What are IONS and where do they come from?

IONS are particles with a positive or a negative electrical charge. The percentage and number of +IONS and -IONS change depending on the time and place. IONS can be found only in clean air. They are being produced constantly in the air we breathe at the rate of 10 to 20 IONS per cubic centimeter every second. There are 200 to 500 IONS in 1 cubic centimeter of ordinary outdoor clean air and 100 to 200 IONS in 1 cubic centimeter of clean indoor air. The ideal amount of -IONS for our health is 400 to 1000 per cubic centimeter of air. Many professional researchers agree that our health is dependent on the amount and quality of IONS in the air we breathe. World famous professor A.D. Moore (Michigan University) stated the following: "If we can control the amount of IONS in our everyday life, it will have a positive effect on our health."

The role of negative -ION in the improvement of our health

The negative -ION is a major element that provides energy to the human body. Negative -IONS also play a vital role in the function of each cell in our body. The amount of -IONS within the cell, as well as the outside of the cell wall, is critical for a proper function of the cell. When -IONS are introduced, the channels of each cell wall open, eliminating toxins while absorbing oxygen and nutrients, therefore creating new healthy cells. Conversely the lack of -IONS within each cell will have a negative effect on the absorption of nutrients as well as the elimination of waste material. This can lead to anemia, allergies, shoulder pain, lumbago, rheumatism, neuralgia, constipation, gastroenteritis, hepatitis, kidney disease, unbalanced autonomic nerve system, insomnia etc.

The -IONS make us healthier through:

The Purification Of Blood

According to Dr Tanaka of Japan the introduction of -IONS known as a NEGATIVE IONIZATION increases the amount of -IONS in the calcium and sodium in the blood, which leads to purification of the blood by elevating the blood alkaline level.

Reviving The Cell

When the amount of the -IONS is increased, the function of the cell is activated. The electrical material exchange speeds up the cell function and as a result, nutrition is fully absorbed by the cell and waste material is eliminated. Metabolism is increased and the function of the cell is gradually revived.

Improvement To The Body’s Own Immune System
As the amount of -IONS increases, the GAMMA GLOBULIN in the blood increases resulting in blood rich in protein and antibodies.

The Control Function Of The Autonomic Nervous System

Dr Tanaka discovered that -IONS control the Balance between insulin and adrenal functions in the AUTONOMIC NERVOUS SYSTEM. This provides a strong resistance to diseases.

The negative effects of wearing synthetic fabrics

Synthetic fabrics decrease the amount of -IONS in our body. Wearing synthetic fabrics causes the calcium in our blood to be discharged into urine, resulting in a higher level of acidity in our blood. Many professionals believe that the reason for the current increase in cases of Diabetes may be caused by the extensive use of synthetic fabrics. Wearing synthetic fabrics causes the -IONS levels to drop and the amount of glucose in our blood increases. Normally, the body can control the sugar level, however when the controls do not function properly the sugar levels can either increase or decrease abnormally which can cause various symptoms. Wearing synthetic fabrics also decreases the amount of vitamin C in serum (liquid component of blood) abnormally.

The relationship between -IONS and our sleep

Our sleeping cycle has 4 different levels of the depth of sleep. These levels are repeated 4 to 5 times during the night until we wake up 7 to 8 hours later. Since we can absorb -IONS only at the rate of 15-20 %, the 7-8 hours of sleep is optimal time to be exposed to -IONS. For example, the air we breathe has the density of 1000 -IONS per cubic centimeter, we only absorb 150 to 200. That is why the RichWay Bio-Mat Infrared Heat and Negative Ion treatment was developed. It helps our body to receive -IONS during our sleep. After 8 hours of exposure to -IONS you will wake up refreshed and rested.

Dr Takada of Toho University is an authority on -ION treatment. During his research on the IONIZATION PHENOMENON Dr Takada realized that -ION loading had a positive effect on the physiological function of living body.

Understanding Far Infrared Rays:

Through research, we have learned that long wave infrared rays are beneficial to our health. However, we did not fully understand the principles of long wave infrared rays. Placing a hot water bottle on our stomach to relieve pain or using a sauna to heal colds are results of
utilization of long wave infrared rays. The infrared ray is the part of the light spectrum just past the color red. It is the part of sunlight that conveys heat from the Sun to the Earth. The long wave infrared ray (8-14μ) is the most beneficial of infrared rays. It will penetrate the body up to 6” deep. It stimulates cellular metabolism without muscle contraction. The heat that is the biproduct of cellular metabolism is responsible for maintaining our core body temperature. Far infrared rays will improve circulation and body temperature, therefore, the healing power of these rays can benefit muscles, cells, blood vessels, lymph glands, organs and nerves in the deepest parts of our body.

**Realizing the benefits of the long infrared rays and - Ions therapy**

- Helps to eliminate toxins on a molecular level, including carbon dioxide
- Increase in energy and vitality
- Reduces inflammation
- Strengthens immune system
- Improves blood circulation (microcirculation)
- Stimulates enzyme activity
- Improves lymphatic flow
- Balances pH
- Relieves pain and stress
- Improves quality of sleep
- Promotes deep relaxation
- Relieves joint-related pains
- Promotes better digestion
- Enhances brain function
- Strengthens cardiovascular system

**Stages of improvement**

When you start using your BioMat you will experience changes as the healing process occurs. At the beginning of the healing process you may feel the symptoms getting little worse before you start feeling better. That is a natural part of the healing process. Do not let that to worry you!

**High blood pressure**

- Dull headache pains
- Stressful feeling in the neck and shoulders
- Yawning
- Fatigue and sleepiness

**Diabetes**

- Urine becomes dark
- Sweating while sleeping
- Change in appetite
- Fatigue and sleepiness

**Stomach and intestine ulcer**

- Annoying pain in the stomach area
- Heavy feeling and pain in the waist area

**Athlete's foot**

- Affected area feels more itchy
- More perspiration

**Hemmorhoids**

- Feeling itchy in the rectal area

**Constipation or diarrhea**

- stomach gurgling
- frequent gas releasing
- fatigue and sleepiness

**Inflammation of nose**

- More drainage from nose

**Hepatitis or gastritis**

- Heavy feeling and pain in the waist
- Swelling in hands and feet
- Frequent urinations and urine become dark

**Ecsema**

- Similar symptoms as in hepatitis or kidney inflammation

**Neuralgia**

- Pain increases temporarily
- Pain in various part of the body
Weight Loss

- Increased sweating
- Increased urination and urine darkens
- Fatigue and sleepiness

Metabolism

- Whole body itches
- The weakest part of your body swells up and discoloration occurs

Remember all these symptoms may be intensified as your health improves.

Additional symptoms may occur:

- Vomiting (liver function)
- Rash on the face (blood pressure)
- Rough Tongue (internal secretion)
- Increase in Heart Beat (heart disease)
- Urinate more frequently (kidney and bladder problem)
- General fatigue (blood circulation)
- Bleeding Nose (hypertension)
- Diarrhea (stomach trouble)
- Sleepiness (blood acidity)
- Dizziness (blood circulation)

Research shows that LONG WAVE INFRARED HEAT within range of 40 C to 50 C will weaken and destroy cancer cells without harming the surrounding cells. There is a data that suggest that 95% of ordinary malignant tumors die at temperature of 43 C.

LONG WAVE INFRARED HEAT treatment is also beneficial during therapy for people affected by stroke and consequent paralysis. It also helps with a lymphatic gland function, dementia, low blood pressure, hypertension, rheumatism, menopause and stress related ailments.

Conclusion

After many years of research studies and test cases, it has been determined and proven that
the use of long wave infrared rays and Negative ions treatment is beneficial to our health. Many diseases were either cured or the symptoms greatly reduced by applying the Long infrared rays and Negative ions treatment on a daily basis.

The RICHWAY BIO-MAT thermotherapy is an economical and an effective delivery system of the Fast Infrared rays and negative ions.

The Richway BioMat is an FDA approved medical device category II. It can be used by physicians or by individuals as In Home Infrared Heat and Negative ION therapy.