

WHAT IS FAR INFRARED (FIR) THERAPY?

Ryan uses Biomat Infrared technology in treatments, for the multiple benefits it provides, not the least of which is wonderful warmth on cool Alaskan days.

Just as with Far Infrared saunas, Biomats safely penetrate deeply into soft tissues, muscles, joints, and bone.

Unique, patented, FDA licensed medical devices, Biomats combine Far Infrared light with Negative Ion technology, intensified with Amethyst crystals.

In studies, including significant NASA research, FIR therapy/Biomat benefits include:

- increased blood circulation/oxygen supply to damaged tissues, reducing chronic joint pain
- improved cell regeneration (healing/detoxification, at mitochondrial levels)
- improved immune system function, circulation, cardiovascular function
- increased relaxation, comfort to sufferers of chronic, acute injuries
- increased serotonin and endorphins; our 'happy' hormones
- reduced stress levels, and the stress hormone cortisol
- improved key physiological glandular functions
- improved feelings of balance and relaxation
- improved sleep (great for at home use)
- relief from joint pain, stiffness
- reduced chronic low back pain
- increased physical comfort
- improved skin health
- relief from pain

Ryan became a Biomat distributor specifically to provide clients access to this healing technology for at home/anytime/anywhere use; particularly beneficial for acute and chronic injury recovery; all the benefits of Far Infrared saunas - less those expense, upkeep, and size issues.