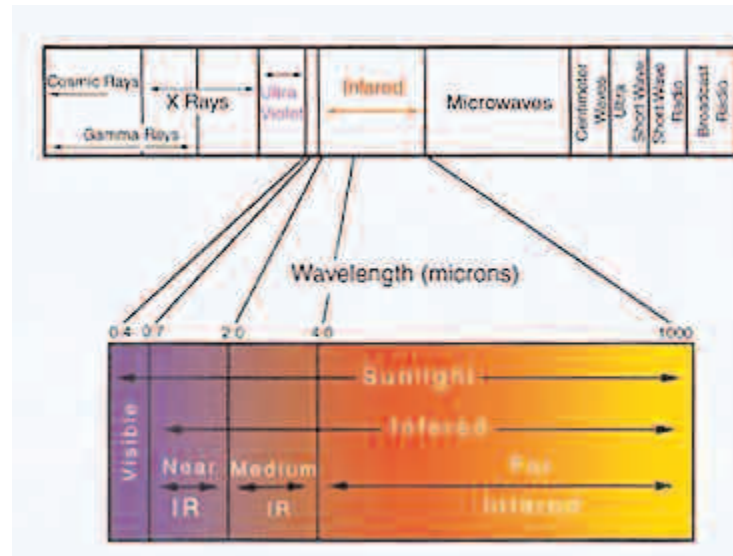


Infrared Sauna

Infrared saunas use a form of energy that heats objects not the air. This energy is not visible to the human eye but can be felt in the form of heat. The shortest and most damaging rays of the solar spectrum are the gamma rays. The next longer and less destructive rays are X-rays then ultraviolet and then infrared. At the far end of the Infrared spectrum are the longest and most healing Far Infrared rays (4-14 microns).



Conventional saunas rely on direct means of heat to heat the human body. First on heating air currents and then conduction when the hot air gets in direct contact with skin to produce its heating of our bodies. Air must be heated to 180 - 225 F degrees to heat skin superficially. In an Infra Red sauna, less than 20% of the infrared energy heats the air, leaving the remaining 80% to direct contact with the human body. An Infrared sauna will warm its users to a deeper level and more efficiently than a conventional sauna. Infrared heat penetrates 1 1/2 inch below the skin, which causes the body to sweat at a temperature of 110-220 F degrees. This is what makes the infrared sauna more health beneficial compared to a conventional sauna.

More than 3,000 chemicals are added to our food supply, more than 10,000 chemicals in the form of solvents, emulsifiers and preservatives are used in food processing and storage. When ingested these chemicals can remain in the body for years, altering our metabolism, causing enzyme dysfunction and nutritional deficiencies, creating hormonal imbalances and lowering our threshold of resistance to chronic disease. We are continually subjected to poor air quality, chemically contaminated food and water, household cleansers, paint fumes, pharmaceutical drugs, pesticides, heavy metals (including mercury) and the list goes on and on. Today, studies show that most of us have between 400 and 800 chemical residues stored in the fat cells of our bodies. These chemicals and heavy metals make up the "total toxic burden". When our bodies exceed the limit that we can excrete, we begin to store these toxins. This bioaccumulation seriously compromises our physiological and psychological health and leads to chronic disease.

The following symptoms are often related to toxicity: allergies, acne, anxiety, burning skin, brain fog, chronic fatigue, chemical sensitivities, depression, eczema, frequent colds or flu, feeling "sick all over", insomnia, loss of dexterity, low body temperature, memory loss, mood swings, muscle and joint pains and poor concentration.

Detox, Detox, Detox

The Far Infrared Sauna is recognized by health practitioners worldwide as perhaps the most effective method of removing both chemical and heavy metal toxins from the body. The combination of "resonant absorption" and heat makes this the detox method of choice for chronically ill patients as well as those that are well and wish to stay that way by reducing their "toxic burden".

Our methods of eliminating toxins in the body are few. We are limited to the feces, the urine, perspiration and respiration. When the liver, kidneys and lungs have been damaged by chronic exposure to environmental toxins our ability to rid our bodies of toxins becomes severely limited. Through various methods we can cleanse the liver and kidneys, which will help us address future toxins, but we are still left with the fat-stored toxins and heavy metals stored in connective tissue and the brain.

Immune System Improvement

A typical sauna session will cause a brief 1 to 3 degree F increase in body temperature. Fever is the body's defense against bacteria, microbes and consequent infection. This beneficial side effect triggers the production of white blood cells (leukocytes) by your bone marrow and killer T cells by your thymus. The result is immune system improvement.

Cancer

Far-infrared hyperthermia, taking the body core temperature to only 104.5 degrees, causes release of heat-shock proteins. These heat-shock proteins are intensely stimulating to the immune system, and appear to be able to direct the immune system to the tumors. Many of the experimental vaccines in FDA trials right now that have shown efficacy are based on bonding heat-shock proteins to tumor antigen and injecting them. It is theorized that the far-infrared hyperthermia achieves an internal cancer vaccination, as the heat shock proteins stimulate the immune system and some of the heat-shock proteins are naturally bonded to existing tumor antigen

Pain Relief

The deep heat of the Healthy Infrared Sauna helps dilate blood vessels, bringing relief and healing to muscle and soft tissue injuries. This also increased blood circulation allows more oxygen to get to oxygen-depleted muscles, so they recover faster. It is been used in relieving pain (including muscle pain) and speeding the healing of sprain, strain, bursitis, arthritis, and peripheral vascular disease symptoms.

Lose Weight

Using the Healthy Infrared Sauna will help eliminate excess moisture, salt and subcutaneous fat from your body. Sweating is a part of the complex thermoregulatory process of the body that increases the heart rate, which consumes energy.

Burn Calories

At 110F degrees fat becomes water-soluble and can be disposed of by sweating. Producing sweat increases the rate of the heart pumping blood. A single sauna session may burn as many calories as jogging or rowing for 30 minutes. So you lose weight not just water.

Exercise Effect

For those who do not or cannot take regular exercise, the Healthy Infrared will make you perspire the same as if you had run 6-9 miles and help lose weight. **Burns 600 or more calories in just one 30-minute session!** Combine sauna with regular exercise for a warm up or to relieve tight cramping muscles. As your body increases sweat production to cool itself, your heart works hard-

er pumping blood at a greater rate to boost circulation, supplying the conditioning benefits of continuous exercise. Heart rate, cardiac output and metabolic rate increase, while diastolic blood pressure drops.

Calories a 150-pound person normally burns up in 30-minutes of exercise:

SPORT	CALORIES
Marathon Running	593
Vigorous Racquet Ball	510
Swimming (crawl stroke)	300
Jogging	300
Tennis (fast game)	265
Cycling (10 mph)	225
Golfing (without a cart)	150
Walking (3.5 mph)	150
Bowling	120

Cellulite Reduction

Because cellulite is a gel-like substance made up of fat, water and waste products trapped near the surface of the skin, use of the sauna therapy unit is very beneficial. Far infrared therapy is especially effective in cellulite removal when used in conjunction with a program including diet and massage.

Stress Reduction

Continuous strain on the autonomic nervous system often leads to a high level of stress, one of the elusive causes of many chronic diseases. By facilitating the expansion of capillary vessels thereby improving circulation, stress levels are reduced.

Safe to use

Infrared Heat has been used for over 30 years in hospitals incubators for premature babies. NASA uses Infra Red in manned missions recognizing the health and safety benefits for the Astronauts.

Relative Contraindications for FIRS Use:

Certain Ailments

According to some authorities, it is considered inadvisable to raise the core temperature of someone with adrenal suppression, systemic lupus, or multiple sclerosis.

Joint Problems: If a person has a recent (acute) joint injury, it should not be heated for the first 48 hours

Pregnancy: In pregnancy or the suspicion of pregnancy, discontinuation of sauna use is recommended.

Menstruation: Heating of the low-back area of women during the menstrual period may temporarily increase menstrual flow.

Hemorrhage: Hemophiliacs and anyone predisposed to hemorrhage should avoid infrared usage or any type of heating that would induce vasodilatation that can lead to the tendency to bleed.