

Why Far Infrared Sauna Is Absolutely Necessary For Feeling Fabulous In The 21st Century

By Rebecca Harder, July 2021

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***Below article is an excerpt from the book:
Gastra Girl: Saving America One Colon At A Time***

Over 2,000 years ago, the famous Greek physician Parmenides said, "**Give me the power to create fever, and I will cure any disease.**" What a bold statement from Dr Parmenides! Could it be true? Could sweating under infrared light really change your life differently and far better than sweating from exercise and from other types of saunas? I have owned and recommended many different kinds of sauna and light devices over the years including Far and Near Infrared, Dry Sauna, Wooden Sauna, Biomat, and In Light Wellness Light and also various PEMF, Rife and frequency devices.

When researching Infrared you will find two types of infrared, near and far. Which one is better? I use both types of infrared. I use the near infrared lights inside the hyperbaric chamber with clients for increased vasodilatation for greater oxygenation/blood flow in that area the light pads are on. I use the far infrared technology (FIR) in a sauna due to the greater detoxification it provides over near infrared, and because my research shows it resonates better with human frequencies. (See studies on why FIR is more effective than near and references at end of article). You will find many famous physicians promoting one type of sauna over the other which makes it confusing for the consumer. I wonder if profitability has anything to do with which sauna a physician recommends? I have chosen to use the sauna in this article based on my research and clinical use over 18 years. Interesting is that it is the least profitable but I have chosen to go with the one I felt was truly better regardless of profit. I believe so strongly in the benefits of this sauna, that when clients ask me "Should I buy a sauna, or do ten colonics with you?", I respond "First, get the sauna! It will improve your life on a daily basis ongoing, and that of your family!"

Why is it necessary to do far infrared sauna? There are many reasons, but the top two reasons are:

First, it is absolutely necessary to reach and maintain proper body temperature (98.6) and infrared sauna is the best way to achieve that (along with addressing thyroid malfunctioning).

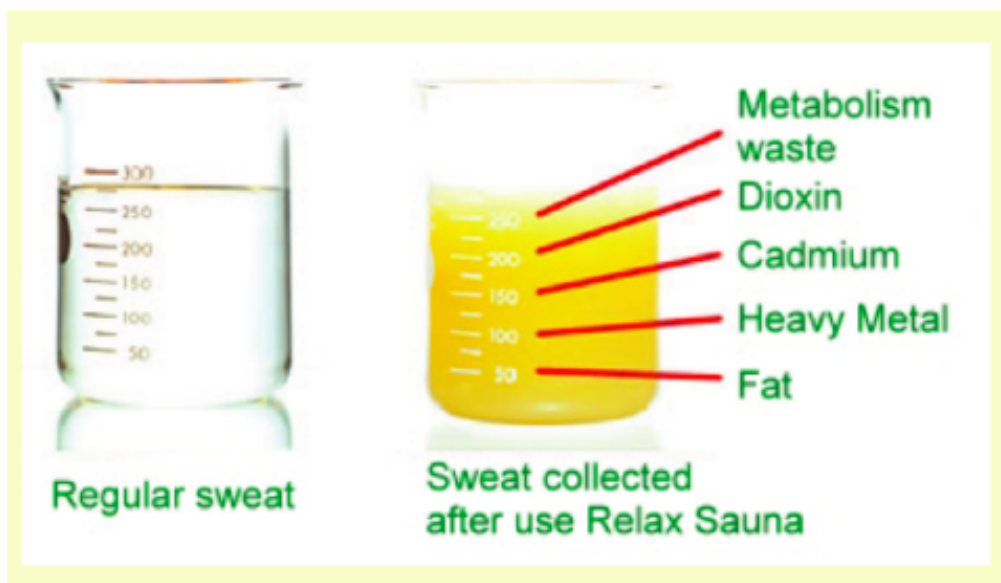
Dr Mark Sircus, MD gives the perfect explanation as to why. "The colder a body becomes, the slower the electrical oscillatory rate and therefore the thicker, more viscous, or syrupy the body fluids become. The more viscous the fluids become the more difficult it is for the body to push the fluids through the body. The lymph fluids that are normally supposed to bathe the outsides of all of your cells become progressively stagnant as it is too thick to move efficiently." "A low body temperature creates a happy home for viruses and chronic infections, and is a sign of degeneration and gradual cellular death. The problem with a low core temperature is that no effective immune response can be mounted therefore no fever is generated and infections go undetected. The sickest person is one who gets the same infections

but never miss a day of work because there is no response by their immune system, so they have a false sense of wellness as healthier individuals go through healthy fevers and immune responses that may cause them to miss work. There is a decrease in the production of all hormones, neurotransmitters, and other body chemicals necessary for normal healthy regulation. Enzymes only work correctly when conditions are within a narrow range. The enzymes depend on pH, which in part depends on CO2 levels and cell voltage and cell temperature. Body temperature below 98.2 ° F, (36.8 ° C) may cause various maladies due to a slowing of enzymatic processes. Low body temperature is the plague of the 21st century."

The second reason why infrared sauna is necessary would be to aid in the detoxification of heavy metals and chemicals. Now this is the point the "establishment" vehemently denies. The AMA does not support the "theory" of "auto-intoxication". They do not believe the body is toxic. They will point out, "show me a toxin"? To them, detoxification is only for alcoholics. So if you want to know more about "auto-intoxication", a great book was written by Dr Bernard Jensen, "Tissue Cleansing through Bowel Management". But for those who understand that we live in a toxic world and that one of our greatest health challenges is detoxification, it is not a matter of are we toxic, but how to safely and effectively detoxify. We have 5 elimination channels for a reason. One channel can not detoxify the entire body. It is not "either or" with detoxification and for the best results, you should engage all the elimination channels and use multiple modalities such as colonics, rebounding, sauna, salt soaks, and etc... **When it comes to sweating, infrared sauna is the most effective way of detoxification as Dr Mark Sircus, MD gives further evidence of.** He stated that, "researchers analyzed the sweat from both traditional and infrared saunas. Sweat from traditional saunas was about 97% water and 3% toxins. Infrared saunas produced a sweat that was only 80 —85% water. The remaining 15-20% was made up of heavy metals, sulfuric acid, sodium, ammonia, uric acid and fat- soluble toxins. Infrared heat is incredibly powerful because it helps you cleanse at the cellular level and release toxins stored in your fat cells". In an article in the Townsend Letter for Doctors and Patients, Dr. Lawrence Wilson writes, "If I were to single out one method to combat cancer, it is the sauna. It assists removal of chemical toxins and heavy metals, increases oxygenation, enhances the immune system, and reduces the radiation burden in the body. **Check out the incredible results you can get with The Relax infrared sauna showing increased toxins being excreted through urine and sweat.**

Urine Before Using the Relax Sauna		Urine After Using the Relax Sauna	
Heavy Metal	amount in units	Heavy Metal	amount in units
Antimony (Sb)	.12	Antimony (Sb)	.23
Arsenic (As)	89.2	Arsenic (As)	220
Cadmium (Cd)	.53	Cadmium (Cd)	.62
Lead (Pb)	.69	Lead (Pb)	1.00
Mercury (Hg)	.48	Mercury (Hg)	.69
Nickel (Ni)	3.44	Nickel (Ni)	9.0

"Peer reviewed literature shows that sweating during sauna therapy eliminates high levels of toxic metals, organic compounds, dioxin, and other toxins. Sauna therapy is ideal to mobilize toxins from their hiding places". Dr. Dietrich Klinghardt, MD



Next to detoxifying chemicals and heavy metals, my clients are seeking help with reducing pain, inflammation and weight loss. Did you know that your body makes a fat cell to store toxins in order to protect the organs? Detoxifying through sauna helps the body achieve ideal weight by removing the need for the body to make and hold onto fat. Think you don't have toxins because you are slender? Did you know slender bodies store the toxins in their bones, organs and joints. Infrared can be very effective with pain. People use infrared sauna to reduce pain and inflammation from neuropathy, MS, injury and post surgery recovery, arthritis, and fibromyalgia. If used before athletics, it loosens cold muscles reducing injuries and soreness. After workout it speeds exercise recovery. Others do infrared sauna to simply de-stress after a long hard day at work. Even a 7 minute session in your pajamas helps you relax the body for better sleep.

Before I address diet and exercise with clients, I encourage use of Infrared Sauna. Why is it so incredibly important and why must it be one of the first things a person does to improve their health? Because the "issues are in your tissues!" If you want to be healthy, happy, fit and feeling fabulous, then you need to get the toxins out and the most effective ways to do that are through Infrared Sauna and Colonics. Since you can't do a colonic everyday, you could do Infrared Sauna everyday. You could get excellent results in just 3-4 times a week. Just 20 minutes a day will make a huge and immediate impact in your health. You will see and feel the difference from your very first session. It will motivate you to exercise & eat better. *(For maximum sweating and best results, you should drink between 8-16 oz of water before and after sauna sessions).*

When someone asks me which Far Infrared Sauna (FIR) to get, I ask them what is their purpose, financial and space limitations and most important, what is their energy level? The Lifeways BioMat (which can be

used with either a dome or mylar sheet to achieve a light sweat) and is an outstanding choice for those with energy restrictions such as late stage cancer or fragile persons. They can sleep on the Biomat and keep it on their bed. On the low setting, it does not produce detoxifying sweating, but enhances circulation and lymphatic flow. The wood box saunas are beautiful to look at. But if you are looking at which sauna provides the best therapeutic and detoxification results, no other sauna comes close in comparison to the Relax Far Infrared Sauna.

The only problem with the Relax Infrared Sauna are the imitations. Don't be fooled by cheap knock offs that look similar on the outside but are nothing like the real Relax Sauna inside. The Relax Infrared Sauna is "head and shoulders" over common saunas that use carbon panels (usually from China) with fabric that is impregnated with carbon and heated emitting mild infrared comparatively. Every feature of the Relax Sauna is engineered to provide the most effective feel good sauna experience. Furthermore, the Relax Sauna has zero off-gassing, I repeat, zero off-gassing that I or any of my clients have noticed. This is of paramount importance for those with chemical sensitivity. Many clients have sold their wood saunas when they got their Relax Sauna. These are the top ten reasons why I switched to recommending the Relax Sauna.

Why Relax Infrared Sauna over all the others?

- 98% Infrared with ZERO negative frequencies
- Head can stay out of the sauna; hair and face stay cool and dry
- Size and Portability: 32"x32"x46". 18 lb carry case plus chair.
- Can use Ozone within the chamber
- 15-20 minute sessions from start to finish for intense sweat (Does not need to preheat)
- Does not retain odors (wooden saunas retain odor).
- Does not need electrician to install. It plugs right into a standard outlet. Easy Peasy!
- Uses two 750 watt generators and 40 advanced technology semiconductors to filter out less effective near & medium infrared. **Provides therapeutic volumes of pure far infrared for fast sweating.**
- Relax Sauna uses the same technology as the FDA registered Relax Overhead Lamp.
- It FEELS amazing! (Both during and after the sessions)

Now I know the Relax Infrared Sauna does not look as impressive as the big wooden box saunas making it hard to believe that the most therapeutic sauna is not necessarily the most expensive and nicest looking one. Like the Gentle Heatwave, Sunlighten and Clearlight Saunas that have built in stereos, lighting, and that spa like feeling. I understand your gut reaction. For the last 10 years I turned my nose up at the Relax Sauna every time I saw them at the health conferences until 2016 when I tried one. I was sold on the Relax Sauna within the first 3 minutes! Right away I could feel the difference. No preheating like with the wooden saunas. In the Relax Sauna, I experienced instant relaxation from the higher quality infrared. The Relax Sauna produces 98% Infrared with zero negative frequencies. 15 to 20 minutes produces a profuse sweat which took 45 minutes to get to a light sweat on my BioMat under the mylar sheet and that was after it preheated for 20 minutes. Who has time to wait for something to pre-heat? I don't have an hour a day for sauna, but I can squeeze in 20 minutes for a Relax Sauna. It was then I realized that most people could afford the Relax Sauna and would do it daily because they would get benefits right away. The wooden box saunas are really pretty but for the \$4000 plus price range, (and the one I wanted was \$6000 so I could lay down), I realized the Relax Sauna was superior because it truly felt amazing and gave better results.

And then there was space. When I showed clients the big wooden sauna, the first thing they said was "they had no where to put it." The Relax Sauna is so small that it can fit most anywhere and fold away within minutes. Any home can afford them and find room for them. If you turn your home into a mini healing retreat, with sauna and a few other other natural modalities, you will have access to true health care for life. I travel with my Relax Sauna and it folds up nicely to fit in a large suitcase on an airplane or in our camper van. We use a little Yamaha generator to run it on our get away excursions. That is the ultimate infrared sauna experience. Sauna in the mountains with a solar camping shower after.

How long does one last? We use ours daily, yes every day, and have had it since 2016. The ones in our clinics get even more use since we have our clients do the Relax Sauna before their colonics. So I believe sauna is for life and it is important to get a sauna that can last for many many years. Not surprising is that I have never had a Relax Sauna returned. I run into clients years after buying and the first thing they say to me is *"I LOVE MY RELAX SAUNA! We use it almost every day!"* That really is the test of a true sauna. Does it really feel good to do it every day? Or do you have to force yourself to get into it? I have sold so many Relax Saunas to people that had the beautiful box saunas pimped out, and they seldom got in them mainly because it had to preheat and they did not like how their head felt all heated up. The Relax Sauna feels good to do and totally relaxes you afterwards. Will it last a lifetime? Who knows... The owner of Relax Sauna, Phil Wilson, says he has Relax Saunas that are still giving sauna sessions since providing them for 19 years. With a 1 year warranty and 30 day trial guarantee, and at a reasonable price, you really got nothing to lose.

There are three Relax Saunas. Classic Silver Sauna, the Premium Black Relax Sauna and the Lie-Down Sauna. *(All three Relax Saunas have the exclusive Relax light generators and the sit up saunas come with the sturdy chair)* The Premium Black Relax Sauna is a slightly thicker tent material and to some, may be considered more aesthetically pleasing. It may save two or three minutes over a regular 20 minute Silver Sauna session. I just put a wooden screen around mine and face it looking out the window and sometimes take it out on my deck. (I would not recommend this unless you got some privacy). The Relax Lie-Down Sauna is perfect for those who have little energy to sit up or can't sit up and for practitioners to use in clinic settings. The Classic Silver Sauna is the one most of my clients choose. Whichever Relax Sauna you get, I know you and your family will love it!



"A 2 degree increase in body temperature results in a 40% increase in immunity..."
Nobuhiro Yoshimizu, M.D., Ph.D.

Is there any safety info you should know?

Check out www.TinyURL.com/MayoClinicInfrared and www.TinyURL.com/infraredMedFacts

These are two great links to give to your doctor. If you have a medical condition, ask your doctor if the Relax Sauna can be added to your treatment program as many doctors do. Over 20,000 Relax Saunas are in use at doctors offices, clinics, spas and homes. Drink 8 to 16 ounces of water before (and after) which increases sweating out toxins and getting the bowels eliminating. You want to **be hydrated** to do sauna most effectively. Because the Relax Sauna is a powerful a detoxification modality, it is important to **remineralize afterwards** and I suggest Dr Andrew Kaufman's, "**Shilajit Mumijo**" at www.AndrewKaufmanMd.com. **Want health coaching to enhance your detoxification with using a Relax Sauna?** I'd love to help you. You can reach me through the contact info below and check out my signature detox in the back of the book called: Gastra Girl Detox.

For more information or to have your Relax Sauna delivered to you (usually in 2 - 4 business days), contact me, your local Relax Distributor or order direct at the Relax shop link below. The sauna comes with a 30 day trial satisfaction guarantee or money back. One year full warranty. Repairs are seldom and discounted. Product life usually 10 to 14 years. The Relax Sauna Technology is patented in three countries. Relax Sauna maintains uniform pricing so no need to shop around.

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Portland, OR Clinic: ColonicPortland.com & Taos, NM Clinic: TaosHyperbaric.com

or

Relax Sauna of Momentum98 (since 1980),

(800) 533-4372 or (614) 262-7087

RelaxSaunas.com

3509 N. High St., Columbus, Ohio 43214

Phil Wilson, owner, cell/text: (626) 200-8454 -- Phil@RelaxSaunas.com

How to travel with the Relax Sauna and other cool tips.

The Relax Sauna is made to travel. The Tent and Light Generators pack away in the carry case that comes with it. The chair is carried separately. By plane, pack the tent and light generator in a large suitcase minus the chair. (Preferable is a hard case for protection). Sweating starts at 8 minutes but phenomenal benefits can be enjoyed with less time for when you don't have time to sweat, shower or change clothes. You can have friends and family try it out for aches and pains in 7 minutes with clothes on. The light penetrates through clothing as well as through the towel so that every inch of your body is being positively affected by the infrared light. The sauna tent and the generators are only 18 lbs. Sauna measures 32"x32"x46". Manufacture states 220 lbs /100 Kilogram weight limit on the Relax chair. If weigh more, consider using a "weight rated" metal (not plastic) chair or metal stool and cover with towel completely. Chair is 20"x28" so it will fit in a large rolling suitcase.

Disclaimer:

If you have a medical condition, ask your doctor if an infrared sauna can be added to your treatment program as some doctors recommend. Saunas are not a substitute for medical care. Saunas are not to be used to diagnose, prevent, treat or cure disease. Saunas are intended to help normalize and optimize the functioning of the human body. Testimonials are unique to the speaker/writer and your experience may differ.

RESEARCH LINKS ON SAUNA BENEFITS

There are over 10 wellness modalities in this book that can benefit every family. Gastra Girl can be ordered through the Relax website and sent to loved ones and friends.

For your convenience. Relax links are below. This page can be emailed or text photo'd to others. Far Infrared Saunas are a must have for optimizing health and longevity. Over 20,000 Relax users and doctors in 19 years.

Homepage

RelaxSaunas.com

* Over 600 youtube testimonials including doctors mention help with over 20 ailments. Any family and friends who might be helped?

* Aches/soreness, Acne/complexion, Arthritis, Autism, Body odor, Burns, Cellulite, Colds/flu, Constipation, Cramps, Crohn's, Diabetic ulcers, Fibromyalgia, Fatigue, Gout, Heart/circulation, Infections, Injuries, Insomnia, Inflammation, Lyme, Menstrual cramps, Mental fog, Mold, Neuropathy, Pain, Posture, Restless leg, Reynaud's, Scars, Sinus, Sports/Fitness soreness - pain, Stress, Toxicity, Weight Issues, Winter chill

All 600+ testimonials

For specific ailments, refer two sections:

a) Videos by Category

b) Videos by Ailment

RelaxSaunas.com/youtube

Doctors: TinyURL.com/doctorsPart2

www.TinyURL.com/32doctors

Why Relax Sauna?

www.TinyURL.com/InfraredBenefits

Recommendation: read all the links and drop-down links at the Relax home page, plus these two updated ebooks.

Advanced technology in eBook 2, pages 3 - 11
RelaxSaunas.com/ebooks12

Q & A: TinyURL.com/FAQrelax

* Relax Saunas are not intended to diagnose, prevent, treat, or cure disease. Testimonials are unique to the speaker/writer. Your experience may differ.

Steam rooms and dry saunas in fitness clubs heat the air. Far infrared is more beneficial: it heats the body from the inside stimulating the immune system, reducing toxins, pain and weight, improving circulation, and more.

Relax is ONLY sauna technology to increase inner core body temp 3+ degrees in 25 mins. Huge advancement over common use of fabric carbon panels versus two 750 watt generators. TinyURL.com/RelaxSaunaReviews
RelaxSaunas.com/fever

Excerpts from the Relax youtube Playlists.
PAIN AND INFLAMMATION REDUCTION

www.TinyURL.com/RelaxPainHelp

Medical studies on pain relief with saunas

TinyURL.com/RelaxPainRelief

WEIGHT LOSS TinyURL.com/SaunasWeightLoss

ARTHRITIS HELP TinyURL.com/saunaArthritisHelp

LYME-MOLD HELP [RelaxSaunas.com/Lyme --/Mold](http://RelaxSaunas.com/Lyme--/Mold)

SPORTS AND FITNESS ADVANTAGES

www.TinyURL.com/SportsMedicine2

www.TinyURL.com/AthletesReviews

Energy Increase: TinyURL.com/SaunaEnergyTest

SLEEP BETTER: TinyURL.com/saunaSleepHelp

DIABETES: TinyURL.com/saunaDiabetesHelp

AUTISM HELP: RelaxSaunas.com/autism

TOXIN REDUCTION – the vital importance

eBook 1, pages 7,8 and TinyURL.com/DetoxParts123

ELECTROMAGNETIC RelaxSaunas.com/EMF

TinyURL.com/EMFInterviews

FAR infrared superior to NEAR infrared

re: eBook 2, pages 10, 11 RelaxSaunas.com/ebooks12

SAUNA COMPARISONS

TinyURL.com/LongevityAdvocate

TinyURL.com/RelaxDifference

Many Relax users say they were satisfied with their previous saunas, until they tried the Relax Sauna. 44 users compare other saunas. Very informative.

TinyURL.com/SaunaComparisons

Tech advantages: refer pages 3 to 11 in eBook 2.

FDA registered Relax Overhead Lamp

Same technology is used in the saunas so RelaxSaunas at present are the only medical grade portable saunas. TinyURL.com/Skyeye2

RelaxSaunas.com/Shop

June 2021

Far Infrared Medical Facts & Research Data

Posted on the Relax Far Infrared Sauna Website

Over the last 25 years, Japanese and Chinese researchers and clinicians have completed extensive research on far infrared medical treatments and report many amazing discoveries. In Japan, there is an 'infrared society' composed of medical doctors and physical therapists dedicated to further infrared research. Their findings support the health benefits of far infrared therapy as a method of healing.

1) Far Infrared therapy **increases blood circulation and oxygen supply to damaged tissues (aiding reduction of chronic joint and muscle pain or sport injuries), promotes relaxation and comfort, induces sleep and relieves stress.**

2) German medical researchers concluded **one session of far infrared therapy for over 1 hour can have significant reduction of blood pressure thanks to a persistent peripheral vessels dilation.**

They

also noted that blood viscosity was improved. After 1 hour of far infrared radiance, there is a significant decrease of blood pressure - cardiac ejection resistance - total peripheral resistance - and significant increase of heart rate, stroke volume, cardiac output, and ejection fraction.

3) Acne - A far infrared lamp treatment appears to open pores that have been malfunctioning for years, forcing out clogging cosmetics, and **loosening dry outer skin, healing acne and scars, without pain.**

4) Sunburn - According to the Clayton's Electrotherapy, 9th Edition, **far infrared radiation is the only antidote to excessive ultraviolet radiation.**

5) Far Infrared Thermal Therapy and Electromagnetic Fields (EMF): Recently there have been reports detailing the hazards of exposure to certain kinds of electromagnetic fields, such as those from high-tension power lines, cell phones, or from computer display terminals. **Far Infrared heating systems have been tested in Japan and found free of toxic electromagnetic fields.** The Swedish National Institute of Radiation Protection has also concluded that infrared heaters are not dangerous. Instead, Japanese researchers have reported that far infrared radiant heat antidotes the negative effects of toxic electromagnetic sources.

6) The McGraw-Hill Encyclopedia of Science and Technology reports medical practitioners make use of **infrared radiant heat to treat sprains, strains, bursitis, peripheral vascular diseases, arthritis, & muscle pain.**

7) Therapeutic Effects of Far Infrared Heat - Chapter 9 of Therapeutic Heat and Cold, Fourth Edition, Editors Justus F. Lehmann, M.D., Williams, and Wilkin. Infrared Heat Therapy does the following: . Affects soft tissue injury. Increases the extensibility of collagen tissue. Assists in resolution of inflammation, edema, and rids the body of metabolic waste. Decreases joint stiffness. Relieves muscle spasms. Increases blood flow. Leads to pain relief.

8) Potential Use Of Far Infrared In Dental Clinics: Mr. Shu of Ninomiya Yuri Dental Clinic used far infrared ray in his dental clinic for some years. "I have successfully treated many common dental diseases, for instance, pyorrhea alveolaris, gum inflammation, tooth pain, and muscular spasm." Mr. Shu indicated

that the use of far infrared ray is undergoing research. Dr. Akira, Director of the Meitoku Association of Dentists and Dr. Waaataru of the Kawano Dental Hospital also use far infrared treatment on a regular basis for gum inflammation and post dental pain suppression. - 'The Scientific Basis and Therapeutic Benefits of Far Infrared Ray Therapy', Dr. Kyuo.

9) Artificial Body Parts: Far Infrared Ray Light Energy is absorbed into the body. **Titanium rods, medal pins, pace makers, and many other foreign items that have been inserted into our bodies are not effected by far infrared ray do not increase in temperature inside the body any more than all of the cells of the body.**

10) FIR and Healthy Arteries - When the normally smooth, firm lining of the arteries becomes thickened and roughened by deposits of fat, fibrin, calcium and cellular debris, it lessens the arteries ability to expand and contract, and slows the blood movement through narrowed channels. These conditions make it easier for blood clots to form, blocking the arteries and stopping blood flow completely. **FIR is able to neutralize blood toxicity and smooth the walls of arteries, capillaries and veins.**

11) Pneumonia: - A Lymphologist in Utah reported that **within 15 minutes of a client being treated with Far Infrared Ray and lymphology therapy, their pneumonia was cleared.** Infrared therapy in both Japan and China has proven to be outstanding for asthma, bronchitis, colds, flu, sinusitis and congestion as it clears inflammation, swelling and mucous clogged passages, as testified to in Dr. Kyuo's book below.

12) Dr. Sasaki Kyuo, M.D. has done extensive research on the therapeutic uses of far infrared therapy. She is the author of "The Scientific Basis & Therapeutic Benefits of Far Infrared Ray Therapy" - which presents clinical effects of far infrared therapy. Besides cancer, Dr. Kyuo reports continual successful treatments of many other diseases by use of FIR waves - treatments not only by her but also by many other doctors. The list of diseases - documented in her book - includes stress induced chronic diarrhea, abdominal distention, ulcerated large intestines, gastritis, facial numbness, hemorrhoids, shoulder, back, and knee pain, rheumatism, hypertension, diabetes, weight loss, breast and abdominal tumors, low blood pressure, asthma, anemia, burns and scalds, body odor, early onset of baldness, fracture of cervical vertebra, radiation exposure and related diseases. Far Infrared Therapy: *** Improves micro circulation by exerting strong rotational and vibrational effects at molecular level. * Enhances the delivery of oxygen and nutrients in the blood cell to the body's soft tissue areas. * Promotes regeneration and fast healing.** * Increases metabolism between blood and tissue. * Enhances white blood cell function, thereby increasing immune response & the elimination of foreign pathogens and cellular waste products. * Removes accumulated toxins by improving lymph circulation which are often at the core of many health problems. * Stimulate the hypothalamus, which controls the production of neurochemicals involved in such biological processes as sleep, mood, pain sensations, and blood pressure.

13) A clinical trial in Japan reported a successful solution for seven out of seven cases of rheumatoid arthritis treated with whole-body far infrared therapy.

14) There have been numerous studies on the therapeutic effects of FIR products. One clinical study done by Dr. Gordon Ko and Dr. David Berbrayer at Sunnysbrook and Women's College Health Science

Centers at the University of Toronto, published in the August 2002 issue of Alternative Medicine Review "Journal of Clinical Therapeutics", showed that there are **significant improvements in both subjective measures of pain and discomfort associated with Raynaud's Syndrome**. This is a compilation of so much documented research indicating the incredible benefits of Far Infrared Ray. We recommend you read the book Detoxify or Die, by Dr. Sherry Rogers, (2001) for additional research on FIR.

15) In Japan, Hideyoshi Toyokawa and others researched the effects of FIR on wound healing. The results showed that **FIR can improve wound healing significantly**. The results can be read at Experimental Biology and Medicine online journal: - www.ebmonline.org

16) Far Infrared Healing With Photons "From first hand experience, I can tell you (FIR) is a miraculous tool that on the surface seems contradictory. It can help alleviate the sensation of numbness, but it can also bring back a sense of feeling in areas that have gone numb. It can remove overgrown scar tissue and it can stimulate tissue growth. It can remove excess pigment, but it also restores pigment in areas where needed. It can activate healing components within the immune system, but also decrease the body's sometimes harmful inflammation response," says an enthusiastic researcher.

18) **"One of the fastest growing complaints in this country today, carpal tunnel syndrome (CTS) responds to (FIR) as well.** CTS is caused by motion and trauma to the median nerve passing through the wrist. Assembly line workers are particularly prone to the problem. The standard medical treatment for CTS is still surgery, which has a dismal success rate of less than 10%. Dr. Wayne Good, the plant physician at General Motors Flint Assembly, has treated close to 600 patients (with FIR) and achieved positive results in over 70% of patients. He is in the process of submitting his results for publication as further studies continue."

19) **"Photobiotherapy (FIR) will become one of the premier healing tools of our future.** It will eliminate the need for many of today's common surgical procedures. I can see the day when every household in the country will have a (FIR) unit on hand. When used properly, it is a safe, effective, natural tool that can enhance, rather than oppose, the body's own innate healing powers." - G.E. Poesnecker, N.D., D.C.

20) **How fast are you aging?** - Common problems associated with lifestyle and aging, such as hypertension and osteoporosis, headaches and digestive problems, are attributed by some scientists to be the result of excess acidity in our system. The American Medical Journal found that in patients with bone loss, alkalizing their system caused a decrease in bone loss. Their conclusion was that our typical American diet is acid producing. The acids deposited in our blood are often stored by the body in forms of cholesterol, fatty acid, uric acid, and other villains that cause havoc in our system. Sang Whang, the author of "Reverse Aging" claims that these excess acids can be eliminated with the use of far infrared products, along with consuming certain alkaline minerals and foods. The far infrared resonance heats up the internal temperature of the body, increasing circulation, thus enabling the blood to melt out the acidic toxins that have been deposited for years in one's arteries.

21) **Studies suggest that far infrared light stimulates the production of cell tissue and rapidly promotes the regeneration of skin and blood tissue.** Far Infrared Detoxification Toxic accumulation is a root cause behind most physical challenges, including the aging process and diseases such as cancer. Far Infrared is thought to be 7 times more effective at detoxifying heavy metals such as mercury,

aluminum, and even cholesterol's, nicotine, alcohol, ammonia, sulfuric acid and other environmental toxins, as opposed to conventional heat or steam saunas. The human body is a reservoir of all kinds of bio-toxins which cannot be expelled immediately and become stored in the body, thereby triggering illness. When toxic gases such as sulfur dioxide and carbon dioxide, or potentially fatal heavy metal toxins such as mercury, lead and chlorine, meet large water molecules, they are encapsulated by clusters of water and trapped in the body. Where these toxins are accumulated, blood circulation is blocked and cellular energy is impaired.

However, when a 7 to 11 (or 4 to 14) micron FIR wave is applied to these large water molecules, the water begins to vibrate. This vibration reduces the ion bonds of the atoms which are holding together the molecules of water. As the water evaporates, the encapsulated gas and toxins can be released. Toxic Cleansing With Far Infrared (FIR) Waves:

"One of the reasons FIR has beneficial results in a variety of illnesses is the ability of FIR waves to remove toxins, which are often at the core of many health problems. Toxins that cannot be removed immediately after they enter the body are encapsulated by clusters of water. Blood circulation becomes blocked and the cellular energy impaired where these toxins accumulate. However, when a 10-micron FIR wave is applied to water molecules containing toxins, the water begins to vibrate. This vibration reduces the ion bonds of the atoms that are holding together the molecules of water. As the breakdown of the water molecules occurs, encapsulated gases and other toxic materials are released. One study done by American researchers showed that the sweat released by users of a FIR sauna was different that the sweat of people using a conventional sauna or doing normal exercise. The non water portion of sweat released in a FIR sauna was cholesterol, fat soluble toxins, toxic heavy metals, sulfuric acid, sodium, ammonia and uric acid." - Dr. Kyuo, Japan.

Toxic overload has been implicated in many health conditions, from fibrocystic breast disease (FBD) in women to attention deficit hyperactivity disorder (ADHD) in children. Symptoms of toxic overload include fatigue, headaches, joint or muscle pain, frequent colds and flu, signs of allergy and hormonal imbalance, chemical sensitivity, sinus congestion, psoriasis and other skin conditions, loss of dexterity, insomnia and more. Psychological symptoms include poor concentration, memory loss, mood changes, mental confusion and changes in behavior. - www.balancedlives.net A great overview on FIR history and its therapeutic value is available in an article: 'Warming Up to FIR' published in the Jan. 2001 issue of Alternative Medicine Magazine by Dr. D.J. Fletcher. Here is an extract: *"Detoxification from fibromyalgia and chronic fatigue syndrome: Randy Gomm in Vancouver, became a distributor of FIR saunas after his life was turned around by detoxification. As a firefighter, his health had begun to deteriorate until he was no longer able to work. He was diagnosed with fibromyalgia, and eventually it was realized that the **root of his problem was toxic overload from occupational exposure.** During the eight years he was ill, he says, he had a lot of time to research alternative modalities to regain his health. "I discovered that leading researchers in fibromyalgia and chronic fatigue syndrome stated that their patients had high toxic loads," says Randy. "When their loads were reduced, their symptoms often improved dramatically. It worked for me. **Detoxing really helped put me back on my feet.**"*

The following health challenges have been reported in Japan to be alleviated or reduced by the use of far infrared therapy: Asthma, bronchitis (cleared up). Rheumatoid arthritis (7 out of 10 cases resolved in one clinical trial). Benign prostatic hypertrophy (reduced). Cancer pain (greatly relieved pain

in later stages). Cirrhosis of the liver (reversed). Chron's Disease (gone). Cold hand and feet (a physical therapist discovered 20-50% improvement was maintained). Cystitis (gone). Duodenal ulcers (eliminated). Compression fracture pain. Gastritis (relieved). Hemorrhoids (reduced). Hepatitis (gone). High blood pressure (in the case of a diabetic a systolic decrease from 180 to 125 + concurrent weight loss). Keloids (significantly softened and, in some cases, completely gone). Leg ulcers (healed when previously static and resistant to other care). Menopause. Pain preventing sleep or limiting sleeping positions (relieved). Post-surgical adhesions (reduced). Radiation sickness (relieved signs and symptoms). Sequel of strokes (Hemiparesis relieved over time).

