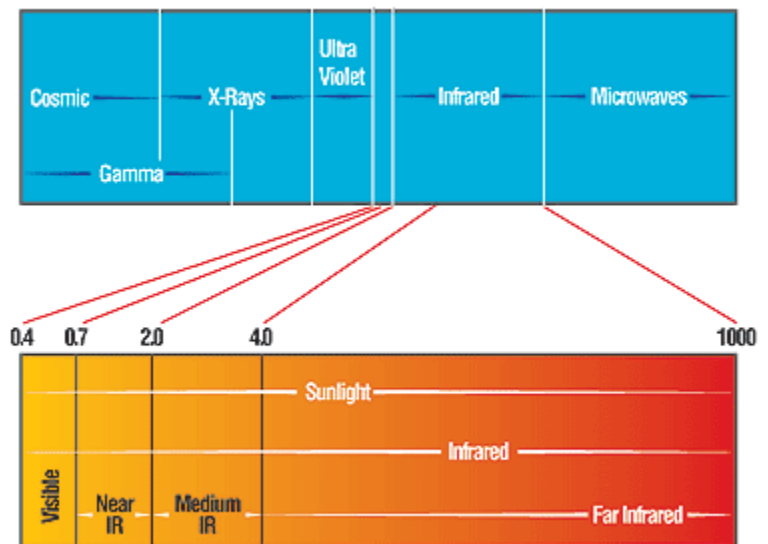


## Far Infrared - - The Healthy Part of Sunlight

Sunlight is part of a wide spectrum of frequencies, including ultraviolet and infrared rays. Visible sunlight is in the middle of this spectrum. At a higher frequency, visible light changes to ultraviolet rays that can cause sunburn.

At a lower frequency, however, sunlight changes to gentle infrared rays. It is these rays that allow the sun to warm you, even on a cold winter's day. Varying in wavelength from 0.76 to 1000, Infrared light is everywhere, even in the palm of your hand; as infrared heat is produced as a natural by product of energy production within the body.

**Within this wide spread of frequencies the 6-14? range is the most therapeutic to the human body. Split evenly between the 9.4 pivot point of peak human output.**



### Infrared means deep heat

Because infrared penetrates safely and comfortably up to 4.5cm / 1 3/4 inches inside your body, even your deep tissues and organs are stimulated, meaning you perspire far more than you do in a traditional sauna. Hard to reach impurities are eliminated through your skin using lower, comfortable temperatures.

### Increases blood circulation and strengthens your cardiovascular system

As your body increases sweat production to cool itself, your heart works harder pumping more blood, achieving the conditioning benefits of continuous exercise. By widening your blood vessels and enriching your blood with oxygen you feel more energetic and your skin gets a beautiful, youthful glow.

Dr. Toshiko Yamazaki, MD owns a Far-infrared therapy clinic in Japan where she has done extensive research on the uses of Far Infrared Therapy or Infrared Light Therapy. In her book, "The Science of Far-Infrared Therapies," she explains that one of the reasons Far Infrared therapy has beneficial results in a variety of illnesses is the ability of Far-infrared waves to remove toxins with mercury detoxification, which is often at the core of many health problems. Since humans are bio-accumulators, numerous toxins that disturb natural body healing and cannot be removed immediately after entry are stored in our bodies and prevent future natural body healing.

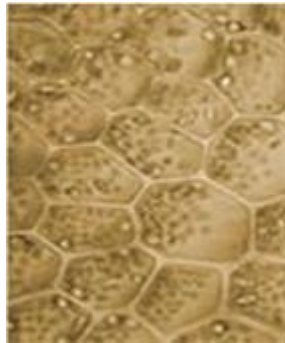
When toxic gases such as sulphur dioxide and carbon dioxide or toxic substances such as lead, mercury, or chlorine meet large water molecules in our bodies, water clusters encapsulate them. Where these toxins accumulate, blood circulation is blocked and cellular energy is impaired. Mercury detox begins when a 10 micron Far Infrared Therapy wave is applied to these large water molecules and the water begins to vibrate.

This vibration reduces the ion bonds of the atoms that are holding together the molecules of water. As the vibration continues, breakdown of the water molecules occurs and encapsulated gases and other toxic materials are released, allowing your body to expel them. Scientists in Japan report that in the Far Infrared Therapy wave treatment of clogged capillary vessels, a similar process occurs:

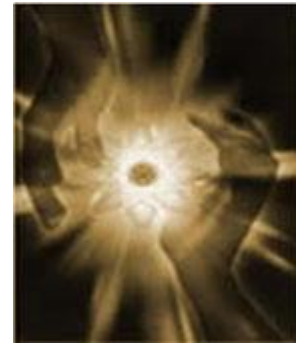
heat expands the capillaries from Far Infrared Therapy and then initiates the process to dissolve hidden toxins.



A 10 micron Far-infrared light wave reaches up to 2 inches deep inside the body's tissue.



Cellular vibration occurs when the light waves penetrate the cells and reach the large water molecules.



This vibration reduces the ion bonds of the atoms that are holding together the molecules of water, resulting in a release of toxins.

A TDP lamp is one of the most effective modes in the application of Far Infrared therapy. It is similar to a heat lamp, however it features a round plate coated with minerals consisting of 33 elements essential to the human body. When the mineral plate is heated, it emits a special band of electromagnetic waves that coincide with the wavelengths and intensity of the electromagnetic waves released and consequently absorbed by the human body. This absorbed electromagnetic energy has been found to yield therapeutic effects on the human body by:

- Helping to generate various beneficial biochemical stimuli that the body may lack due to illness or injury.
- Accelerating the decomposition of injured structures, such as bad cells.
- Enhancing the body's function of adjustment and immunity. With its relaxing, warm temperature, the TDP lamp is very effective for temporary relief of minor muscular and joint pain and improvement of local, superficial blood circulation.

## What are some of the benefits of Far Infrared?

- Pain relief (back, arthritis, fibromyalgia)
- Weight control, weight management
- Immune system enhancement
- Stress reduction, stress management
- Exfoliation, better skin (cosmetic benefits, removing dead cells, dirt, chemicals) plus helps skin act as body's largest and best elimination organ
- Increased circulation for more oxygen to reach injured areas, help healing, diminish pain

- Elimination of toxic metals AND other toxins-- body detoxification, mercury detoxification. Also detoxification of aluminium, dioxins, PCB's, cadmium, toxins from plastic products, lead and nickel
- Wound healing, cut healing
- Reduction of swelling, inflammation, especially muscles, joints, neck
- Hyperthermia--elevated temperature kills pathogens and helps heal
- Cardiovascular system, fitness, health improvements, lower blood pressure, improved elasticity of arteries, cardiac rehab. 20 to 30 FIR minute session similar to six mile run in cardiovascular effect, burning up to 600 calories
- Boost metabolic rate
- Warm up cold hands & feet
- Sweat from exercise not as effective as sauna sweat, since exercise activates sympathetic nervous system which inhibits toxin elimination. Sweating in FIR sauna does not activate sympathetic nervous system, allowing more toxin elimination
- Stimulate hypothalamus, which controls neurochemicals involved in sleep, mood, pain, blood pressure
- Improve lymph circulation by sweating out toxins
- Lowers 2-5 % of body fat in 20 minutes as fat liquifies at 100 degree Farenheit
- Odor proof sauna tent
- Promotes cell regeneration--cells regenerate every 28 days
- Self-temperature control system keeps sauna temperature at 165 to 175 degree Farenheit