



A time to remember YOU ...
Thankful for YOU!
Thankful you have found the
Biomat for yourself &
family members.

Thank you for introducing the Biomat to others & helping to lower their stress & pain level ... thus ushering peace into the world.

AMETHYST, the peace crystal, plays a huge role in developing clarity & reducing stress. **AMETHYST's** connection to the entire nervous system includes balancing the brain housing two glands: the pituitary gland & the pineal gland.

The pituitary gland is the captain of ALL the glands in the body. This means when the pituitary gland is balanced, clear signals go through the spine to the other glands (and organs). This includes improved digestion, elimination and hormonal balance, etc.

The pineal gland, when unused, calcifies. This calcification pushes our five senses (sight, hearing, tasting, touch & smell) to be on overload and creates blocks in various aspects of our life- typically living in a state of fear & limitation (dis-ease, not having enough or being enough).

On the other hand, when the pineal gland is stimulated by Amethyst, it "awakens" and "gifts" previously hidden by limited beliefs that may have been instilled by parents, teachers, trauma, etc. open up again. As the pineal is stimulated, one develops an easier connection to the power within, our intuition. Our access to a realm beyond our 5 physical senses (known as the thieves) deepens where truth is unveiled.

AMETHYST is only ONE facet of benefits from the Biomat & BioPillow!

Dedicating one hour per day on the Biomat in a quiet space has been shown to significantly decrease stress levels. Better yet, sleep on your Biomat all night...night after night...

Thank you for being part of the Universal Biomat TEAM,

Jocelyne & Jeff

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