



Welcome to the  
Biomat

User Guide

[www.theBiomatStore.com](http://www.theBiomatStore.com)

On behalf of The Biomat Store team, let me congratulate you for choosing to balance your body/mind connection and enhance your health and well-being with the Biomat.

My alternative path to healing began during the social upheaval of the 1960's, as a pre-med student at the University of Michigan. I continued my journey as a healer by studying and practicing Jin Shin Jyutsu, a form of acupressure, and therapeutic massage in Melbourne, FL for over 20 years.

In 2006, I received a brochure about the Biomat from a friend, Gail Soucy, and decided to try one for my family's health. Using it on my massage table, I saw and felt muscles melt and bodies become pliable. Clients of all ages reported profound relief from pain, neuropathy, fibromyalgia, inflammation, insomnia and anxiety!

Motivated by these experiences, I felt compelled to share the Biomat with other health practitioners. By participating in medical conferences and health-related trade shows, I get the sense we are finally witnessing the acceptance of Integrative and Holistic Medicine. I am proud to represent the Biomat as a new tool to be used in that effort.

This guide will help you get started and answer some basic questions. As a new Biomat owner, you are welcomed as a member of our team. Feel free to call me for more detailed information, or visit theBiomatStore.com website. Thank you for your purchase. I wish you the best of health and well-being.



Sincerely,  
Marilyn Cobb LMT  
321-952-8111  
marilyn@thebiomatstore.com



## What's Inside

Biomat Quick Start Guide and Care . . . . .	3
Biomat Settings . . . . .	4
How the Biomat Works . . . . .	6
Japanese Hospital Uses the Biomat . . . . .	8
Biomat Benefits . . . . .	9
Biomat Specifications . . . . .	10
Complimentary CD . . . . .	11
Other Fine Richway Products . . . . .	12

## *Biomat Quick Start Guide*

1. Unfold the Biomat on a bed, couch or flat surface. A Minimat may also be used on a chair and folded at a 90° angle.
2. Place the amethyst side facing up and the gold side down.
3. Attach quilt pad with elastic straps to corners of the Biomat or Minimat. Lie directly on top of quilted pad adding a sheet or towel if desired. Use a pillow case with the pillow.
4. Plug large female prong of the control unit into the mat.
5. Plug small male plug into electric wall outlet.
6. Make sure power button on back of control panel is in “on” position (the Minimat has the power button on the front).
7. Press temperature up button to highest red setting to warm the mat for 15-20 minutes before laying on it.
8. Adjust the timer for desired length of time. The Minimat has no timer.
9. When ready to lie down, set temperature control to 2nd gold setting - 113°F for first time use.
10. Lie down & cover up with cotton or natural fiber cover. Listen to the provided CD to add to your experience.
11. Limit first time use to no more than 20-30 minutes and medium heat settings to avoid a detox reaction.
12. After initial use, adjust heat settings and time as desired. Listen to your body!
13. Drink lots of water when finished.

## *Biomat Care*

1. Cleaning is not necessary as the FIR and Negative Ions sanitize the Biomat.
2. The mat may be vacuumed or lightly spot cleaned with water if necessary.
3. Allow the Biomat to cool prior to folding or placing in the zippered travel case and fold the amethyst side in.
4. The quilted cotton pad may be laundered in warm water with no bleach. Dry using line or dryer low heat or air setting.
5. Prevent massage oils from coming in contact with the Biomat surface. Use a plastic covering (may be purchased separately) if needed.

The statements enclosed herein have not been evaluated by the Food and Drug Administration. The products mentioned in this material or on our web site are not intended to diagnose, treat, cure, or prevent any disease. Information and statements made are for education purposes and are not intended to replace the advice of a licensed medical practitioner.

# Biomat

## Green Settings

**Gentle Healing Warmth 95° - 104°**

***Safest for Sensitive & Extended Use***

- 🍷 Safe setting for all night sleep
- 🍷 Gentle boost to immune system
- 🍷 First aid for relief of wounds, digestive problems, headaches & stress
- 🍷 Mild detox & recovery

## Low Gold Settings

**Dynamic Subtle Warmth 113° - 122°**

***Cycles of 20minutes to 2 Hours***

- 🍷 Gentle stress relief
- 🍷 Muscle relaxation & recovery
- 🍷 Cardio & respiratory rate reduction
- 🍷 Blood pressure regulation
- 🍷 Hormone balancing

## High Gold Settings

**Deeply Penetrating Warmth 131° - 140°**

***9 to 90 Minute Sessions***

- 🍷 Joint, muscle & fatigue relief
- 🍷 Stress, Anxiety & trauma relief
- 🍷 Profound relaxation
- 🍷 Enhances meditation

## Red Settings

**Deep Heat & Max. Therapeutics 149° - 158°**

***Power Sessions of 20 minutes to 45 minutes***

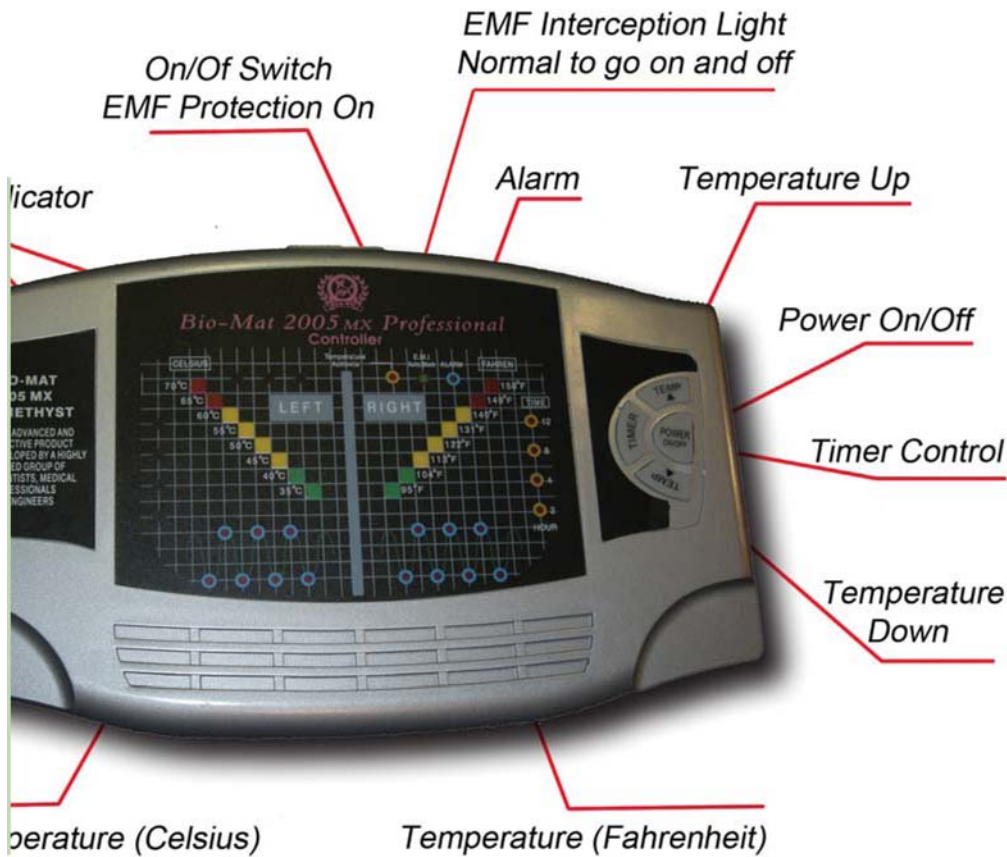
- 🍷 Sauna level cleansing & maximum detoxification
- 🍷 Promotes weight loss
- 🍷 Improves skin tone
- 🍷 Setting used by Japanese cancer clinic
- 🍷 Sanitizer

Far Infrared Inc



Tem,

# Settings



## Power Only

No Temperature

### Negative Ions Only

- 🔥 Relief from severe pain for some people
- 🔥 Useful after a higher heat setting to prevent a detox reaction

Blinking red lights at the bottom of the control panel indicate negative ion cycle is on

## MiniBiomat Settings

Correspond to above temperature settings  
95° - 158°

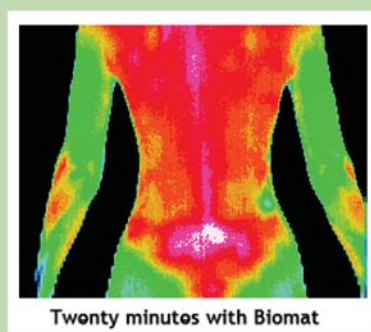
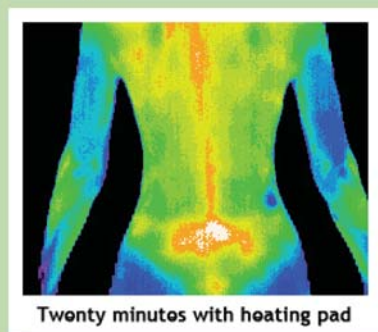
## HOW THE BIOMAT WORKS

The Biomat has three primary therapeutic components, each of which contributes to its effectiveness. These components are (1) far infrared rays (FIR), (2) the generation of negative ions (NI) and (3) a bed of amethyst crystals.

**Far Infrared (FIR):** The penetrating power of FIR stimulates the entire body from the inside out. The rays are beamed 4 - 6 inches deep, resonating with the cells and making the whole body feel fully charged and energized.

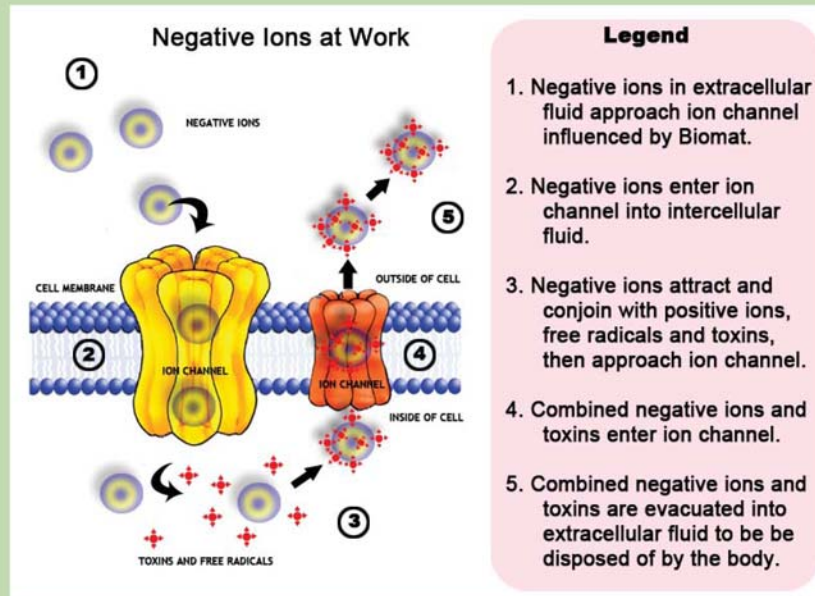
FIR are frequencies of light from the sun's invisible spectrum. NASA discovered how to generate these rays from mineral compounds during the early days of space exploration. It was discovered biological systems are dependent upon these frequencies for their well-being.

FIR elevate the core body temperature and promote circulation, invigorate cellular activity and assist in the removal of toxins and metabolic waste. Through the expansion of blood vessels, a greater volume of oxygen is brought to the joints and extremities speeding recovery from injury, fatigue or surgery. The circulation and oxygenation relaxes muscles and reduces inflammation of muscle tissue and joints.

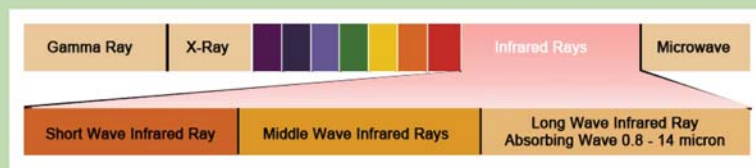


**Negative Ions (NI):** In bodies of water negative ions are drawn to the surface while positive ions sink below. When water moves, as in waves at the beach or in waterfalls, the negative ions near the surface are blown off into the air. The abundance of NI generate feelings of well-being in people. The Biomat supplies an abundance of negative ions to the body stimulating the same effect.

An increase in NI revives the function of ailing or dysfunctional cells by hyperactivating ion channels, increasing metabolism and transporting toxins out of the cells. Just as negative ions help to clean air, they also help to clean our cells.



**Amethyst Crystals:** The bed of amethyst crystal naturally emits FIR. It also focuses the FIR frequencies to those best utilized by the cells of the body. Amethyst crystal has been used for healing in many parts of the world since ancient times.



The Biomat's combination of FIR and negative ions traveling through a matrix of amethyst crystals delivers a unique healing system which brings the body into biological balance.

For reference to specific scientific studies supporting the above statements, visit [www.thebiomatstore.com](http://www.thebiomatstore.com).

The statements enclosed herein have not been evaluated by the Food and Drug Administration. The products mentioned in this material or on our web site are not intended to diagnose, treat, cure, or prevent any disease. Information and statements made are for education purposes and are not intended to replace the advice of a licensed medical practitioner.

## Japanese Hospital Uses the Biomat

### Cancer Clinic Thermotherapy

Dr. Nobuhiro Yoshimizu, researcher at Tokyo University Neurosurgery Dept., the Mayo Clinic, the Jiji University School of Medicine, the Taisan Tashinaga Hospital and the Yokohama Integrated Hospital, suggested that thermotherapy be used as a “Fourth Treatment” option along with chemotherapy, radiation and surgery in the control and elimination of cancer. He studied the effects of far infrared (FIR) therapy, light therapy, anion emission devices (negative ion therapy), low frequency wave therapy, steam saunas, carbonated water therapy and nutritional recommendations on cancer cells. Dr. Yoshimizu stated the following:

“During the process, we discovered a medical device called the “Biomat” that has been cleared by the US FDA. It combines the thermopower of Amethyst and Tourmaline to naturally improve the therapeutic power. In addition, it is inexpensive and can also be used every day. There are no side effects and anyone can improve their autonomic nervous system by 100% and feel the difference starting from the first day they use it. There was a case that cured prostate and breast cancer within 2 to 3 months. A patient who had been given just a few months to live ended up living for more than one year.”

Dr. Yoshimizu describes in his recent publication “The Fourth Treatment for Medical Refugees” (available through [www.thebiomatstore.com](http://www.thebiomatstore.com)) how raising the human body temperature by just 1 degree Celsius increases immune function by 36%, metabolism by 12% and enzyme activation by 50%. His research postulates that raising cancer cells to the temperature to 43° Celsius / 109.4° Fahrenheit kills them.

**Temperature change before, during and after the use of Biomat**

	Age	Gender	Disease	Before	During treatment	After
1	46	Male	Lung cancer	36.5 °C	37.6 °C	38.6 °C
2	64	Male	Esophageal cancer	36.5 °C	37.4 °C	37.9 °C
3	54	Female	Lung cancer	36.5 °C	37.4-38 °C	38 °C
4	52	Male	Lung cancer	36.5 °C	37-37.6 °C	37.8-38.5 °C
5	58	Female	Splenic cancer	36.4 °C	37.4 °C	38-38.3 °C
6	70	Female	Cholangiocarcinoma	36.5 °C	37 °C	37.8-38.2 °C
7	76	Female	Cholangiocarcinoma	36.9 °C	37.6 °C	38-38.6 °C
8	59	Male	Bladder cancer	36.5 °C	37.8 °C	37.9-38.2 °C
9	52	Female	Esophageal cancer	36.5 °C	37.3 °C	37.9-38.4 °C
10	31	Female	Colon cancer	36.4 °C	37.3 °C	38.1-39.1 °C
11	51	Female	Ovarian cancer	36.4 °C	37.5 °C	38.3-40.3 °C
12	63	Female	Splenic cancer	36.3 °C	37.5 °C	38.0-38.8 °C
13	44	Female	Colon cancer	36.3 °C	37.3 °C	37.4-38.7 °C
14	44	Female	Ovarian cancer	36.4 °C	38.1-38.8 °C	39.0-40.6 °C
15	60	Female	Stomach cancer	35.7 °C	36.6 °C	37.1-38.1 °C
16	67	Female	Colon cancer	35.4 °C	36.2 °C	37.4-39.0 °C
17	54	Female	Thyroid cancer	35.7-36.4 °C	37.2 °C	37.6-39.1 °C

## Benefits Derived from Daily Biomat Use

### **Detox**

Negative ions help to eliminate metabolic waste and free radicals at the cellular level while FIR increases metabolism and circulation helping to rid the body of toxins. Also, using the Biomat in much the same way as an infrared sauna, anyone including those who are sedentary, can work up a sweat helping to shed toxins from dermal layers.

### **Circulation**

FIR causes expansion of capillaries, arteries, veins and the fluid within them. This aids in the ease of circulation making oxygen, nutrients and energy more available to organs, joints and muscle tissue. This helps clean arteries, lower blood pressure, and has been proven to aid people with diabetic neuropathies and arteriosclerosis.

### **Stress Reduction**

One of the scientific characteristics of FIR is the effect on the autonomic nervous system. The deep heating effect and simulation of direct sunshine promotes the parasympathetic nervous system to become dominant. Stress is a major factor in all disease and the Biomat evokes the relaxation response within a short amount of time. The Biomat has been proclaimed to give "The World's Best Power Nap."

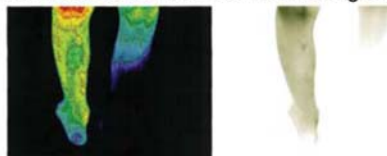
### **Metabolism**

FIR by resonating deep into the cell structure speeds up all biological processes. This speeding up requires energy which helps to burn calories and fat. Waste and toxins are removed more quickly. Aging muscle, bone and skin tissue are replaced more quickly. An overall feeling of well being is achieved when all healthy metabolic processes are stepped up. This is especially true for those who are immobile and can't exercise to increase their metabolic rates.

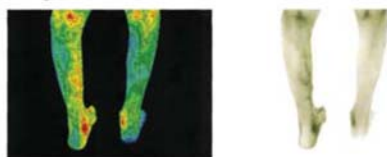
### **Pain Relief**

The deep heating properties of the Biomat help to dilate peripheral blood vessels bringing relief and healing to muscles and soft tissue injuries. The increased circulation delivers oxygen-rich blood to oxygen-depleted muscles while carrying away fatigue causing lactic acid. It has been proven that FIR help to heal deep wounds and burns at a greatly increased rate.

### **Increased Circulation and Nerve Regeneration**



Images taken 10-10-08



Images taken 10-25-08

72 year old client who has neuropathy and lack of circulation to her right leg. MiniBioMat placed under lower legs for fourteen days, most of which she spent in bed. During the fourteen days; client did experience increased discomfort and tingling, but had more mobility and increased circulation.

### **Improved Skin**

Subdermal as well as external sweating achieved after just a few minutes on the Biomat carry off deeply imbedded impurities and dead skin cells, leaving the skin glowing and immaculately clean. Increased circulation draws the skin's own natural nutrients to the surface.

### **Immune System Boost**

Elevating the core temperature using FIR fools the body into thinking there is an abundance of H.S.P. (Heat shock protein) or infection somewhere. This signals the immune system to go on the attack against illness and inflammation and encourages the generation of endorphins. This is the basis for integrative cancer studies utilizing FIR as a protocol.

### **Weight Control and Calorie Burning**

While laying on the Biomat, the body is actually hard at work producing sweat, pumping blood and burning calories. According to the Journal of the American Medical Association report, in a single FIR sauna session, as many calories may be burned as in 30 minutes of rowing or jogging.

---

The statements enclosed herein have not been evaluated by the Food and Drug Administration. The products mentioned in this material or on our web site are not intended to diagnose, treat, cure, or prevent any disease. Information and statements made are for education purposes and are not intended to replace the advice of a licensed medical practitioner.

## NASA Discovered How to Generate Infrared Rays

All surfaces radiate FIR waves as a function of surface temperature. However, the special compounds of alumina ( $Al_2CO_3$ ) and silica ( $SiO_2$ ) found in the Biomat convert electrical energy into FIR at room temperature. The discovery of these mineral oxides, with their capabilities to generate Infrared Waves, was made by NASA during the early space program. When the patent became public domain, Richway International utilized the materials in the Biomat.

FIR are filtered through a matrix of amethyst crystals. The amethyst, aside from its natural healing properties, filters the FIR to the frequencies best harmonized to human cell structure (8 to 12 microns). When organic tissue comes in contact with these wavelengths, it vibrates, causing it to heat from within.

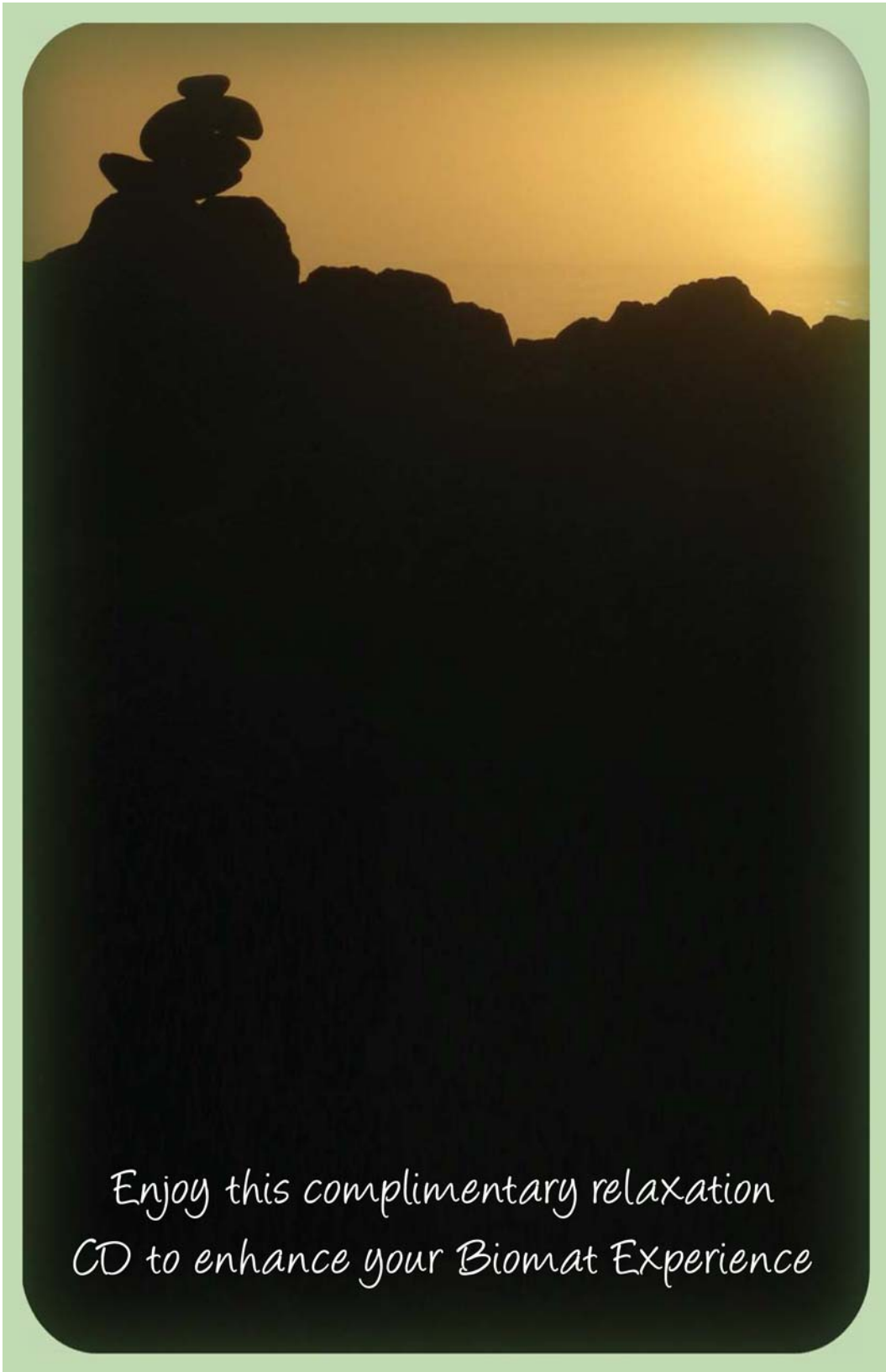
### ™BioMat Specifications

1. The BioMat uses Japanese Kurare Carbon ceramic (Patent 1386560). The Biomat uses the electrical equivalent of three 60 watt light bulbs per hour
2. The BioMat also includes a special function that emits Negative Ions and exchanges + Ions for - Ions in the human body.
3. The Kurare's Super Fiber Materials generate far infrared rays (8-12 micron) that the human body can easily absorb.
4. A Special layer of double Fiberglass completely cuts off harmful Water Vein Waves and also protects the Biomat from any moisture buildup.
5. The Biomat has an advanced IC chip and a soft touch control system originally developed by Hewlett Packard which makes operation very simple.



### What About Negative Ions

If 600 to 1000 volts of negative potential is applied to an insulated body, more calcium and sodium minerals in the circulating blood get ionized, thus changing an acidified body to an alkaline body. Although it uses a high voltage, since there is no current flow present, there are no risks or dangers. This invention is sometimes called a static electric treatment device or high potential treatment device. Also this device produces minimal EMF as tested by independent UL.



*Enjoy this complimentary relaxation  
CD to enhance your Biomat Experience*

## Other Fine Richway Products

Click the [BiomatStore.com/products.php](http://BiomatStore.com/products.php) for pricing or call 866.952.8111

### Upgrade to a Standard Bed Size Biomat

Amethyst Single (34.43" x 77.81")

Amethyst Queen (55.11" x 77.81")

Amethyst King (72.65" x 77.81")



Clear silicon channels reveal the beauty of the hand cut and tumbled Amethyst crystals. Includes Control Panel (Dual Control Panel with Queen or King) with variable heat settings, 100% cotton quilted cover. (Amethyst Pillows Suggested.) FDA Cleared Device.

### AlkaLife Antioxidant Water System

Easy to use, super hydrating, sweet tasting + pH balancing portable water system adapts to any faucet. Ionized hydrogen water oxygenates cells and removes free radicals, creating an environment essential to deterring bacteria, inflammation and disease. The molecular structure of this water is smaller, allowing more hydration and better detoxification. Features include: Soft Touch Screen with precise pH calibration system, pH Level Indicator - Alkaline/Purified/Acidic, state-of-the-art Carbon Activated Silver Nano Filter with 5 titanium thick coated platinum electrodes. Cartridge life 10,000 liters (replacement filters available). Coral Calcium Cartridge Dispenser (Coral Calcium cartridges available) FDA Cleared Device



### Rejuvena Ionic Facial Care System

Hand held natural face lift device. Negative & Positive Ions combined with ultrasonic vibration, lifts & tones facial muscles, diminishes wrinkles & promotes spot healing. Ultrasonic massage and micro-vibration at 30,000vps, results in improved circulation and allows nutrition to penetrate the skin's surface. Healthy supple skin, diminished age spots, acne, the reduction of fine lines and wrinkles will result with regular use. Includes: one month supply of Ionized vitamin C Liquid which increases collagen and is a powerful anti-oxidant, one month supply of Pure O Ionized Mineral Water which controls pH level, moisturizing skin and repairs already damaged skin Carry Case and Charger. FDA Cleared Device.



### Alka Energy-A1 Portable Water Flask

Alka Energy-A1 portable water alkaline pH enhancer. Increases the pH level and filters drinking water. Alka Energy-A1, while technically not a water ionizer, filters water and uses natural elements to increase pH levels. Zeolites can absorb and retain heavy metals and toxins. Tourmaline helps to clean, mineralize and ionizes the water. Purifies tap water. Great for travel or the gym.



### Detoxi 300Hrs Bamboo Salt

RichWay Detoxi 300Hrs Bamboo Salt Powder is produced from sun-dried salt that is packed inside the hollow sections of bamboo. It is then repeatedly heated nine times with pure yellow-ocher in a kiln up to 1600 degree celsius. The high kiln temperatures ensure elimination of heavy metals and toxins. This process creates a very pure grade of Bamboo Salt that contains lots of essential minerals and micronutrients. It has a high content of phosphorus, potassium, copper, zinc and sulfur. It has an exceedingly High Oxidation Reduction Potential making it beneficial for all.

