

## BioMat Session Waiver & Contraindications

The BioMat is an FDA approved safe medical device, when used correctly.

### Contraindications: Who should NOT use the BioMat

- External Pacemaker, Defibrillator** (An internal Pacemaker is not a problem if under the skin.)
- Renal or Kidney failure.** You may use the mat on Negative Ions only without heat because the heat settings increase circulation to the kidneys, which may tax the kidneys.
- People with "**Heat sensitive**" **MS.** MS that is not heat sensitive is fine. If you are heat sensitive you may also use the BioMat with the negative ion function only.
- Organ transplants** that are **<2 years** old because it may cause organ rejection.
- Newborn babies** cannot regulate temperatures yet. You may use Negative Ions only or when they are at least 6 months old use the lowest green setting.
- Radiation Therapy** patients should wait 6-8 weeks before use of heat settings to allow tissues to heal. The negative ions may be used without heat. Chemotherapy clients should consult for details.
- Brain Tumors** –Heat increases pressure in the brain, use Amethyst pillow and on low or no heat.

### Cautions:

- Metal** body and joint replacements are fine!
- Breast implants:** Use low GREEN heat temps only.
- Pregnant:** Use low GREEN heat temps only.
- Babies >6 months & Children:** Use low GREEN heat temps only.
- Medicated Patches:** Remove while on BioMat because the heat will increase the dispersion of medication into the body. You may re-apply the patch when you are done with your session.
- If you have diabetes, high blood pressure, asthma, or you are very toxic (medications, smoking, drinking, environmental contaminants), start at a low "Green" heat setting, drink some water mid-way through your session and monitor how you are feeling.
- Detoxification reactions may occur, always start low temps the first visit, hydrate and use as tolerated.
- Use a waterproof cover if incontinent or using to sweat!

### Recommendations:

- Drink a glass of pure water BEFORE and AFTER your session so you do not become dehydrated and are able to detoxify.
- Wear only natural fibers while on the BioMat (Cotton, Wool, Silk, Bamboo). Synthetic fabrics heat quickly and block negative ions. They also release toxins into the body.
- For future sessions of high heat detoxification or warmth, use the blanket.
- Start slow and easy to see how your body tolerates. Begin on green or low gold settings the first time and adjust according to tolerance.
- Never use the detoxifying High Red heat setting more than 1 hour twice a day. Start heat slowly first few visits.

### What to Expect:

- Your first few sessions may produce such a deep relaxation in your body that you fall asleep! Enjoy and let the Store know if you need to be out by a certain time.
- Enhanced circulation, decreased inflammation/swelling, lower pain, relaxed muscles, detoxification, warmth, enhanced sleep, and deep relaxation.
- All affects are cumulative and work best when used an 45-60 minutes once or twice daily. Some opt to sleep on the green settings for pain reduction.

**Release of Liability** *I have read the above contraindications, cautions, recommendations, and understand that the Wellness Education Center is not liable for any adverse reactions.*

Printed Name \_\_\_\_\_ Signature \_\_\_\_\_ Date(s) \_\_\_\_\_

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