

## Heavenly's Jewel Amethyst PEMF BioMat

### Question and Answers:

**Q. What Makes Heavenly's Jewel mat so special?**

A. Heavenly Hollow's Mat is designed to improve your wellness with natural therapies that enhance blood circulation and cell metabolism. Causing these two processes to happen within your body can help to reduce pain, strengthen the immune system, relieve insomnia, ease inflammation and stiffness, alleviate stress, improve moods, and much more. You will also experience accelerated detoxification that helps with the overall way you feel. Better wellness is a big step towards a better life. Our mat is good and safe for people of all ages including children. *PEMF is FDA approved to treat signs of depression, promote proper bone healing, and reduce discomfort in joints.*

**Q. What crystals come in your mat for healing?**

A. About 12 lb of top quality amethyst + 2 lb of tourmaline ceramic + 2 lb of natural obsidian + PEMF

**Q. Why do I want to be on a mat with PEMF?**

A. PEMF in combination with gemstone heat therapy offers the most effective healing experience we offer. In 2004, the FDA approved PEMF devices for medical treatment. In 2011, Dr. Oz featured one of these devices as a breakthrough in medical technology. See our web page for this video. It has been at the forefront of many clinical. Of these studies, NASA conducted the most prominent. They use this form of therapy regularly to maintain the health levels of their astronauts. PEMF is one of the most potent natural therapies available because it improves the health of your cells. It is completely safe. PEMF is an all-natural form of therapy. It replicates magnetic frequencies exactly the same as the ones the Earth emits. It has no side effects and you can use it for as long as you want.

**Q. Where do Far Infrared Rays Come From and what are the benefits?**

A. The negative ion exposure also comes from the gemstones. Heating them releases both FIR and negative ions. Sometimes when you step out into the sun you can feel warmth overcome you from the inside out. This feeling is caused by **far infrared rays**, an invisible light on the opposite side of the spectrum of harmful ultraviolet rays. It is the same light that plants photosynthesize in order to feed. This plant dependency of far infrared can be found in the human body as well. That warm resonating feeling you get from the far infrared rays speaks to our bodies need for rays of sunlight. That warm feeling can be harnessed to improve our health conditions. The sun, our bodies, and our hands are always emitting FIR. In the past, it was this discovery that led to healing methods involving the placement of palms over ailing areas of the body, or palm healing. [This has evolved to what is now known as Reiki, a form of healing that utilizes the heat from palms to assist in body's natural healing](#) process. Science has been able to focus the healing component of FIR and utilize these rays to improve our natural healing abilities.

For those who are opposed to doctor prescribed medications, far infrared ray therapy is a great substitute in most cases. There's nothing to lose. With no risks or side effects, why wouldn't you try it? FIR can reduce the swelling in a man's elbow so he can play tennis again. It can strengthen a woman's immune system so she doesn't have to miss an important meeting with a client. It can alleviate the stress around a smoker's

heart so he doesn't end up having an early heart attack. *Far infrared therapy can do so much. What can it do for you?*

**Q. Are these mats safe for me to use?**

A. Yes Heavenly Hollows mats are safe. Each mat is comprised of natural elements that have shown no adverse effects after hundreds of clinical studies. However, before using one, you should be aware that there are certain conditions and situations in which using them may become potentially hazardous. *A mat with PEMF can cause problems for individuals with a pacemaker. If you have a pacemaker, you can still use the mat with the PEMF function turned off* and at low heat, but we strongly suggest consulting your doctor first. Another critical caution is for *women who are pregnant*. See more precautions below.

**PERCAUTIONS:**

- Heat therapy should not be applied to open wounds or serious bruising. Avoid heat therapy if you have vascular disease, or deep vein thrombosis.
- People who have had organ transplant surgery should not use a BioMat for the first two years after the transplant as it may cause the body to reject.
- People with breast implants should use low heat only.
- Any kind of body patches such as pain patches or nicotine should be removed before using the mat as the heat will increase the uptake of the patch.
- Multiple Sclerosis Patients with heat sensitivities should use the BioMat on Low Heat (95-131F) This low setting could be very beneficial for nerves and cellular activity. Anyone with any other type of MS can use the Mat at any settings.
- Heart disease patients should consult your doctor before use.
- Radiation Therapy and Chemotherapy patients should only use the BioMat on low heat (95-131F)
- We recommend anyone with the following ailments to only use the BioMat on low heat: Adrenal Suppression Disorder, Adison's Disease, Adrenal Insufficiency, Systematic Lupus and heat sensitive MS, use of blood thinners such as Coumadin, fever, Bypass surgery,

**Q. Can I lay directly on the mat?**

A. Of course, you can. A lot of people enjoy feeling the hot stones against their back. However, it is recommend operating the mat at a medium to a low setting to avoid sweat damage and stains. Otherwise, you should cover it with a pad or towel of your own. You can set your exact desired temperature to the degree. Additionally, the mat will regulate the heat so that if it gets too hot, it will turn off and if the temperature drops it will heat up again. This mat is safe to sleep on at low temperatures overnight.

**Q. Can People with Replacements use the mat?**

A. Yes. There should be no problem with hip replacements, knee, spine, etc. Nerveless, it is recommended that individuals with such implants consult their surgeon before using infrared therapy.

**Q. How can I burn calories?**

A. Using the mat gives your body similar effects to doing cardio at the gym. Infrared heat on a temperature of 50-60C increases your heart rate and blood circulation, boosting your energy and metabolism on a cellular level. An hour of cardio can burn up to 500 calories. Another calorie burner is a SAUNA. If you set the temperature to 70C and cover your body with a blanket, you would receive real sauna benefits with sweat and detoxification. That is another several hundred calories being burned. Please keep it reasonably under one hour for cardio burn. Drink PLENTY of water.

**Q. I have a slight headache after use. What do I do?**

A. A headache is a sign of detoxing too fast and being dehydrated. Use a lower temperature and drink more water. Enjoy the process. Become healthy as a comfortable pace.

**Q. Is there an Ideal temperature for the mat settings?**

A. No, the temperature setting is entirely up to your personal preference. The more comfortable you are during the process, the results you will see.

**Q. What are the temperature settings for the mat to address specific health issues?**

A. **No Heat** This setting allows you to benefit from negative ion therapy and amethyst conduction without using the far infrared rays at the same time. This setting is ideal for mood enhancement, mental alertness, mental stimulation and general detoxification.

35-40 c Heat Enables negative ion therapy plus gentle broad spectrum cooling. The setting aid to combat insomnia, encourage deep relaxation and deliver long term regenerative health. Benefits also include cellular renewal, improved energy flow and migraine reduction or elimination.

45-55 c Heat Provides negative ion therapy plus subtle, warming far infrared penetration for a range of health benefits. This setting is ideal for encouraging relaxation and increased flexibility and healing muscle joint or spinal injuries. This setting also soothes asthma and allergy symptoms, encourages respiratory health and may help stabilize blood pressure, blood sugar and glandular functions.

55-65 c Heat at 30-90 minutes Provides negative ion therapy plus deep penetrating heat to alleviate pain, encourage relaxation and address chronic conditions associated with stress, tension and anxiety. This setting also encourages better circulation, improved hormonal balance and increased sexual vitality. Twice a day limit at this heat setting.

65-70 c Heat Offers maximum sauna-like far infrared ray therapeutics designed to purify and detoxify. This setting is ideal for relieving pain, stress, low immunity conditions such as flu, cold and overall low energy and even maladies such as jet lag and hangover. Used regularly this setting reduces body toxicity and improves conditions caused by viral, cystic, acidic and endemic malfunction. This setting also increases metabolism and flush fat and cellular waste from the system. This is SAUNA levels . recommended 30-60 minutes max.

- The warmth penetrates you whole body and it's nothing like a heating pad- combined a very comforting experience.

**Q. What are the benefits of Negative Ions?**

A. The feeling of improvement you get from a breath of fresh air on the morning of a camping trip is no coincidence. Nature is one of the greatest healing forces available to us still to this day. It is no magic trick that removing yourself from the clutter of your busy everyday life to relax can do wonders for your health. However, there's more to it than simply getting away. The reason nature can make you feel so great is something produced by naturally occurring forces such as sunlight, water, air, and even the earth's radiation. Something too small to be seen, they are negative ions.

Ions are an atom that has gained or lost a charge. So when we say negative ions we are talking about an oxygen atom charged with an extra electron. They are a necessity to human health. Negative ions are found in high quantity in places that have large bodies of water; this could be a beach, a lake, or a waterfall for instance. One natural producer of negative ions that everyone typically has in their home is a shower. The steam produced from the heat of the shower generates negative ions and is a contributing factor to why we feel so refreshed and revitalized when after taking one. To a similar effect, when there is a thunderstorm, you are left with an interesting and refreshing taste in your mouth. This is because the storm has saturated the air around you with negative ions. Negative ions are scientifically tied to a lot of health benefits, but getting them is not always so easy.

Our homes and offices are so often bogged down by clutter, waste, and technology that they tend to be lacking in negative ion exposure. As a result, a prevalence of positive ions may take root in our surroundings. Positive ions can be anything from harmful toxins, airborne viruses, or many other things that can make us sick and feeling less than ready to carry on with our daily routines. Many of us live in areas where natural negative ion generating factors have been either removed or tampered with. This can lead to more instances of illness, more cases of headaches, and an overall feeling of decreased mood and energy. Negative ions may be invisible, but their benefits for your health do not go unnoticed.

The benefits of negative ions are not something you have to wait to kick in. Once you begin exposure, you will feel an immediate difference. You take that feeling of a bright sunny morning on the beach with you. You can take the benefits of a weekend getaway to your favorite wooded seclusion with you. Negative ions are essential to living properly and making an active effort to make sure you are getting a vital amount can be the difference between living life and excelling at it.