

## **FIR SAUNA TREATMENT**

Thru out the centuries; the Roman Baths, Native American Sweat Lodges, Swedish Saunas-sauna's have been used for detoxifying, relaxing, & healing body, mind & spirit. Saunas use the body's largest elimination "organ"-the skin- to release toxins thru the pores. Benefits of sweating and all saunas include relaxed muscles, increased blood & lymph flow, and reduction of toxins.

Far Infrared Sauna utilizes all the benefits of a sauna combined with the amazing benefits of Infrared. Infrared light is part of the Sun's invisible spectrum. Infrared light, the longest and most healing of the sun's rays, is responsible for photosynthesis, without which, there would be no life on earth. One of Far-Infrared light's characteristics is the ability to easily penetrate human tissue. When this happens, it creates a natural resonance, which has many beneficial properties. Remember the last time you were sunbathing with sunscreen? Were you still hot? Of course you were because the sunscreen only stops the UV (Ultraviolet) light from hitting your skin. The Far-Infrared heat (FIR light waves) penetrates your skin, giving you that wonderful natural warmth. Our bodies emit this frequency naturally also.

You can be exposed to Far-Infrared heat for hours and it will never cause your skin to burn. Far-Infrared heat is completely healthy and safe for all living things. In fact, it is so safe it is used in hospitals to warm newborn infants.

FIR sauna technology has been used for over 30 years and treated more than 20 million people. Originally it was used for pain, because FIR promotes microcirculation, which provides increased oxygen and decreased acid deposits to the healing site. Studies have proven its beneficial effects on Rheumatoid Arthritis, Ankylosing Spondylitis, and Fibromyalgia. Although effective for pain, it was soon discovered that FIR was an incredible tool for detoxifying heavy metals (including mercury) and chemicals.

Research has shown that FIR sauna has many unique benefits. These include decreasing lactic acid (the waste product that causes pain in muscles after exercise), stimulating enzyme activity and decreasing nerve-ending pain. FIR sauna technology also stimulates endorphins or "happy hormones", kills bacteria and parasites, and attracts calcium ions to the cell membrane thus reducing tissue acidity. Most of us are too acidic which affects our health profoundly. Sitting in a relaxing sauna is an easy way to shift toward alkalinity! Last but not least FIR has a unique ability to help us detoxify.

Toxins (i.e. Mercury, Chlorine, PCBs, Dioxins, Carbon Dioxide) are stored in our bodies in clusters of water. Wherever the toxins accumulate blood circulation, cellular metabolism and energy are impaired. However, when a 10-micron FIR wave is applied to the large water molecule, the water begins to vibrate. This vibration reduces the ionic bonds holding the water cluster together, thereby releasing the gases and other toxic material. Because FIR saunas cleanse at such a deep cellular level, it gives patients with asthma/allergies, environmental illness, and autoimmune disorders much relief. Dr. William Rea, medical director of the famous Environmental Health Center, in Dallas treats some of the most difficult cases in the

world. FIR Sauna therapy is an integral part of his successful program. Dr. Sherry Rogers, medical doctor and author (see Detoxify or Die), also has extensive knowledge of chemical pollutants. She is a strong advocate for this therapy. Many people are overweight partially because their bodies, in its wisdom, are holding onto the fat to contain the toxins. Once these toxins are released, the body will be free to let go of the excess weight and cellulite.

FIR sauna treatment penetrates deeper yet is not as hard on the heart and circulatory system, thereby making it more tolerable than other saunas. Two to three times more sweat volume is induced. In regular high heat saunas, the adrenal glands are stressed significantly. This can lead to patient discomfort & heat intolerance, and in extreme cases has been known to induce heart attacks. The FIR sauna can generate a total sweat @ 120 degrees Fahrenheit or less, thereby providing for longer and more tolerable therapeutic time in the sauna. Many people have a poor sweating ability. This type of therapy can also re-educate your body and normalize your ability to sweat.

So many of today's chronic diagnosis are caused by an accumulation of chemical toxins in the fat cells and connective tissue. Petrochemicals, plastics and phthalates, heavy metals, pesticides, and more are polluting our bodies personally, locally and globally. We do not have inherent systems to eliminate most of these poisons. Some of these chemical agents have half-life of 50-70 years (i.e. only ½ of the substance is removed in 50 years!). "Aging" is in part an accumulation of all these 21st century man made chemicals. When the bucket (our bodies) is full- we have symptoms. FIR sauna treatment is a safe tool for keeping "your bucket" below the brim.