



Special Considerations and Contraindications for Using Far Infrared Therapy and the BioMat

Heat Settings and Use:

- Use of the BioMat on high heat settings should be limited to short periods of time. Do NOT use high settings overnight. Lower temperature settings can be used overnight.
- Children, diabetics, invalids, paralyzed or non-verbal persons should be monitored at all times while on the BioMat.
- Never use high heat settings on children, or on women who are pregnant or nursing.
- Avoid using any heat on infants.
- For complete information on heat settings and uses see the *BioMat Settings Guide*.

Organ Transplants: Patients who have undergone organ transplants should not use the BioMat.

Oxygen masks: Use of the BioMat oxygenates the body; therefore, oxygen masks should not be worn while on the BioMat. Use of the mask can be resumed, if necessary, after the BioMat session is over.

Pacemakers: Internal pacemakers are safe for use with the BioMat.

Prescription Drugs: If you are taking prescription drugs, check with your physician or pharmacist about possible changes in the drug's effect due to an interaction with the effects of far infrared therapy. Individuals taking corticosteroids may experience some redness of the skin. If redness occurs, use of the BioMat should be discontinued until the course of medication is finished.

Hemorrhage: Hemophiliacs and anyone predisposed to hemorrhage should avoid far infrared or any type of therapy that would induce vasodilation and increase bleeding.

Surgical Implants: Metal implants and artificial joints generally reflect far infrared rays and therefore are not heated. Nevertheless, it is recommended that individuals with such implants consult their surgeon before using far infrared therapy.

Silicone Implants: Silicone does absorb far infrared rays, but implants/prostheses should not be adversely affected by the BioMat as silicone only melts at temperatures over 200 degrees Celsius. Still, it is advisable to consult a physician to be certain.

Pregnancy: In pregnancy or suspicion of pregnancy, discontinuation of far infrared therapy is recommended in the first trimester. Use of the BioMat following the first trimester should be limited to low heat settings. The BioMat can be a useful tool for postpartum care.

Menstruation: Use of the BioMat during menstruation poses no risk, but may increase menstrual flow, due to the heating of the low-back area. Individuals who wish to avoid this may choose to discontinue use of the BioMat during the menstrual cycle. Use of the BioMat can help minimize physical and emotional discomfort of the premenstrual and menstrual periods.

Certain Conditions: According to some sources, it is considered inadvisable to raise the core temperature of someone with adrenal suppression, systemic lupus erythematosus or multiple sclerosis. Check with your medical practitioner if you have any of these conditions before using the BioMat.

ADDITIONAL COMMENTS:

Should an individual experience a **worsening of any condition**, use of the BioMat should be discontinued. However, some temporary symptoms may be attributed to the detoxification process. See *"Note on Detoxification."*

Individuals with recent, acute joint injuries should avoid heating the joint for the first 48 hours, or until the "hot and swollen" symptoms of the injury pass. Joints that are chronically swollen may respond poorly to extreme heat. Vigorous heating is strictly contraindicated in cases of infections within the joints.

Far infrared therapy stimulates areas of the body which may be in disharmony, and this can result in sensations that vary for each individual. If any unusual pain or discomfort persists for more than 24 hours discontinue use of the BioMat and then try again in a few days.

A Note on Detoxification:

During detoxification, accumulated toxins are released from cells and organs, passing through the blood stream before leaving through the skin, breath, urine and feces. The movement of these toxins through the body can produce sensations of being ill, when in fact, the case is quite the opposite; the body is going through healing. Sometimes this process can release remnants of past illnesses, causing an individual to experience similar, but less severe, symptoms of a past illness. These symptoms usually pass within a day or two. See the booklet *"Ions and Far Infrared Rays."*

The BioMat is a useful tool for detoxification, but it is important to start out slowly in order to determine what your body can tolerate. It is also important to drink plenty of pure water to help eliminate toxins from the body.

DISCLAIMER: All information contained herein is provided for informational and educational purposes only. This information is not meant to substitute for the advice or treatment provided by your personal physician. If you suspect you have a medical condition consult with your physician before using the BioMat.