beauty and its legendary healing energies for thousand of years.
- The world's best source of Amethyst comes from Korea.
- Amethyst **naturally** produces **Far Infrared Rays** and it is known as the best conductor for Long Wave Far Infrared Rays.
- It has been found to be the only substance which clearly changes the spectrum of infrared light.
- The field of Far Infrared Crystallography explains the effect in further detail: FIR refracted through *amethyst* crystals organizes FIR into geometrical patterns with higher bio-compatibility, meaning it causes greater utilization of the light by the human body.
- Far Infrared generated by the Bio-Mat passes through the 28lbs of Amethyst Crystal forming the top layer of the Bio-Mat, amplifying the penetration of FIR 6-8 inches into the human body unlike most infrared saunas which only penetrate 1.5 to 2 inches.
- **Amethyst is scientifically found to offer the steadiest and most powerful delivery of beneficial far infrared light waves and the highest vibrational frequencies into the human body.**
- Scientist hypothesize that the infrared light passed through the amethyst **releases over 20 million years of information which is made available to the human body for healing purposes.**

### *Healing Qualities of Amethyst*

- Amethyst is a sacred mineral that has absorbed the power of the earth's healing energies. Using these healing energies is an art and practice that was lost but recently rediscovered.
- Amethyst has come to be known as a power crystal with prolific healing powers that can be characterized as purifying, pacifying, and transitional.

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- Amethyst has the ability to transform lower energies into higher energies and acts as a healer at all levels of mind, body and spirit.
- Some of the qualities of the Amethyst crystal are:
  - Calms emotions and reduces stress, enhances relaxation
  - It is used as a transmitter of the healing power of the universe
  - It aids inner alignment, balances inner body energies and clears blockages
  - It is used to increase physical energy
  - It is used to increase stamina
  - Placing in under the pillow helps with insomniacs and induces prophetic dreams
  - Detoxifies the body
  - Helps with swelling and inflammation

## ***Mental Healing***

- Amethyst as a healing mineral contains sobering and calming qualities and is commonly associated with peace.
- Amethyst is known to calm and protect the mind.
- It soothes those who have engaged in constant rigorous mental activity. It has been deemed "nature's tranquilizer" because of its effectiveness in relaxing not only the mind but also the nervous system.
- This mineral has the ability to reduce negativity and alleviate anxiety.
- Besides being a stone of tranquility and repose, amethyst is also known to enhance mental strength, stability, and vigor.
- It also is protective in averting the mind from psychic attacks and transforming negative energy into positive energy.
- It is said to also have a relieving effect on stress, grief, depression, emotional despair and ineffective communication.

## ***Physical Healing***

- Along with the many mental benefits of amethyst, there are also many physical afflictions for which the healing powers of amethyst are a remedy.
- As an elixir, (solution as a medicinal substance) amethyst can be used to treat toothaches, skeletal discomforts, posture and other bone and joint-related sicknesses (like arthritis).
- In elixir form amethyst also helps alleviate problems within the stomach and digestive tract, the heart and hearing disorders.

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- It has been known to treat various types of blood disease and balancing blood sugar.
- Amethyst is a treatment for both convulsions and neuralgia.

## ***Releasing of Negative Energy***

- All throughout the Orient, amethyst is viewed as a tool to deflect negative energy.

## ***Amethyst and the Chakras***

- Amethyst has been identified as a crystal that functions favourably in clearing certain types of blockages and in aligning the Chakras.
- By transforming energies on all levels amethyst also has the ability to balance and stabilize energies located within certain Chakra areas.
- Amethyst is related to and found to heal and align ailments of the 6th and 7th Chakras, which are the Third Eye or Brow (6th) and the Crown (7th).
- Amethyst aides the 6th Chakra, Third Eye, by opening and heightening awareness, both spiritual and psychic. It helps to also heighten perspective and allows development of strong introspection (inner-self view).
- Amethyst is used to increase intuition and psychic development. The Third Eye is the energy center for all levels of consciousness. Amethyst aides in the transition from a normal state of consciousness to a deeper awareness.
- The 7th Chakra or the Crown controls the energies used in any mental activity. Amethyst helps to relieve strain or tension in this area. It is considered a helpful aide in meditation and in the facilitation of psychic visual enhancement.
- In Chakra therapy, amethyst is described as the crystal that works for clearing the energy blockages to provide the proper alignment of the Chakras and free flow of energy through them.

## Other Important Information

### *Different Levels of Settings*

- When lying on the Amethyst Bio-Mat you have many options, from low FIR heat to high FIR sauna heat. You also have the option of the gentle wave of negative ion potential. Each setting has beneficial effects, which makes the mat extremely versatile.
- The Amethyst Bio-Mat has been created to be **very user friendly**.

### *Ionic Treatment*

- The Negative Ions are automatically released in intervals (on for a few minutes and off for a few minutes) for better assimilation by the body.

### *EMF Protection*

- The Bio-Mat **protects** your body from the harmful AC current by providing a 5 tiered buffering system in which the AC current is **converted into DC** (direct current) which is **bio-electrically compatible** with the human body.
- Traditional infrared devices utilize 120 volt AC current. AC current has been proven to be highly detrimental to the human body. AC or alternating current disturbs the human biological field.
- **It has also been noted that the Bio Tech. treatments provided by the Bio-Mat help to balance the effects of long term exposure to EMF's from other sources such as computers.**

### *10 Hz Infrared*

- 10 Hz infrared subsonic energy wave **act as an information carrier** (unable to be heard by the human ear) when passed through various materials, including gemstones such as Amethyst.
- Bio-Mat's with 10Hz IR generators were tested along with a control group of Bio-Mat's without the 10 Hz sensor. **The most potent healing effects occurred only under the group with the 10Hz subsonic generator.**

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## ***Importance of Hydration***

- Drinking a large glass of purified drinking water before and after each Bio-Mat session is very important.
- This helps to prevent dehydration and assists the body in flushing toxins that have been released.

## ***Home and Professional Use of the Amethyst Bio-Mat***

- For home treatment the Bio-Mat is being used on a daily basis for establishing and maintaining greater overall health and enhancing vitality. Also beneficial for, post treatment recovery, pain relief, accelerated healing, longer lasting and deeper effects of treatments, increased absorption of supplements and follow up care.
- Many practitioners are discovering how much better/faster people respond to their sessions when their body and mind have been prepared with a soothing Bio-Mat Session.
- It can be used pre-treatment, during treatment and post treatment.
- The Bio-Mat works perfectly with and enhances almost every spa and therapeutic service offered.
- The following is a list of Professionals using the Bio-Mat with their treatments:
  - Acupuncture
  - Aesthetic Surgery Support
  - Aromatherapy
  - Athletic & Sports Massage
  - Bowen Therapy
  - Chakra Balancing
  - Chi & Marma
  - Chiropractic
  - Cranial Sacral
  - Detoxification
  - Facials (Mini Mat)
  - Feldenkrais
  - Hair & Scalp Treatments (Mini Mat)
  - Hypnotherapy
  - Jin Shin Do
  - Lymph Massage
  - Manicure & Pedicure (Mini Mat)
  - Massage

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- Neuro-physiological Therapies
- Physical Therapy
- Reflexology
- Reiki
- Rolfing
- Shiatsu
- Sound Healing
- Stone Massage
- Trigger Point Massage

## *Stages of Improvement*

- Your body will experience changes as the healing process occurs.
- During the healing process, you may experience feeling worse before your body feels better. Remove all worry. This is part of the natural process as toxins and waste materials are eliminated from your system.
- The different reaction times experienced between individuals is explained by the fact that the health of one person can vary greatly to that of another person.
- Some have a more acidified body and have accumulated many more waste materials than others and take longer to notice a change in their body. Others notice positive effects after using the Bio-Mat for a very short time.

## *Consistent Use of the Bio-Mat*

- The effects of the FIR and Negative ion treatment accumulate over time, so consistent use of the Amethyst Bio-Mat is important, in order to achieve lasting results.
- Most love the positive effects of the Bio-Mat and use it on a daily basis.

## *FDA Approved Medical Healing Device*

- The Bio Mat 2000 MX is a US **FDA approved Medical Healing Device**.
- It is being prescribed by Chiropractors, Naturopathic Doctors, Medical Doctors, Orthopaedic Doctors, etc. for the following reasons:
  - **Chronic pain**
  - **Muscle strain**
  - **Lower back and leg pain**

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- Fibromyalgia
  - Chronic pain of neck and back
  - Lumbar sprain
  - Pelvic, Scapula and Compression Fractures
  - Cervio Lumbar strain due to Motor Vehicle Accident
  - Insomnia
  - Multiple Sclerosis
  - Depression
- Copies of the prescriptions are available by request for viewing.

*The information on this document was comprised from many different sources. I am grateful to Kio Neah for having researched and compiled a large portion of this information that is detailed in her manual.*

**\*Legal Disclaimer:** Information provided is for informative purposes only and not a substitute for professional medical advice. Health Canada and US FDA have not evaluated or approved these products to diagnose, cure or prevent disease. Since every individual is unique, you may wish to consult your health care practitioner before use.

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## Appendix A

### ***Far Infrared Rays Activate Enzymes that Stimulate the Production of Nitric Oxide*** (Excerpts from *The Secret Pleasures of Menopause* - Christiane Northrup, M.D. on Nitric Oxide)

- Nitric Oxide is an invisible, odourless gas that the body *produces naturally*.
- It is made mostly in the lining of the blood vessels in the endothelium (an extremely thin but very important layer), it is also produced in the lung cells, white blood cells, and neurons (the nerve cells in the brain).
- When nitric oxide is produced, it causes the smooth muscles in the walls of the blood vessels to relax.
- When those muscles are relaxed, the blood vessels open or widen, allowing more life-supporting oxygen and other nutrients to get to the heart, brain, and all other organs.
- With enough nitric oxide, the circulation throughout the entire body improves.
- Heart disease, stroke, cancer, and diabetes – are associated with cellular inflammation, which restricts blood flow by lowering nitric oxide.
- When levels of nitric oxide are high the blood vessels are soft, elastic and open which helps to prevent cellular inflammation and various chronic degenerative diseases associated with it. The end result a healthy and youthful body!
- As mentioned above nitric oxide is a gas, this allows it to pass right through your cell membranes, not at all restricted by cell walls.
- This is important because the nitric oxide that's made in the neurons in the brain actually acts as a special kind of neurotransmitter, easily and instantly sending messages from one part of the brain to another.
- This includes the conscious thought (thinking) and the unconscious (those that regulate the autonomic nervous system, which controls the heart rate, blood pressure, breathing, and everything else that the body does without you having to think about it).
- The conscious mind is always communicating with the unconscious mind (the part of the brain that controls your body). Nitric oxide is the molecule that makes this connection – instantly.
- When you have the thought, *"I'm completely capable of and willing to change for the better"*, this powerful healthy sentiment spontaneously sends increased nitric oxide to every organ in your body!
- Nitric oxide not only sends messages from your brain to every part of the body in order to sustain optimal health in everything from the heart and lungs to bones and muscles, it also sends signals that allow the body to

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maintain health by solving problems. For Example: it can signal white blood cells to fight infection and kill tumors, it can initiate the repair of damaged tissue and it can even reduce the stickiness of blood clots that can lead to heart attacks and strokes.

- Nitric oxide transmits messages from all parts of the body back to the brain, letting the brain know that messages have been received and acted upon.
- Because nitric oxide is a gas it diffuses rapidly in all directions at the same time sending its messages of health and well-being instantaneously throughout your entire brain and body.
- Nitric Oxide is, quite literally the spark of life – the physical equivalent of *life energy, chi* or *prana*. It breathes life into us from the moment of conception and throughout our lives telling our cells to live or die, to thrive or decay. It is the energy that is with us when we enter into our physical body and when we exit our physical body.
- Factors like obesity, lack of exercise, poor nutrition, smoking and high levels of stress all decrease the level of nitric oxide, which in turn, makes the body more vulnerable to disease and poor health.
- Also, repetitive negative thinking/emotions, such as grief, hurt, disappointment, worry, fear and anger deplete nitric oxide. In fact, researchers suspect that it's a vicious cycle and that insufficient levels of nitric oxide may trigger negative emotions. However, sufficient amounts of nitric oxide in the body, seems to trigger positive emotions....pleasure boosts nitric oxide and nitric oxide boosts pleasure.
- Harvard Medical School mind-body medicine pioneer Herbert Benson, M.D., believes nitric oxide goes further still. He suggests that higher levels of nitric oxide molecules in the brain can also trigger yearnings that lead us to having profound spiritual experiences.
- To achieve and maintain optimal health, it is important to keep your body producing nitric oxide on a regular basis. The body does not store it up, the body is able to produce as it's needed, on the spot – when the conditions are right.
- To recap, **having sufficient levels of nitric oxide in the body strengthens physical, emotional and spiritual health and the Amethyst Bio-Mat induces this miraculous molecule.**

## ***Documented Physical Benefits of Nitric Oxide***

- Nitric Oxide is a key biological messenger, playing a role in a variety of biological processes.

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- Nitric Oxide is essential for healthy circulation. It relaxes the arteries, helps dilate blood vessels, prevents blood clots and regulates blood pressure. It also helps inhibit the accumulation of dangerous arterial plaque.
- Nitric Oxide helps prevent **heart disease** and **stroke** in the following ways:
  - *Expanding blood vessels*
  - *Controlling platelet function*
  - *Reducing arterial plaque by 50%*
  - *Lowering total Cholesterol by 10% to 20%*
- Benefits of Nitric Oxide:
  - Improves Heart Function
  - Carries Oxygen in and Carbon Dioxide out
  - Lowers Serum Cholesterol
  - Powerful Anticoagulant (Blood Thinner)
  - Enhances the Immune System (Kills Bacteria, Viruses and Even Shrink Some Cancerous Cells)
  - Improves Memory Function
  - Regulates Insulin Function
  - Dilates Bronchial Airways
  - Stimulates Human Growth Hormone Production
  - Lowers Inflammation and Pain
  - Speeds up Healing
  - Inhibits the Growth of Cancer Cells
  - Helps to Maintain a Normal Blood Pressure
  - Helps the Body to Relax (Destress)
  - Assists Nutrient Absorption and Waste Removal
  - Aides in Digestion
  - Beneficial Neurotransmitter in the Brain and Autonomic Nervous System (Important in Brain Cell Communication, Brain Cell Protector)
  - Potent Antioxidant (Free Radical Fighter)

## Appendix B

### *Documented Benefits of Long Wave Far Infrared*

- Dr. Toshio Yamazaki is the author of "The Science of Far Infrared Ray Therapy", and other books. She notes health problems helped or reduced with Far Infrared technology include:
  - Asthma, Bronchitis (cleared up)
  - Rheumatoid Arthritis (7 out of 10 cases resolved in one clinical trial)

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- Cancer pain (greatly relieved)
  - Cirrhosis of the Liver (reversed)
  - Chrones 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 –Abnormal Scars (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
- Dr. F. Lehman - "Summary of Heat & Cold," 4th Edition Chapter 9
1. Increases the extensibility of **Collagen Tissues**.  
Study shows 20 people increased 10-18% increase in Tissue length.  
There was valuable work with **ligaments, joints, tendons, and fascia** that have been scarred, thickened or contracted. It is great for Training **Competitive Athletes by reducing down time**.
  2. **Decrease Joint Stiffness by 20%.**
  3. **Reduced Muscle Spasms**
- Dr. Yanajaki - "INFRARED THERAPY"  
found the following results in Clinics in Japan:
- Burns - Relieves Pain, Decreased Healing Rate, Less Scaring
  - Lower Blood Pressure
  - Repairs Brain Damage (Contusions) Accelerates repair time.
  - Short Term Memory Improves
  - Cancer of Tongue reversed
  - Neutralizes Electromagnet Fields (Computers, Microwaves, etc.)
  - Helps recovery of Cerebral Hemorrhages: - enhanced & speeded up
  - Auto Accidents - Reducing Pain - Best Results - repeat in 3 days
  - Helps Arthritis, Gout, Rheumatic Arthritis
  - Helps Menopause Symptoms - relieves chills, nervousness, depression, dizziness, head and stomachaches.

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- Creates Beauty - Creates Glowing Skin - Cleanses Cells – Cellulite
  - Weight Loss (Trim Thighs, Hips, and Stomach).
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- FIR therapy in both Japan and China has proven to be very effective for **asthma, bronchitis, colds, flu, sinusitis and congestion** as it clears **inflammation, swelling and mucous clogged passages** (Dr. Sasaki Kyo, M.D. “The Scientific Basis and Therapeutic Benefits of Far Infrared Ray Therapy”)
  - C. Dr. Masao Mahamura of the O & P Medical Clinic in Japan uses the FIR for:
    - \* Whiplash \* Sciatica \* Menopause
    - \* Arthritis \* Rheumatism \* Shoulder Stiffness
    - \* Ear Diseases \* Insomnia \* Gastrential Problems
    - \* Muscle Spasms \* Back Pain \* Acne
    - \* TMJ \* Adhesions \* Repetitive Stress
    - \* Trauma \* Gout \* Disc Protrusion
    - \* Brain Contusion \* Tight Shoulder \* Compression Fractures
    - \* Post Exercise Muscle Pain \* Bursitis
    - \* Peripheral Vascular Diseases \* DJD
  - It is believed the Long Wave Infrared Rays improves **blood circulation** and **metabolism** which reduce the symptoms of **senility by 60%**. This treatment has very favourable results on **mental disease**.
  - It is believed that everyone has some cancer cells, mixed with our healthy cells, somewhere in the body. If we are in a weakened state, we are susceptible to developing cancer, overtime. The Long Wave Infrared Rays within the range of 40 degrees C to 50 degrees C will **weaken** and **destroy cancer** cells without harming the surrounding healthy cells. There is data that suggests that 95% of ordinary malignant tumors die at a temperature of 43 degrees C.
  - **Diabetes** is caused by metabolic problems. Although results are not immediate, it is very helpful to have the Long Wave Infrared Rays cause perspiration which will gradually ease these symptoms.
  - L. John Mason, Ph.D of Pain and Anxiety program from the Success Education Centre in Cotati, CA had a protocol “by warming the extremities, the hands and then the feet, you can prevent, or at least minimize symptoms of stress that caused free radical damage”:
    - Stress caused or Situational High Blood Pressure
    - Rapid or Irregular Heart Rates
    - Migraine Headaches
    - Panic & Anxiety
    - Many Digestive Symptoms
    - Raynaud’s Syndrome

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- Many Symptoms of Sexual Dysfunction including Infertility, Impotency and Lower Libido

## Appendix C

### *Documented Benefits of Negative Ions*

- Scientific studies have shown that atmospheres charged with negative ions relieve **hayfever** and **asthma symptoms, seasonal depression, fatigue** and **headaches**.
- The **healing of wounds** has been expedited, while the risk of infection decreases when there is an abundant of negative ions.
- Clinical research of a Tokyo Dental College Hospital sponsored by the Japan Red Cross in Shinjuku found that negative ions have a positive effect in the **control of the nervous system in the relief of tension**.
- At the Public Hygiene Class in Shinsa University, clinical research showed the following: most people experienced positive effects in relation to their **internal organs** after a few weeks of usage. The **stomach** showed the fastest effects, and the function of the **liver** was improved which counteracted many poisons.
- Dr. Koudo Michio reported that symptoms of **paralysis** had been dramatically reduced after supplying negative ions for 30 days. After 90 days of treatment, the patient had recovered completely. Dr. Koudo Michio said that the negative ion treatment is very effective for **light shoulder sclerosis**, as well as, symptoms of **paralysis in fingers, arms, and the whole body** due to occupational effects experienced by the nervous system.
- In the early 1960's, Dr. A.P. Wehner used negative ion generators to treat over 1,000 patients in the U.S. suffering from various respiratory illnesses, such as **bronchial asthma, pulmonary emphysema, laryngitis, bronchitis, dry hacking cough, upper respiratory tract infection and allergies**. He reported that the symptoms completely disappeared in 30.3% of the cases, improved significantly in 42.3% of cases, showed some improvement in 20% of the cases and showed no signs of improvement in 7.4% of the cases (Wehner, 1962)
- In the study conducted by Columbia University, 25 people with **SAD (Seasonal Affective Depression)** sat in front of a negative ion air purifier for a half hour every morning for a month. Half of the subjects were given a low level of negative ions, and the other half a high level. The higher level of

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negative ion treatment proved to be as effective against SAD as antidepressants, without side effects of drugs. (Finley, 1996)

- In 1975, Nanzandoh Medical Clinic in Japan published some astonishing results from their research on negative ion therapy, finding it effective in the treatment of **high blood pressure, rheumatoid arthritis, gout, tinnitus (ringing in the ears)**, as well as for various disorders of the **nervous, respiratory, and digestive systems, thyroid gland and skin**.
- Sheres and Dr. Ko Gyo Yang Myung found that the **lack** of negative ions can cause mental problems such as **neurasthenia (nervous exhaustion), neurosis (mental and emotional disorders)** and **loss of memory**.
- **Headaches** – Negative ions will stabilize and balance the autonomic nervous system and improve blood circulation which will effectively relieve headaches.
- **Relieve neck and shoulder stiffness** - Negative ions will change the blood stream to an alkaline state, balance the autonomic nervous system and nourish internal organs, this will bring relief to the neck and shoulder area. Also, the blood circulation will significantly improve.
- In general exposure to negative ionized air has been shown to **increase oxygenation** of the **lungs, vital capacity, and ciliary** activity.
- They help to balance the **endocrine glands**, which play an important role in reducing the effects of stress.
- With negative ions there is a shift toward alkalinity occurring in the blood which normalizes the **metabolism of vitamins**, which increases both static and dynamic work capacity and endurance.
- Negative ions have been found to improve health in a wide variety of areas. They are as follows:
  - Arthritis in the hands, feet, knees and neck
  - Joint dis-ease
  - High blood pressure
  - Cancer
  - Sinusitis
  - Pulmonary tuberculosis
  - Peripheral neuritis, diseases of the peripheral nervous system
  - Stress symptoms
  - Anti-bacterial and anti-viral
  - Mental instability, psychosis, mania, rage, clouded thinking with positive ions
  - Pulmonary emphysema
  - Dry hacking cough
  - Respiratory illness

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- Alzheimer's Dis-ease
- Pneumonia, laryngitis
- Allergies/Hay Fever
- Depression, suicidal thoughts
- Nausea, general malaise
- Anger, such as road rage, air rage, and shooting rage
- Asthma
- Stabilize appetite
- Enhance recovery from physical exhaustion
- Relax mind and body