

DETOXIFICATION PROCESS

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What is a Toxin?

A toxin refers to any substance that causes ill health. This includes waste products naturally produced by the cells - our internal environment. External sources of toxins from our food, water and air add to the toxic load our body must release on a continuous basis. These include herbicides, fungicides, pesticides, chemicals, pharmaceuticals, etc.

Why don't we just normally get rid of all this stuff?

Many of us just don't get enough fresh air, exercise, proper nutrition, and sunlight to get rid of the 'trash' on a regular basis. As the toxins accumulate, the body gets out of balance and becomes susceptible to disease. This toxic load makes it challenging to maintain ideal health.

What is Detoxification?

Detoxification is the elimination of toxins and wastes from the body.

Every cell in the body uses nutrients and oxygen as building blocks to do its proper functions. Cells also create waste material. Think 'trash'. Under ideal situations most of this waste is eliminated from the body. Unfortunately however, much of this waste is retained by the cells due to insufficient amounts of oxygen/energy/nutrition to remove it. Even over small amounts of time, these wastes tend to become toxic to the cells and thus the body. Think 'constipation'. To limit toxins from our external environment requires conscious effort on our part by consuming organic foods and using non-polluting products.

What to expect when adding BioMat sessions to your lifestyle:

By its very design, the BioMat assists the body in releasing toxins. When using the BioMat, a constant stream of vibration allows the body's vital life force to increase, strengthening the organs to work more efficiently. This improves the body's major pathways of detoxification.

This enables the body to liquefy accumulated waste and toxins that have been lodged in the tissues, cells and organs of the body for many years. The detoxification process can show up as: more frequent bowel movements & urination, slight nausea, mild headaches, phlegm, mucus, skin breakouts or acne. Some users may experience one or more of these symptoms. These are all normal and expected symptoms that can be generated as the body clears itself of accumulated cellular waste and debris.

Allowing the body time to adjust to the detoxifying power of the BioMat often prevents unpleasant symptoms from occurring. The higher the BioMat's heat setting, the more toxins are released. Start on the LOW heat setting for short durations, and SLOWLY increase the heat settings and duration allowing an adaptation period, honoring your body. This is especially important if you currently have inflammation or a disease process.

The vibrations generated by the *Amethyst BioMat* 'remind' the body how to prioritize problems. An area of weakness can appear in the form of discomfort or even pain. This may be from an old trauma you thought was resolved or something that you were previously unaware of. As body cleansing, balancing, and restoring begins, you may become aware of this weak point. Know that as the pathways open up, the discomfort is typically temporary and will resolve.

Why is it important to go through this type of detoxification?

The BioMat creates an environment within the body that encourages the removal of waste products and toxins. This makes every cell operate more effectively and health-fully. Continued, regular use of the Amethyst BioMat restores the whole body's energy supply and vitality.

BioMat use is also a natural way to boost your immune system making colds and flu less frequent or shorter in duration.

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Healing Crisis

A ‘healing crisis’ occurs when an excess of toxins is released from the body at once and essentially overload the system...meaning the toxins can’t get out fast enough. It is referred to as a Herkimer reaction.

The famous homoeopath, Constantine Hering, made a clear distinction between the symptoms of a ‘healing crisis’ and those of dis-ease process. Unfortunately, we often confuse a healing crisis with a dis-ease process, and suppress it with medication. This only makes the body weaker and more vulnerable to imbalance leading to dis-ease.

Initially, during a “healing crisis”, one may feel a lack of energy. This is almost always because the body is cleansing, restoring, etc. at deep cellular levels, and is using a lot of energy for this.

Although you may feel slightly uncomfortable during the process, afterwards you may experience a new level of vitality.

During a “healing crisis”, drink lots of water, keep warm and rest. You can further assist this process with light exercise (walking, rebounding, yoga, etc.) to increase circulation and flush the lymphatic system. This will promote the rapid elimination of toxins and imbalances.

After the “healing crisis”, you should feel more energetic than ever! If the healing crisis persists for more than 2 weeks, consult with a licensed Health Practitioner who is experienced in the detoxification process and healing crisis.

No results?

The effects of the BioMat may be subtle for some while very dramatic for others. We don’t get to choose! Some notice improvement in their mood or sleeping better and wonder if it’s a ‘placebo effect’!

Some people have at first reported “no results” yet after having undergone regular medical check-ups, discovered that their blood work and/or blood pressure was improving. Others have reported feeling the need to cut back on medication dosages as their body cleanses and becomes more balanced. Never undertake this alone. Consult with the Licensed Health Care Practitioner who prescribed your medication.

Yet for others, regular daily use of the BioMat yields the results they are looking for several weeks later as great levels of detoxification are required for the symptoms to improve. With long term BioMat use, there are many accounts of improvement in the immune system, without the user even being aware of the ‘cleansing’ process.

Modification in BioMat use may be needed for symptom relief. Keep in mind “less heat” may be best as your body adapts to detoxification and “time” is often the key to reaching your goals.

Refer the Manufacturer User Guide and Caution Guide.

For additional information in understanding detoxification, view a short video located on our main site:
<http://www.universalbiomat.com/far-infrared-rays--negative-ions.html>



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