

BIOMAT 'SANDWICH' METHOD

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What is the BioMat 'Sandwich' Method?

- Laying on a BioMat Professional size with head on a BioPillow while a Mini BioMat covers the chest and abdomen. The heat & penetration of Far Infrared Rays (heat) can enhance cell function.
- With each subsequent use, the BioMat heat setting is SLOWLY increased. The goal is to *gradually* tolerate 158° F (except for brain cancer; request consultation).
- When the body experiences this 'pseudo' fever, specialized proteins called HEAT SHOCK PROTEINS (HSP) are produced. These proteins enhance immune system function. When cancer cells are present, HSP target these *abnormally* functioning cells bringing them into apoptosis (cell death).

The BioMat 'Sandwich' Method requires the use of

- * A BioMat Professional size (or larger)
- * Amethyst/Tourmaline Bio-Pillow and
- * Mini size BioMat

When is the 'Sandwich' Method used in relationship to Chronic issues & Cancer Care?

- **For cancer prevention:** regular, consistent BioMat use keeps one's immune system strong and helps eliminate inflammation and abnormal cells.

If a diagnosis of cancer is made -

- **In conjunction with** the 3 standard Western cancer treatments :
 - the BioMat helps to speed up the healing process & reduce pain from **surgery**
 - the BioMat assists in *reducing amount of chemotherapy* needed & diminishes side effects of chemo.
 - the BioMat helps in cell renewal as 'burns' can be caused by **radiation**.
For burns it is best to use ONLY the Negative Ions, without heat, until the skin heals.
- **In conjunction with** Integrative Cancer Therapies
- **After Western treatment** is complete or when client is placed on maintenance chemo, the BioMat eliminates toxic build-up from chemo & is *known to prevent metastasis*.

How is the equipment set-up?

- Pre-warm the Professional size and Mini BioMats for 30-40 minutes at the highest setting. Place crystal side face to face with accompanying quilted pad over the BioMats and a cotton towel covering each.
- Lie on the Pro size BioMat with head on Amethyst/Tourmaline Pillow.
- Place the Mini across the body *covering the breast bone, across shoulders and abdomen*.

REFER to the manufacturer USER GUIDE, CAUTION with BIOMAT USE and the BOOK describing this method "*The Fourth Treatment for Medical Refugees – thermotherapy in the new century*".

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What is the recommended duration & frequency of use?

- **Gradually** work up to the highest setting 40 minutes every 10-12 hours. The 'Heat Shock Protein' levels drop after 10 hours; they are the 'army' to stimulate cell function and get rid of alarming cells. No additional benefits have been found *using more than 40 minutes at the highest setting and may cause dehydration*. Ideally, use 2x's per day with 10-12 hours separating the 40 minute sessions.
- **MANUFACTURER CAUTION:** in the presence of brain cancer, the increase in heat has to be VERY gradual and NEVER used on the HIGHEST SETTING.

Many Cancer Clients have hypothermia (low body temperature)
Begin with both BioMats on **1st blue**. Every few days, increase the heat settings.
It may take one week or several weeks to reach the highest setting.
The BioPillow is designed to assist the body in easier adaptation to higher heat settings.

- **Sleep:** In addition to the above, **sleep on the Pro size BioMat** on the **1st or 2nd blue** heat setting all night and use the BioPillow. When summer months are too hot, *rather than skipping BioMat, use at night*, set it on Negative Ions ONLY, no heat.

Traveling for Western or Integrative Treatments or in your car a lot?

Sit on the Mini BioMat to minimize stress & boost your immune system before &/or after treatments to lessen side effects from chemotherapy & other therapies.

Some clients choose to use the BioMat during chemo treatments at the hospital or clinic.

In such case, in the front pocket your Mini BioMat case, place

- The Product User Guide,
- *'The Fourth Treatment for Medical Refugees'* and
- This 2 page guide

This makes it easier to share information with your health care professionals as needed.

Let your medical team know that you're using the BioMat as you may need less chemo/medication dosage or treatments.

Ask them to refer to www.UniversalBiomat.com and download 'The Fourth Treatment for Medical Refugees' explaining this method.

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