



AMETHYST BIOMAT

What to expect when adding Biomat sessions to your daily regimen

Detoxification and Healing Crisis

As the Amethyst Biomat helps the body to cleanse and detoxify, some users will experience one or more symptoms of detoxification— sometimes referred to as a 'healing crisis'. These symptoms may include more frequent bowel movements and urination, slight nausea, mild headaches, various discharges, mucus, skin breakouts or acne.

As the body receives a constant stream of light wave energetics that it needs to strengthen itself, the body's vital force increases. This enables the body to liquefy accumulated waste and toxins that have been lodged in the tissues, cells and organs of the body for many years, and to eliminate them as phlegm, mucus, etc.

It is important to go through this detoxification, because, although you may feel slightly uncomfortable during the process, afterwards you experience a new level of vitality. This process of detoxification is also called a "healing crisis".

The famous homoeopath, Constantine Hering, made a clear distinction between the symptoms of a healing crisis and those of a disease crisis. Unfortunately, we often confuse a healing process with a disease process, and suppress it with medication. This only makes the body weaker and more vulnerable to disease.

When you experience a healing crisis, assist the process (by drinking lots of liquids, keeping warm, resting and exercising for lymphatic movement) to promote the rapid elimination of any toxins and disease elements that are manifesting themselves as phlegm, catarrh, mucus, running nose, enlarged tonsils, fever, etc. This is nature's way of righting some internal wrong. It is also known as the "reversal process". Whatever has been suppressed in the body for years liquefies and is eliminated through the normal elimination channels.

Initially, during a healing crisis, you may feel a lack of energy. This is almost always because your body is cleansing, restoring, etc. at deep cellular levels, and is using a lot of energy for this.

By continuing this cleansing program and drinking lots of liquids, you will assist your body to easily go through the healing crisis. You can further assist this process by exercising (walking, rebounding, yoga, etc.) to increase circulation and flush the lymphatics.

After the healing crisis, you should feel more energetic than ever! If the healing crisis persists for more than 2 weeks, consult with a Health Practitioner who is experienced in the processes of detoxification and healing crisis.

With regular use of the Amethyst Biomat, the body gets stronger and healthier, and its vital force increases. Remember, though, that the Amethyst Biomat may initiate still deeper healing crises over a period of time. Each time, more accumulated and stored toxins are eliminated, after which you can experience higher levels of vitality and well-being.

No results

Sometimes you might be unaware of the "work" that is facilitating at deep cellular levels, where there is a priority in the body. Because you may not be consciously aware of what is happening, you may think that this is not working for you.

People, who at first reported "no results", later, after having undergone regular medical check-ups, reported that their cholesterol and blood pressure levels had dropped significantly. There are similar accounts regarding the normalization of blood-sugar levels, and the improving of the immune system, without the user being aware of the process.

Highlighting of weaknesses

Because this works with priorities in the body, it often highlights some area of weakness that you were previously not aware of. As it starts its work of assisting the body in cleansing, balancing, restoring, etc., you may then become aware of this area of weakness.

Many people report having to gradually decrease medication dosages, as the body cleanses, and becomes more balanced. If in doubt, always consult with a Health Practitioner who understands the processes of cleansing and detoxification.

Other Products:

Great adjuncts to the Amethyst Biomat are the Alkal-Life 3000SL Water Ionizer; drinking lots of alkalized water will promote further detoxification and cleansing. While on the Biomat, the Amethyst + Tourmaline Memory Foam Pillow will keep the head cool, ergonomically positioned and provide crystal energetics. In addition, I highly recommend the Silk Comforter with Jade Powder + Inserts to encapsulate yourself with more crystal energy.