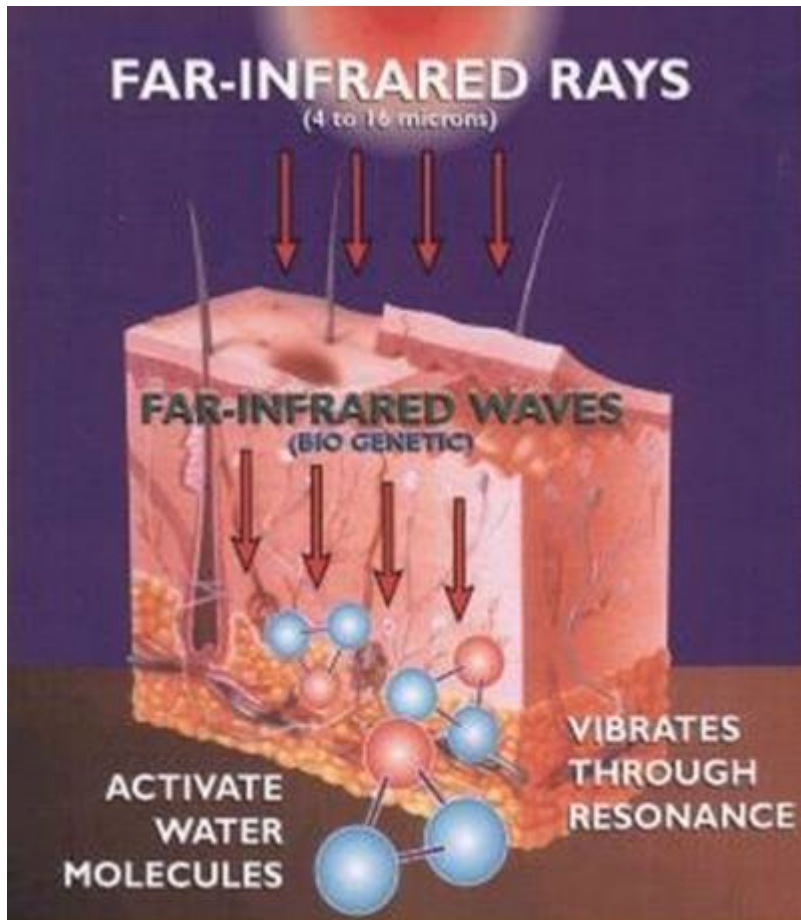


BioMat Thermotherapy Medicine Overview

Posted by **Dr Sircus** on April 4, 2013

Filed under Light and Heat, Medicine



I just came down with a bad cold, flu or more basically put a detox of my body's accumulation of poisons. I knew it was going to happen on Monday the first moment I took a sip of water from my new high pH gravity fed/low cost water filter system.

My feelings were confirmed just an hour later when my entire water physiology changed, and that was reflected in my urine which itself was reflecting a leap to full hydration, something I was finding difficult to do with civilized water either delivered and filtered from the tap or even with bottled mineral water.

I usually find a way to see the positive in everything and that was the case with this flu because it gave me good reason to be using my BioMat. Living through a bad cold/flu with a BioMat was a dream. To be in the middle of misery and have the comfort of lying right down on a BioMat and have one's body radiated with light and heat and negative ions by the trillions was well addicting.

Last night was the first time I slept with it all night at a low setting and of course that made me hungry to get my full size mat. I am using the mini, which I was lucky enough to get hold of here in Brazil.

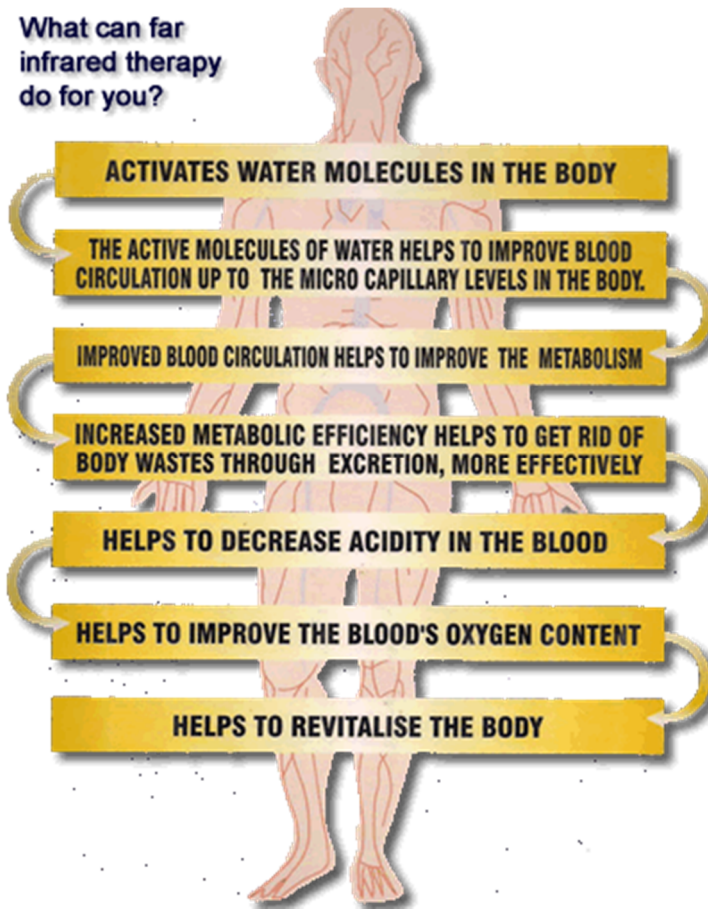
My cough, which should be taking me down for the count got better right away but the mucus is flowing unabated. My belief is that anyone who can afford one should have one because of the comfort and healing it will bring through the years.

This is the device that is best for elevating internal body temperature to melt away old waste products, increase circulation and **reduce and eliminate pain**. It is only a couple of inches thick, designed to put on top of a firm mattress or on the floor. You can adjust the temperature to your liking and it's the most wonderful feeling in the world.

It is different from an ordinary electric heating pad. The surface is not warm to the touch, but when you lie down on it you feel warm on the inside. It's a lying down sauna that will make you sweat without you having to move a muscle if you turn the settings up. You can sleep all night on it at low heat so they make really big ones and smaller powerful ones that are much less expensive yet totally effective.

Colonic and massage therapists, physical therapists and chiropractors all will want one for their patients and for themselves. Even a dentist's chair would be more relaxing while receiving far infrared rays. Few weeks ago I published an essay on [using hyperthermia and far-infrared for cancer and pain](#).

What can far infrared therapy do for you?



Most of us older folks will cherish the BioMat because we do lose heat and metabolic potential as we age. And for those who live in cold regions it will warm you up with very little use of power. Far infrared rays are beneficial to one's body, mind, and soul. It provides a feeling of deep relaxation, which can lead to better nighttime sleep, better joint mobility, and better energy for its users. As your body adapts to the Far Infrared Bed environment it becomes healthy, while your mind and soul become positive.

One of the reasons why I like this far infrared sleeping pad is that it requires no special effort. Other methods, such as exercising, taking a hot bath, having a massage done, going a sauna, etc. require special time out to do and our life style makes it very difficult to keep with the discipline for long periods of time. However, no matter how busy you are, or how lazy you are, you do sleep! It requires no special effort.

This is a testimony from my assistant nurse Claudia French:

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I have had a biomat for about 6 weeks now. I also have a one-person FIR sauna that I use frequently for its health benefits. I used to use the sauna at least 4x per week since experiencing a low back problem and it always helps a great deal.

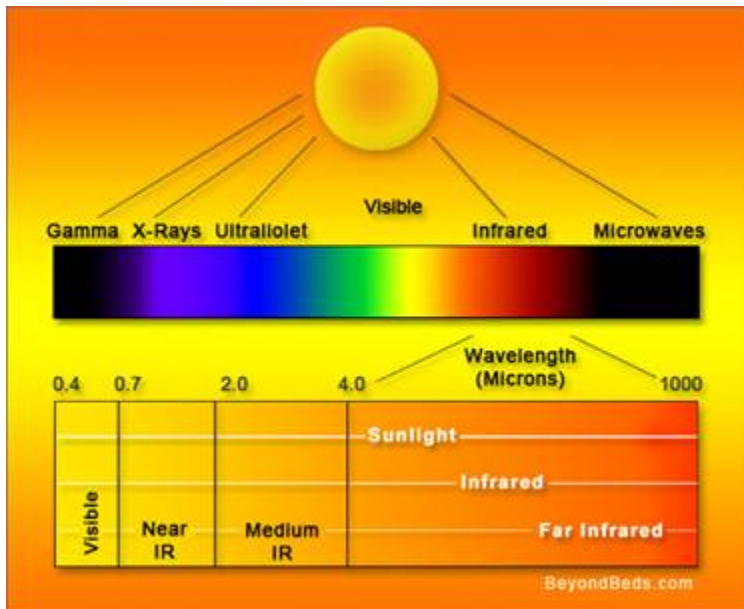
Since receiving the biomat I am finding that it provides many of the same benefits, if not more, than the sauna does and I find myself going to the sauna less and less frequently. Now I use the BioMat twice a day with a tremendous amount of back pain relief and increased mobility. As time goes on I am noticing that there is a growing or accumulating effect because I do not need as many other types of pain remedies as I used to and not needing to interrupt my activities to do the sauna and showering.

I find using the biomat to be addicting in fact it seems its FIR heat is reaching deeply into every area of my body even though it is the small sized biomat. When I position it on my back I can feel its penetrating energy all the way down to my toes. It's very comforting yet stimulating at the same time! It is more convenient than going into the sauna because I can use it while sitting in a comfortable chair and continue working on my computer. The biomat will cause me to sweat if I increase the temperature and the amount of time spent with it on, but not as much as the sauna will. So both have their benefits but I would never give the biomat up! I love it.

During the last decade, a silent revolution has been taking place in Japan in the fields of healing, preservation, cooking, drying and heating. It is the use and application of safe and efficient Far Infrared (FIR) Wave technology, replacing the potentially harmful micro wave technology.

The adaptive capacity of a cell ultimately determines its fate when it comes under stress. **Far infrared treatments reduce the stress on the cells by not only nourishing them with light and heat but also by increasing nutritional sufficiency of oxygen and by increasing cellular respiration so more toxins and wastes leave the cells.** More good things come in and bad things go out.

"The BioMat is amazing, every home should have one!" wrote one of my readers. It is better than the FIR cabinets because it penetrates the body more deeply and it can be used on a bed, a couch, on the floor or on any flat surface.



Far-infrared or radiant heat (FIR) is part of the natural light spectrum of sunlight and a safe form of energy that heats objects by a process called direct light conversion. Radiant heat warms the objects around it without affecting the temperature of the surrounding free air. All warm-blooded animals emit far infrared/radiant heat, a beneficial and essential form of energy that has the ability to penetrate, refract, radiate and reflect.

When FIR heat penetrates through the skin to the subcutaneous tissues, it transforms from light to heat energy, dilating blood capillaries and assisting the body in eliminating toxins and metabolic wastes through sweating. Activated by heat, the FIR energy is absorbed by human cells in a process known as "resonance" or "resonant absorption."

Far infrared lamps are used by doctors, chiropractors, physical and massage therapists and acupuncturists in the treatment of arthritis, joint pain, stiff muscles, and injuries to tendons and ligaments. Far infrared promotes faster bodily healing. According to Dr. Tsu-Tsair Oliver Chi, tissues needing a boost in their output selectively absorb FIR rays.

Far infrared heat is beneficial to people and their pets in many ways:

1. FIR heat expands capillaries, stimulating increased blood flow, and aiding in regeneration, improved circulation and oxygenation.
2. Far infrared heat speeds cellular metabolic rates by stimulating the activity of mitochondria, and triggering enzyme activity, therefore promoting the killing of many pathogens: bacteria, viruses, fungi and parasites. FIR energy strengthens the immune system by stimulating increased production of white blood cells (leukocytes) by the bone marrow and killer T-cells by the thymus gland.

3. Far infrared heat promotes the rebuilding of injured tissue by having a positive effect on the fibroblasts (connective tissue cells necessary for repair) and it increases the growth of cells, DNA and protein synthesis necessary during tissue repair and regeneration.
4. FIR energy relieves nervous tension. It reduces soreness in nerve endings and muscle spasms by heating the muscle fibers. It improves the balance of blood pressure, blood sugar, and nutrients in the cells, resulting in increased muscle strength, vitality and mental stability.
5. Far Infrared heat strengthens the cardiovascular system by causing heart rate and cardiac output increases, and diastolic blood pressure decreases. NASA concluded in the 1980's, that far infrared stimulation of cardiovascular function is the ideal way to maintain cardiovascular conditioning in astronauts involved in long space flights.

In much the same way that plants need light for the photosynthesis process, animals need radiant energy to send electrochemical impulses to the pineal and pituitary glands to produce healthy hormones that are sent through the central nervous system to all the cells of the body.

Hippocrates was speaking to us 2300 years ago in reference to the Greeks' use of hot baths to induce fever to fight disease. The BioMat does this in style combining the best in far infrared technology with amethyst/tourmaline crystals into a comfortable mat that one can simply lie down, rest or sleep upon.

Far infrared rays are anti-viral, anti-bacterial and anti-fungal and can therefore be beneficial in the treatment of a variety of diseases and that is why the FDA recognizes it as a medical device.

The BioMat is also famous for putting out a powerful stream of negative ions which are instrumental in balancing the metabolism by activating healthy enzyme function in the cells of the body.

So just envision yourself comfortably relaxing on the BIOMAT as the warming, soothing infrared rays pass through the layers of amethyst/tourmaline, permeating their healing light energy deep within your body bringing with it the negative ions so vital to life itself.

Concluding Thoughts

The American Medical Association says inflammation is underlying cause of most disease and the BioMat certainly helps with inflammation. Bottom line is that **the BioMat can help us all endure and even thrive through all the stress wear and tear of modern day existence.**

In Japan, Dr. Nobuhiro Yoshimizu, M.D. PhD, the Director of Yokohama General Hospital, has authored, "The Fourth Treatment for Medical Refugees – Thermotherapy in the New Century" which documents his pioneering work using the BioMat in his breakthrough protocols to successfully treat cancer.

And if that were not enough to get you interested in BioMats then at least for those who have to heat their houses in the winter here is a secret. The BioMat will save you a lot of money on heating because one can just go to sleep and be warm all night without heating the entire house. Life in the cold doesn't get any better and any less expensive because of the low power usage.

One saves money while one is treating and healing the body before it is even in need meaning one is engaging in the ultimate preventive medical healing strategy. After all my years in the field of medicine I would say that this is the best health investment besides investing in improving the quality of one's drinking water.

Was this the information you were looking for?

Yes/No



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