

A COMPREHENSIVE GUIDELINE



The Official Instruction  
Manual Guideline

[www.healstem.com](http://www.healstem.com)

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# About Us



## Unique

LIKE NO OTHER

We are unique in the sense that no other heating mat has achieved and improved various chronic diseases like ours. We believe in natural healing and strive to provide the best environment for your body to protect itself.

## Advanced Medical Technology

BASED ON SCIENCE

We use cutting-edge technology using anions, far-infrared rays, and torsion field wavelengths (see page 3-4) in our medical mats.

## Natural Healing

LET YOUR BODY HEAL ITSELF

Sleep, treat, and rest on our Healstem mats. You'll find your health improve drastically through natural means!





# Manufacture Process

## *Super Fiber*

The Healstem Mat is made with aramid fiber and bulletproof material that has been additionally coated with 50 natural minerals (including carbon and platinum) through an intensive process

The aramid material is dipped in these 50 natural minerals 12x in our factory. However, we make sure to dry it out before dipping the material again, allowing stronger & better quality.

## *Fermentation*

Before we coat the 50 natural minerals onto the aramid baseline structure, we further ferment those minerals for 15 days through a special process.

This results in the production of a "super fiber." Moreover, in order to protect this "super fiber" we coat it with 100% natural silicone. This silicone is coated 12x over as well.

Due to the intricate processes, 90% of the manufacture are *hand-made*.

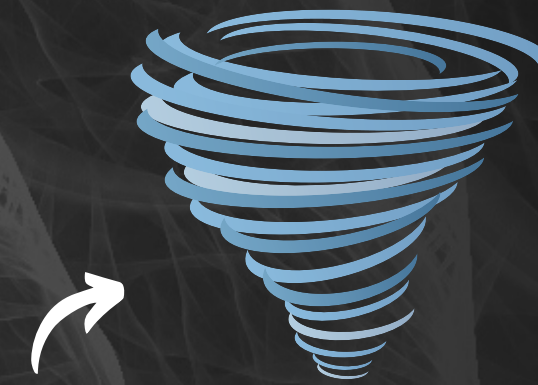
## *Grid-Type Mesh*

We differentiate ourselves with our grid-type mesh. Normal heating mats use heat wires that falls in a straight-line. However, we utilize a more efficient method.

As the far-infrared rays emit from the mat, it bounces off from the corners of each grid. This causes the far-infrared rays to spin. It eventually accumulates to a strong tornado-like effect, and is what amplifies the anions and far-infrared rays emitted from the Healstem mat. In scientific terms, this is called torsion field energy wavelength!



# What is TFW?



**TFW (torsion field wavelength)** is a powerful tornado-like wavelength that rotates in a clockwise manner. It amplifies the anions and far-infrared rays by hundreds, making it powerful enough to penetrate into the bone marrows and organs!

When your bone marrows and organs heat up from the inside, improvements include: toxin excretion, blood circulation, red&white blood cell activation, and many more benefits! (see next page)



# Overall Benefits

## **STRONGER BONE DENSITY**

Did you know that stronger bones = higher immune system?

## **IMMUNITY RAISED BY 5X**

When your body is given the perfect environment to heal itself, our immune system is naturally raised by fivefold.

## **MUSCLE/PAIN & STRESS RELIEF**

Perfect for everyday pain, muscle, and stress relief. Enjoy heat therapy at the comfort of your home.

## **RED & WHITE BLOOD CELL ACTIVATION**

Using the Healstem Medical Mat provides the best environment for your red and white blood cells to thrive!

## **SMOOTH ABSORBABLE WATER**

Make smooth absorbable water anytime, anywhere.

## **HEAL WHILE SLEEPING**

Let your body heal while sleeping by exposing yourself to anions and far-infrared rays.

## **DEEP CORE DETOX/DIET**

Detox the poison and wastes from the INSIDE OUT from your bones and organs.

## **AUTONOMIC NERVOUS SYSTEM STABILIZATION**

Restore your body's balance and allow your mind to relax.





# Based on Real Results (500+)

## Quantum Magnetic Analysis

Many test levels came back to its normal range after using the Healstem Medical Mat & Sauna!

The following are some of the most common improved areas:  
**cardiovascular, cerebrovascular, coronary artery elasticity, gallbladder function, bone mineral density, skin moisture/melanin index, blood viscosity/fat, cholesterol, osteoporosis coefficient, toxic pesticide residue, and more!**

Hand analysis Report				
Name: Ed Km		Sex: Female	Age: 59	
Figure: 163cm, 67kg		Testing Time: 2020-04-20 06:02		
<b>About the probably hidden problems</b>				
System	Testing Item	Normal Range	Actual Measurement Value	Expert advice
Bone Growth Index	Osteocalcin	0.525 - 0.817	0.232	
<b>About the problems of sub-health trends</b>				
System	Testing Item	Normal Range	Actual Measurement Value	Expert advice
Cardiovascular and Cerebrovascular	Vascular Resistance	0.327 - 0.937	1.637	
	Vascular Elasticity	1.672 - 1.978	1.154	
	Left Ventricular Effective Pump Power	1.554 - 1.988	0.962	
Gastrointestinal Function	Gastric Peristalsis Function Coefficient	58.425 - 61.213	55.684	
Lung Function	Vital Capacity VC	3348 - 3529	3238.331	
	Total Lung Capacity TLC	4301 - 4782	4284.19	
	Arterial Oxygen Content PaCO2	17.903 - 21.012	15.043	
Brain Nerve	Memory Index (ZS)	0.442 - 0.817	0.185	
Bone Mineral Density	Osteoclast Coefficient	86.73 - 180.97	194.878	
Rheumatoid Bone Disease	Rheumatism Coefficient	4.023 - 11.627	17.914	
Bone Growth Index	Bone alkaline phosphatase	0.433 - 0.796	0.287	
	Iron	1.151 - 1.847	0.616	
Trace Element	Potassium	0.689 - 0.987	0.311	
	Vitamin	Vitamin E	4.826 - 6.013	3.719

Hand analysis Report				
Name: F m		Sex: Male	Age: 49	
Figure: 170cm, 75kg		Testing Time: 2020-04-07 00:50		
<b>About the probably hidden problems</b>				
System	Testing Item	Normal Range	Actual Measurement Value	Expert advice
Bone Growth Index	Bone alkaline phosphatase	0.433 - 0.796	0.1	
	Osteocalcin	0.525 - 0.817	0.228	
Eye	Collagen eye wrinkle	2.031 - 3.107	0.319	
	Sagging	0.233 - 0.559	1.646	
<b>About the problems of sub-health trends</b>				
System	Testing Item	Normal Range	Actual Measurement Value	Expert advice
Gastrointestinal Function	Gastric Peristalsis Function Coefficient	58.425 - 61.213	55.733	
	Small Intestine Absorption Function Coefficient	3.572 - 6.483	2.456	
Gallbladder Function	Bilirubin (DBIL)	0.218 - 0.549	0.216	
Kidney Function	Uric acid Index	1.435 - 1.987	2.919	
	Proteinuria Index	1.571 - 4.079	6.115	
Bone Mineral Density	Degree of Osteoporosis	0.124 - 0.453	0.529	
	Bone Mineral Density	0.796 - 0.433	0.169	
Rheumatoid Bone Disease	Degree of Cervical Calcification	421 - 490	514.988	
	Osteoporosis Coefficient	2.019 - 4.721	5.593	

OVERALL HEALTH IMPROVED AFTER USING HEALSTEM  
Yellow lines = back to normal range



# MINI Mats

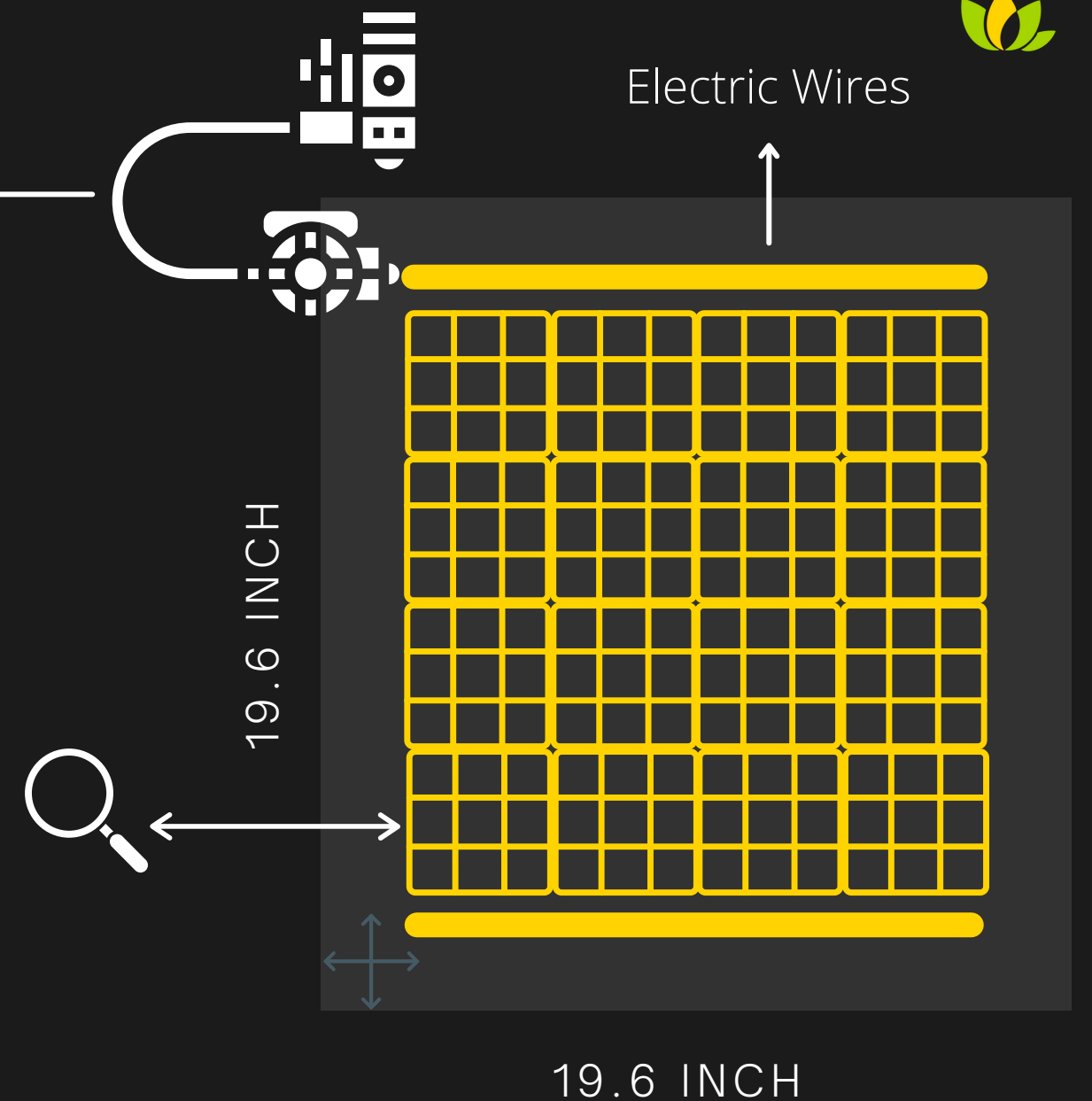
MINI mats are used for general far-infrared ray & anion exposure while you sit on a chair.

It easily fits a backpack, and is perfect for traveling purposes.

Suitable for placing on a chair while working or studying!

 = 2.4 pounds

Regulator with control box



MESH-TYPE GRID  
Emits 100,000 Anions  
& Far-Infrared Rays  
(NO ELECTRIC WIRES)



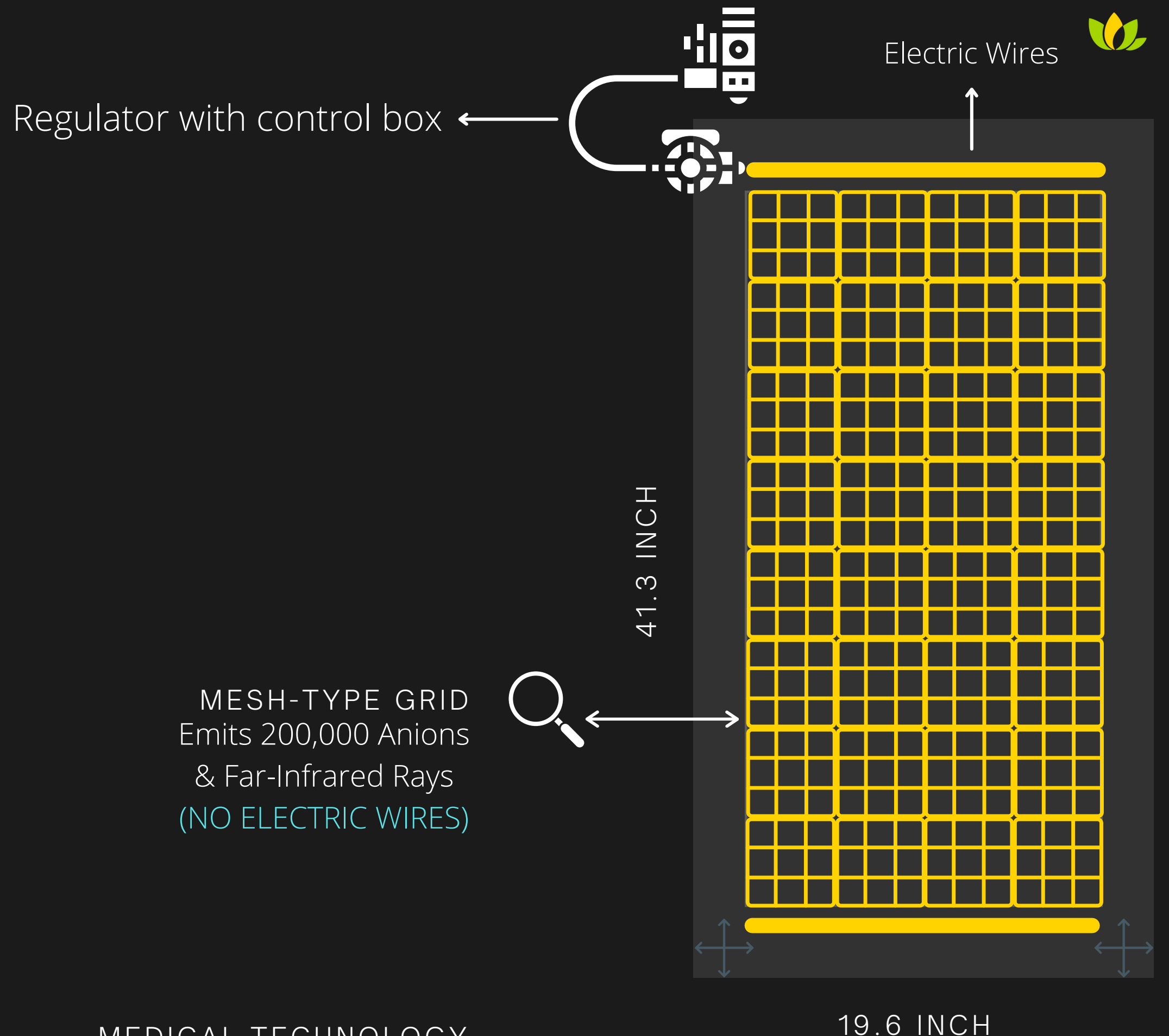
# Portable Mats

Portable mats are used for partial treatments in areas such as the shoulder, neck, back, and knees.

It easily fits a small suitcase, and is perfect for traveling purposes.

Also suitable for placing on a chair while working or studying!

 = 3.8 pounds



# Single Mats

Single mats are best used for sleeping. It is 2.5x more effective than the portable size.

It fits a medium suitcase, and is also great for traveling purposes.

We recommend sleeping on top of this mat before you go to bed.

 = 5.7 pounds



MEDICAL TECHNOLOGY

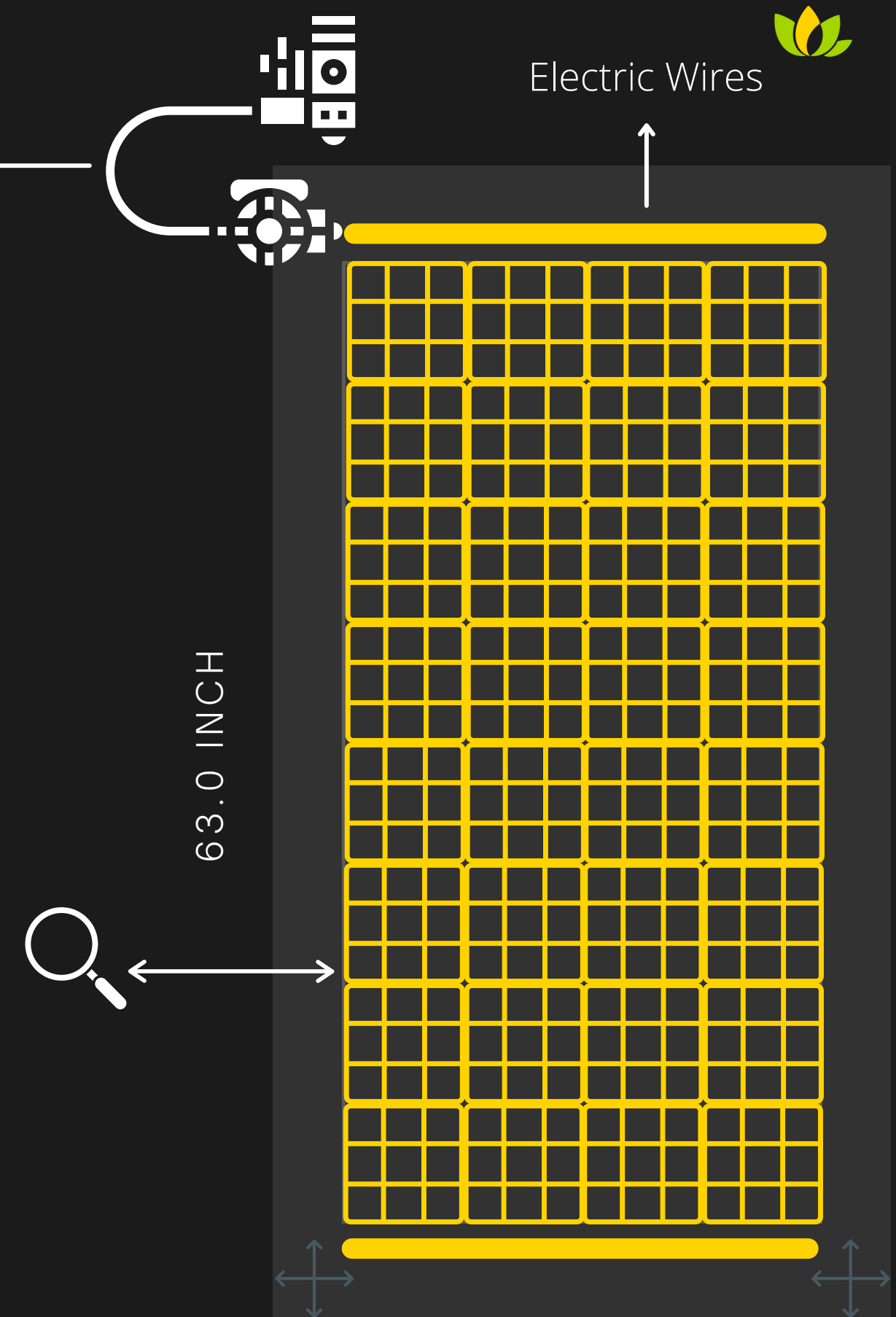
Regulator with control box

Electric Wires

63.0 INCH

MESH-TYPE GRID  
Emits 500,000 Anions  
& Far-Infrared Rays  
(NO ELECTRIC WIRES)

27.5 INCH



# Super Single Mats

Super single mats are best used for comfort sleeping. It is 5x more effective than the portable size.

We do not recommend carrying this mat around as it is quite big.

 = 10 pounds

Regulator with control box

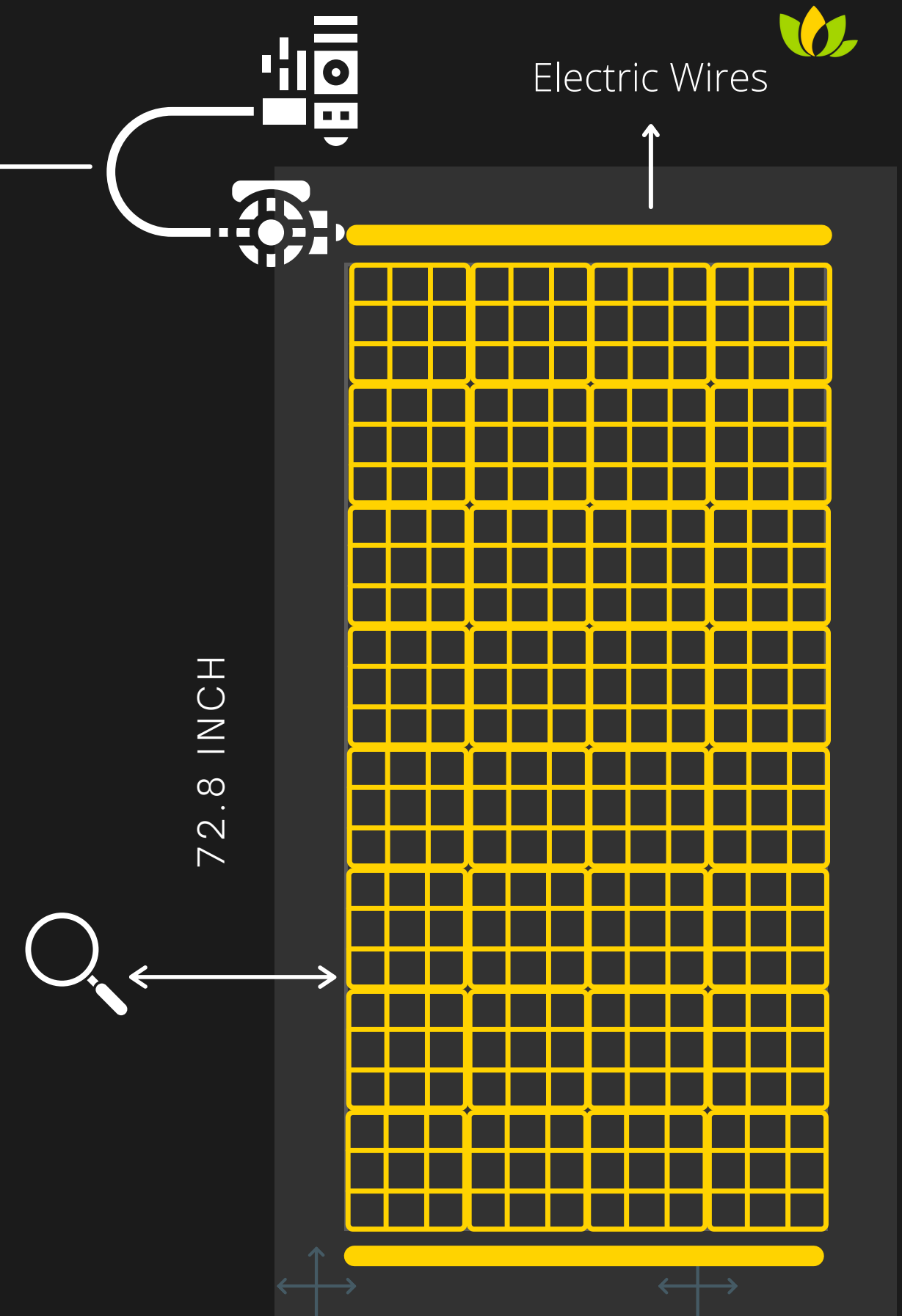
Electric Wires

72.8 INCH

MESH-TYPE GRID  
Emits 1,000,000 Anions  
& Far-Infrared Rays  
(NO ELECTRIC WIRES)

43.3 INCH

MEDICAL TECHNOLOGY





# Sauna Therapy

Utilizes the same technology as the Healstem Medical Mats. However, it is 20x more effective than the portable size. Single Size Saunas release approximately 5 million anions, respectively.

Sauna Therapy Cabinet is best used for fomentation and the healing factors are multiplied by several times.

Suitable for most household rooms.



= 340 pounds

Walls = Red Cedar Wood

Floor = Red Elvan Stone



Single Size (LWH) (inches) = 47.6 x 39.7 x 72.8





## Fomentation Checklist



2 Liters of Wave Energy Water



Cotton-Based Undergarments



2 Large Towels



Take a Shower Beforehand

\*\*\*Do NOT take a shower AFTER fomentation.

Doing so will drastically reduce its effectiveness and your body won't be able to maintain its raised temperature.

Wait at least 5 hours.

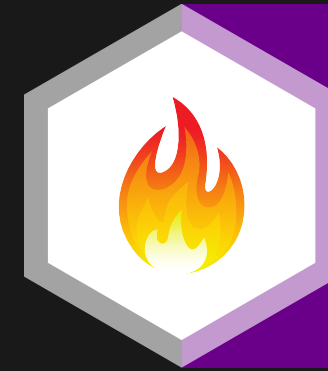
Sweat from using our medical sauna generally do not smell!



# FOMENTATION GUIDELINE

5 Simple Steps

More information on the next page



**SET  
TEMPERATURE TO 55°C**



**DRINK W.E. WATER**

Drink at least 1 liter before fomentation

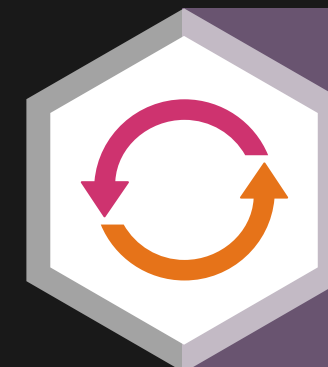


**PLACE LARGE TOWEL**

*on the bench of the sauna cabinet  
and on the floor*



**FOMENT FOR  
30~60 MINUTES**



**REPEAT EVERY DAY**



# First-Time Users

## FOMENTATION GUIDELINE

### Make sure to drink enough water

#### WAVE ENERGY (W.E.) WATER

We recommend consuming at least 1 liter of W.E. water before fomentation. If you plan to foment for 60 minutes, 2 liters are recommended. And if drinking that much water is hard, reduce your fomentation time. Water is extremely important as it helps flush out the toxins in our body.

Failing to drink enough W.E. water may result in various bodily reactions and reduce the fomentation effectiveness.

\*\*\*More information on how to make W.E. water and why it's important on page 18.

### Place towel on the bench and the floor

#### TAKE A SHOWER FIRST

No one likes to have their sweat smeared on their new sauna therapy cabinet, right? We recommend placing the 1st towel on the bench, and the 2nd towel on the floor (Red Elvan Stone).

### Let your body adjust to Healstem

#### START IT SLOW

For the first 3-5 days, sleep on the mat while drinking W.E. water. This will allow your body to adjust to its new environment.

Once you begin fomentation, start with 30 minutes and gradually increase the fomentation time as you see fit.

For best results, foment 2x a day for the first 3 months, preferably in the morning and in the night. However, it is completely fine to foment once per day if your body cannot cope with it. It may take time for your body to adjust.



# PARTIAL TREATMENT GUIDELINE

5 Simple Steps

More information on the next page



**SET MAT  
TEMPERATURE TO  
40~45°C**

*Do not use a temperature above 50*



**DRINK W.E. WATER**

*Whenever you can*



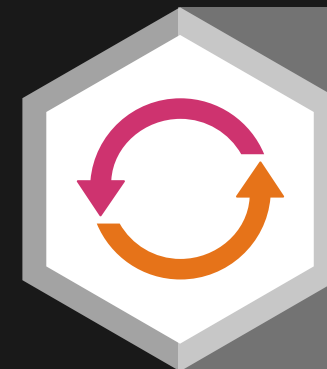
**PLACE IT ON YOUR  
AFFECTED AREA**

*For about 1 hour*



**REST 10 MINUTES  
PER HOUR**

*Turn off the mat and let it rest too*



**REPEAT AS NEEDED**





Partial  
Treatment  
Guideline

# Use It Whenever Wherever

Simply place the mat on the area of pain. This can be your shoulder, knees, joints, stomach, back, neck, and more! Just make sure the LOGO side of the mat is facing TOWARDS you.

Examples  
on the next page

*Do NOT place the mat directly on your head!*  
*It is generally recommended to keep your head cool at all times.*



# Partial Treatment Examples

## Prostate/Hemorrhoids

### SITTING ON THE MAT

Simply sit on the mat when you study, work, or rest. Your prostate & hemorrhoids problems can be improved by placing the Healstem Medical Mat on your chair.

## Gout & General Pain

### WRAPPING THE MAT

Wrap the mat around the area of pain for a few hours, and repeat this process for a few days. You'll notice drastic improvement and relief!

## Stomach Problems

### HUGGING THE MAT

Hug the mat and let the heat permeate to your stomach area. Most stomach problems are relieved after several minutes of usage!

*Make sure the LOGO side of the mat is facing TOWARDS you!  
This is important as all the anions and far-infrared rays are emitted from that direction.*



# SLEEPING GUIDELINE

3 Simple Steps



**SET MAT  
TEMPERATURE AT A  
COMFORTABLE LEVEL**

*25~35°C*



**PLACE HEAD ABOVE  
THE LOGO**

*Opposite the thermostat*



**ENJOY YOUR SLEEP!**

More information on the next page



# Having Trouble Sleeping?

# Heal While Sleeping

KEEP YOUR IMMUNE SYSTEM HEALTHY DURING SLEEP

We highly recommend using the Healstem Medical Mat while you sleep. This is because during sleep, the hundreds of thousands of anions that are released from the mat help activate the white blood cells which in turn allows deep purification. Moreover, it helps stabilize the autonomic nervous system. As a result, sleep becomes better! Most suffering from insomnia are satisfied!

**Make sure to rest with your head above the logo!  
(or opposite the thermostat)**



WAVE ENERGY WATER

# Wave Energy Water

## WHAT IS IT?

Wave energy water (W.E.) is simply **transformed water that carries energy** (heat) with water molecules **disseminated into small particles** that are minuscule enough to be well absorbed into human cells.

It is the SMOOTHEST and most ABSORBABLE water in the world! Taste it out!

Chances are, you'll have an easier time drinking the W.E. water since it is so smooth!

More information on the next page

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# HOW TO MAKE WAVE ENERGY WATER

4 Simple Steps

More information on the next page



**SET MAT  
TEMPERATURE TO 50°C**



**FILL BPA-FREE  
WATER BOTTLE**



**SET A TIMER FOR  
30 MINUTES**



**PLACE THE BOTTLE ON  
THE MAT**



# Why Wave *Energy* Water?

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## Normal Water Isn't As Absorbable

### SIZE OF CELLS VS SIZE OF WATER MOLECULES

Water molecules are generally bigger than the size of our cells. As a result, proper absorption is often not achievable.

## Why Does Absorption Matter?

### GOOD WATER = GOOD THINGS

Proper hydration happens when water is absorbed into our cells. When proper hydration is accomplished, a lot of benefits such as skin condition improvement, blood circulation, detox, and more occur.

## Good Water = Better Immunity

Proper hydration enables the red blood cells to effectively carry oxygen and nutrition to the white blood cells. As a result, it RESTORES our immune system!



# Bodily Responses

Please be aware that depending on each person's body condition and constitution, the fomentation & detoxifying process may cause various bodily responses.

But don't be alarmed! This is completely normal and may not appear at all in the first place.

These responses happen naturally because your body is now adjusting in the process of healing! Give it 1~30 days; your body needs such time for adjustment.

Drinking sufficient W.E. water (3-4 liters) may reduce or eliminate these responses

## Causes of Bodily Responses

**Swelling** = Poor Kidney Health

**Sleepiness, Drowsiness, Tiredness** = Acidic Body Constitution

**Headaches, Dizziness** = Poor Blood Circulation / Dehydration

**Nausea** = Poor Abdominal Health

**Chilliness** = Process of Body Regulating Temperature

**Pain In Certain Areas** = Existing Symptoms Reacting

**Heart Beating Faster** = Poor Heart Health

**Itchiness, Red Rashes** = Poor Liver & Skin Health

**Nose Bleeds** = Poor Cardiovascular Health / High Blood Pressure

\*BODILY RESPONSES MAY OR MAY NOT APPEAR





# How To Reduce Bodily Responses

**DRINK MORE WAVE ENERGY WATER!**

Drinking more W.E. water will drastically reduce any bodily responses that may appear. However, please note that these are natural responses and a process of healing! This is NOT a side effect of the mat, but a natural occurrence that shows your body adjusting to a better environment.

As long as you drink enough W.E. water, you should be fine. However, if you want to take extra precaution steps, try sleeping on the mat for the first few days before you begin the fomentation process. This may help ease your body during the transition.

Natural  
Healing



# USER PRECAUTIONS

**DO NOT** use if you are pregnant, have a pacemaker, or had an organ transplant.

**DO NOT** let senile or mentally unstable people use the mat unless a proper guardian is present.

**DO NOT** take a shower right after fomentation. You can take a shower after 5 hours. Shower is recommended before fomentation.

**DO NOT** use any massage oil or body cream prior to the use of the mat.

**DO NOT** place any latex, memory-foam, or rubber related material below or under the mat (potential fire hazard).

**DO NOT** use microfiber or ultra-microfiber based blankets or bed covers, which are weak to heat. Cotton or natural materials are recommended.

**DO NOT** have the mat touch each other, fold it, or bend the thick edges of the mat when it is on.

**DO NOT** use a temperature above 40°C DURING SLEEP. Between 25°C to 35°C is recommended during sleep.

**DO NOT** use a temperature higher than 45°C during partial treatment.

**DO NOT** leave a blanket or any sleeping objects on the mat when it is turned on in your absence.

**DO NOT** place the thermostat on top of the mat.

**DO NOT** place any electronics on top of the mat.

**YOU MUST** read and be aware of the Precaution Guidelines and Instructions that are provided with the mat.

**YOU MUST** turn **OFF** the mat after each use.

\*\*\*1 year of Warranty is included per medical mat purchase. However, failure to adhere to the precautions above will make one ineligible for warranty and refunds.

We will **NOT** be responsible for any legal liabilities due to negligence of any of the precautions listed.\*\*\*



# FAQs

Q: When I increase the temperature on the thermostat regulator, why won't it show the number I set it on?

A: The thermostat always shows the current temperature of the mat. The temperature will eventually increase to the one you set.

Q: Why is my mat not warming up?

A: The temperature may increase fast or slow depending on the environment. However, if the mat doesn't heat up after 1 hour, please contact repair services at: [support@healstem.com](mailto:support@healstem.com) or (714) 732-8477.

Q: My mat is set on 35 degrees Celsius, but it doesn't feel hot at all. Why?

A: The average human body temperature today is 36.5~37 degrees Celsius, so your body may or may not feel heat at this temperature. It depends on each person.

Q: Why do I feel like only certain parts of the mat are heating up?

A: Due to lack of blood circulation in certain body areas, parts of your body may feel colder than the others. The mat absorbs the coldness around the areas with poor circulation and therefore may feel less hot in comparison to the other.

Q: Why is the green regulator light not always on?

A: When the regulator reaches the desired temperature, the green light will turn off. The green light will stay on while the temperature is rising.

Q: Why does the Mat automatically turn off after a few hours?

A: This is a safety feature installed in every Mat. It'll automatically turn off every 8 hours. If you want to use the mat for sleeping purposes, please turn it on right before you sleep!



# FAQs

Q: Is it absolutely necessary to drink water during fomentation?

A: Yes. We recommend drinking up to 2 liters of W.E. water during fomentation because W.E. water is necessary to flush out the poison within your body. Without water and proper hydration, detox isn't possible, fomentation is hard, and you will be dehydrated.

Q: Why do I not sweat during fomentation?

A: You'll be able to sweat as long as you drink the recommended amount of W.E. water. Not being able to sweat during fomentation is due to poor blood circulation. If your blood circulation is poor, sweating is hard in general. Continuous usage of the mat will eventually improve your blood circulation and allow better sweat excretion in the future.

Q: I'm having trouble sleeping on the mat. Why is this happening?

A: This is one of the bodily responses that may come with using the mat. Your body gets "excited" due to the far-infrared rays vibrating your cells 2000x in 1 minute and therefore may stay alert. However, this is completely normal and you won't have trouble sleeping after a few days of usage.

Q: Why should I NOT take a shower after fomentation?

A: The far-infrared rays emitted from the Healstem Medical Sauna Cabinets vibrate a huge amount of cells in our body. This causes our core body temperature to rise substantially. Consequently, showering after fomentation lowers our core body temperature. Maintaining a high core body temperature is essential to increase your immune system.

Q: When i make the W.E. water, why doesn't the temperature go up as fast?

A: The colder the water is, the slower the temperature rises. It is best to distribute the water bottles equally across the mat.



# Contact Information

PHONE NUMBER

\_\_\_\_\_

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WEBSITE

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