

# Turn to Stone: Amethyst Biomat Therapy



Amethyst's healing and spiritual properties have long been recognized and celebrated in a range of cultures. The ancient Greeks used it to combat intoxication and even treat alcoholism. Later, Christians believed it symbolized chastity and associated it with the clergy. More recently, its healing energy is said to soothe a variety of ailments from insect bites to digestive problems. As with many ancient treatments, the amethyst's so-called mystical powers are now backed by solid scientific evidence. This quartz-family superstar is also a superconductor, and has been shown to be an effective treatment for everything from insomnia to pain management to inflammation. That's the good news. Even better news: you can experience the benefits right here in Tuscaloosa. Dr. Sarita

Elizabeth Cox, a local Naturopathic physician and acupuncturist, now offers Amethyst Biomat Therapy. She recently added the amethyst biomat to her practice, having been sold on it from personal experience. "I tried it myself when I attended a conference to learn about alternative treatments for cancer," she says, "and the effects were so remarkable and immediate that I knew I wanted to offer it to my patients and clients." The amethyst mat is heated with a high-tech Japanese product that uses a very low energy current to activate the gemstone's heating properties, which allows far infrared rays (also called Biogenetic rays) to penetrate the body. This stimulates the immune system in a positive way. "This is actually an approved medical device in the United States," says Cox. In fact, a number of insurance providers recognize it as a treatment for pain and several other ailments. In Germany, far infrared rays combined with low-dose chemotherapy are used to treat certain cancers. According to Cox, even in our country people are beginning to turn to less invasive methods as first-line treatments. The amethyst biomat is also an excellent preventative therapy because it stimulates the immune system, and Cox thinks its effects are cumulative. This makes it a superb method for managing stress. "I think our society doesn't know how to relax," Cox says. "By offering people a way to change their

brain waves to a more relaxed state, I'm helping them learn." Clients experience the biomat therapy in combination with sound waves, which Cox says helps speed the process. "Most people in our culture have no

relation to these brain states and don't experience them readily enough. The sound helps get them there, and enhances the effects of the gemstone. "Everything in nature has an energy," she continues. "We often discount the effects of that energy on our systems. Gemstones are subtle body therapy." Always the skeptic, I had to see for myself. I was already a firm believer in acupuncture's benefits, but "amethyst biomat therapy" sounded a bit like "new age crystals" to me so I wasn't so sure. I arrived at Cox's office with an open mind, five hours of sleep and a week's worth of stress. After 50 minutes of biomat therapy, complete with gamma sound waves and relaxing lavender scent, I felt like I had had a four-hour nap followed by a massage. My skepticism disappeared with my stress. Naturopathic medicine is a different therapy and, while it is not common in this area, it is already very integrated on the West coast. Its origins are in "Nature Cure," which Cox says is a traditional European therapy that came to the United States through the Germans. She aptly describes it as an "empowering" style of healing, and believes it can improve quality of life. Amethyst Biomat Therapy is excellent in combination with other treatments, and because it's so affordable, it is an especially nice complement to acupuncture. It's also effective used alone, and everyone can benefit from it. Cox notes that stress can debilitate health, and believes that "if you can just relax for 50 minutes, you're on your way to complete health." For more information about Naturopathic medicine and alternative treatments, check out Dr. Cox's website at [drsaritaelizabeth.com](http://drsaritaelizabeth.com). Contact this writer at [bebefoot@mindspring.com](mailto:bebefoot@mindspring.com).

