

## Special Considerations for BioMat use

**Children, diabetic, invalid or paralyzed persons** *should be monitored at all times* while the BioMat is in use. Avoid any heat on infants.

**Never use high heat temperatures on children or those who are pregnant or lactating.**

Use a **low setting** of (F 95°- 113°/C 35°-45°) **for a good night's sleep or use no heat** (power on only) **for cool refreshing negative ions.**

**Surgical Implants:** Metal pins, rods, artificial joints, or any other surgical implants generally reflect infrared rays and are not heated by an infrared heat system. Nevertheless, a person should consult his or her surgeon before receiving such therapy. Certainly infrared therapy must be discontinued if a person experiences pain near any implants.

**Silicone:** Silicone does absorb infrared energy. Implanted silicone or silicone prostheses for nose or ear replacement may be warmed by infrared rays. Since silicone melts at over 200 degrees Celsius, it should not be adversely affected by an infrared heat system, however, it is still advised that a person checks with his or her surgeon to be certain.

**Menstruation:** Heating of the low-back area of women during the menstrual period may temporarily increase menstrual flow. Once a woman is aware that this is occurring, she can choose to allow herself to experience this short-term effect without worry. Or she may simply avoid using an infrared heat source at that time in her cycle. For the majority of women, Far Infrared Energy massage helps to relieve and minimize the physical and emotional discomfort experienced during the premenstrual and menstrual period.

**Hemorrhage:** Hemophiliacs and anyone predisposed to hemorrhage should avoid infrared usage or any type of heating that would induce vasodilation that can lead to the tendency to bleed.

**Worsened Condition:** Should any condition worsen with the continued use of this infrared heat system, the use of the system should be discontinued. Some temporary symptoms, however, may be attributed to the detoxification and the healing process itself. Before making the determination that you or your client are actually worse, please also read the Detoxification and Healing Crisis section for more complete information.

**Pain:** Pain should not be experienced when using an infrared heat system, though the heat generated by the rays will go to areas of disease or discomfort. Some people perceive this as painful, others more as a sensation. If pain persists beyond a reasonable integration period (usually 24 - 36 hours), the use of radiant heat is clearly inappropriate for the person at that time.

**Drink water after using the BioMat to maintain proper hydration.**

**WARNING: DO NOT SLEEP ALL NIGHT UNDER HIGH TEMPERATURE**