

Ignited with BioMat Passion

Interview with Christine Risner

Living through a ninety-mile-an-hour, head-on collision, from a drunk driver in 1993, has led Hawaii resident Christine Risner on an intense journey of healing and recovery. Christine was very grateful to be alive; every cervical vertebrae in her neck was herniated, along with the rupturing of C5 and C6, leaving her arms paralyzed. After neurosurgery and a bone fusion, her arms started working again. A year later, however, C6 and C7 ruptured, and she had to have surgery again.

As a professional caregiver for the past 40 years, operating her own private nursing homecare business from 1987 to the time of the accident, Christine knows the importance of self-care, and how debilitating health challenges can be. Additionally, Christine told me in a recent interview that at the age of twenty-one she had a severe injury to her right knee. Her knee has had to be rebuilt several times over the years, which has led to a significant arthritic condition. She's been told her knee needs to undergo replacement surgery, and, even with that, she'll no longer be able to lift and carry her clients. But Christine has chosen to forego any more surgeries on her knee. She's decided to simply suffer through it, and continue her work as a caregiver. Christine is one devoted lady.

It took Christine ten years from the time of the car accident to be able to return to her work. During that time she studied all sorts of natural therapies, looking for ways to avoid becoming a prescription drug junkie. In 2003, she was able to return to her work as a caregiver full-time, but it took 800 milligrams of ibuprofen 3 times a day and 40 milligrams of Amitriptyline at bedtime, to deal with her extensive, chronic pain.

Initially, Christine was attracted to RichWay because of the Alkal-life water system, which was her first purchase. This introduced her to the availability of the BioMat. She remembered that her mother used to have a hand-held infrared device for pain, and she remembered how interesting far-infrared therapy was. So after careful consideration, she bought the Amethyst Professional BioMat, too!

As Christine explains it, her thoughts on day one of using the BioMat were, "Ahh, this is very comforting and soothing." On day two, she decided to put it on her bed, using it for 30 minutes on the highest setting and then sleeping on the second green setting, 104 degrees, for the rest of the night. She awoke the next day with much more energy, and was very encouraged. Day three on the BioMat was her day. "I awoke with no conscious awareness of *any* pain, anywhere in my body!"

The Amethyst BioMat continues to assist Christine with her pain management. Her arthritic knee is capable of maintaining equilibrium throughout the day as she continues to lift and carry her clients. She admits to feeling little tweaks here and there towards the end of the day, but she's able to rejuvenate with mini-breaks on the BioMat. Thirty minutes and she is good to go! Most importantly, she's able to do this without *any* pain medication. Needless to say, this was like a gift from heaven for Christine, as she can continue her passionate devotion to her work as a caregiver virtually pain-free.

For her, to be nearly 60 years of age and be rejuvenated so clearly and consistently through a medical device she personally owns and uses in the privacy of her home, is literally miraculous! And she has tried *all sorts of things* to improve her well-being. Self-empowered, Christine has been ignited with BioMat passion!

In fact, Christine is passionately sharing her enthusiasm with her loved ones, in hopes of similar results. Nicky, one of Christine's sisters, has had a very advanced case of fibromyalgia. To top that off, she was recently in a very serious car accident. This has led to severe pain and terrible depression. She had been using anti-depressants when Christine contacted her and asked her to, "please, just trust me and try this BioMat out." Nicky agreed. After just five days on the BioMat, she called Christine in amazement: "Chrisy, I didn't know that I would not feel pain. I didn't remember what that was like! I absolutely love my BioMat." Additionally, Nicky has reduced her anti-depressant medication by a full fifty percent.

Another sister of Christine's has experienced some nerve regeneration after incorporating the BioMat in her life, and no longer needs her anti-depressant medication. And Christine's brother, who has bladder cancer, loves the BioMat and Alkal-life water system that Christine has sent him.

Christine's daughter had pain in her legs and back. After sleeping on the BioMat, she reported her back pain subsided, although she was still a little tender in the legs. While visiting the doctor the next day, swollen glands were discovered in her groin area. Thinking something serious might have been festering, she was advised to return to the doctor in one week's time. But Christine's daughter used the BioMat for the next five days, and the groin discomfort simply disappeared.

One of Christine's clients is a 89-year old gentleman who suffered a stroke thirty years ago which left him with limited mobility on his left side. He receives physical therapy twice a week. As an experiment, the BioMat was tried during a stretching exercise, with improved results. Now, the BioMat is part of his regimen, and the physical therapist reports vast improvement in mobility, strength, and endurance. Additionally, the man's wife, at 85 years of age, has had an issue with hair loss which has caused her much personal stress. Feeling she had nothing to lose, she tried the BioMat. After just one month she's had new hair growth and is absolutely thrilled!

Hair rejuvenation, by the way, was no surprise to Christine. After a few months of BioMat use, Christine's own hair, pure and white, had become "mousey" in appearance, as she puts it. Streaks of color have been appearing! Another amazing result of BioMat use that has Christine delighted.

Another gentleman was suffering from sciatica to such a degree that he couldn't sleep on his right side – until he tried the BioMat, where he experienced no problems at all sleeping on that side. Being a contractor and doing physical labor, he uses the BioMat to maintain and manage the discomfort that often comes as a result of his work. He notices when he wakes in the morning, he is pain free. He still feels some pain towards the end of a hard workday, but as time progresses, he's noticing the afternoon pain to be much less.

Another client, although a skeptic, kindly bought the BioMat for his wife's use. Just having undergone bypass surgery, he decided to try out the BioMat while his wife was away. His skepticism vanished quickly. Six weeks after surgery, his surgical scars are disappearing and he feels much better. Now, he's ignited with BioMat passion, too!

One of Christine's more challenging clients is a Vietnam War veteran who is 100% disabled from his episode during the War. In addition to severe neck pains, he's burdened by horrific memories, and nightmares, of his war experiences. And he was on heavy narcotics due to intense migraine headaches. Witnessing Christine's progress he tried the BioMat, too. The result? His migraines and night terrors have significantly diminished and he's been able to reduce his narcotics use by 75%! Most importantly, he is able to *sleep*, something that has eluded him for many years. This has had a major impact on the quality of his life, and he is very grateful!

Because Christine is in the care-giving profession, she is usually called upon during extreme circumstances, often involving someone facing terminal illness, with no hope for recovery. And Christine feels that, in these situations, which are often marked by pain and discomfort, it's extremely important to ease one's transition. She sees the BioMat as a wonderful tool to potentially help with just that. As she puts it, "Dying doesn't have to be a bad thing...it doesn't have to be painful or uncomfortable."

Christine is so ignited by her passion for the BioMat, that in just the past four months she has sold 40 Amethyst Professional BioMats. And she is quick to claim that she is *not* a BioMat salesperson. For Christine, she simply sees the immense power of good it provides, and as a caregiver she is bent on sharing any modality that improves quality of life. Obviously she shares from a deep loving space which she devotes to her clients, community, friends, and family. Being well-respected and trusted for 40 years of hard work and commitment as a caregiver, allows Christine to share the BioMat with special people.

When speaking of the BioMat to others, Christine loves to impress upon them "that the BioMat is like a toolbox that the human body can use to repair itself." She feels there is no better healer than the human body itself. And she believes that sleeping on the BioMat allows our human body to rest, rejuvenate, and do its intended job.

During our interview, Christine kept jumping from one health challenge to the next, listing example after example of where the BioMat has improved the quality of her life, and the quality of life for her family members, clients, and others to whom she has introduced the BioMat. Space unfortunately doesn't permit all of the wonderful stories here. But if there's one thing Christine would emphatically reiterate, it's that she is *not* a BioMat salesperson! She was simply sharing the BioMat experiences she has personally witnessed. Of course, Christine is not making any BioMat health claims, and neither should you. That said, she feels that *every* home needs a BioMat. This is one device that has truly ignited her passion!