

# Far Infrared Sauna

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The far infrared sauna has the ability to systematically eliminate internal chemicals and heavy metal toxins, including mercury. This will lower the total toxic environment load that suppresses biological function, longevity, and, ultimately, human potential"

-Dr. Jake Johnston, MD

Our bodies have become virtual dumping grounds for hundreds of thousands of toxic compounds that invade our air, water and even the soil in which our food grows. Today more than 77,000 chemicals are in active production in this country, and more than 3,000 chemicals are in our food supply.

The EPA estimates that our bodies cannot metabolize over 20,000 of

these chemicals. So what happens to them? These toxic substances

are stored in fat cells throughout our bodies where they continue to

accumulate. In fact, studies indicate that most of us have between 400

and 800 chemical residues stored in the fat cells of our bodies.

Together, these chemicals and heavy metals create a situation of chronic

toxic overload. As these toxins build up, they can cause enzyme dysfunction and nutritional deficiencies, create hormonal imbalances, damage brain chemistry, and can even lead to cancer and other debilitating chronic illnesses.

Are you toxic?

-fibromyalgia

-headaches

-depression

-cold hands & feet

-digestive problems

-metallic taste

-insomnia

-chronic fatigue

-brain fog

-chemical sensitivity

-allergies

-unable to gain wt

-unable to lose wt

-night sweats

How does far infrared work?

Far Infrared is a section of the natural band of light that is not visible to the human eye, but can be felt as heat. Unlike the

high heat produced in traditional saunas, far infrared heat is able to penetrate the body to a depth of 1.5 to 2 inches. This stimulates the body's cellular detoxification process more effectively than a traditional sauna.

The body, incapable of metabolizing and excreting all toxins it is exposed to, often times stores toxins in fat to protect the body (called lipophilic toxins).

Our body's tissues normally produce infrared energy, which is used by the body for a number of healing processes. By delivering penetrating warmth to the body, the far infrared sauna increases the body's own infrared energy levels, encouraging a light rise in body temperature that boosts natural detoxification systems.

The sauna duplicates these healthy far infrared frequencies. The tissues selectively absorb these rays as the water in the cell reacts in a process called "resonant absorption." This resonant absorption occurs when the frequency of the far infrared matches the frequency of the water in the cell causing toxins to be dropped off into the blood stream and excreted in sweat, feces and urine.

The far infrared technology has been used for more than thirty years to treat more than twenty million patients. The original use was for pain because far infrared promotes microcirculation, which provides more oxygen to the healing site while reducing acidic deposits. Although effective for pain our primary use is for detoxification of heavy metals (including mercury) and chemicals.

More than detoxification:

**Enhanced Immune Health:** Each far infrared sauna session causes a brief, beneficial increase in body temperature, which improves immune health by boosting production of infection-fighting white blood cells and killer T-cells.

**Stress Relief:** High daily stress levels put constant strain on the body's nervous system and can contribute to chronic disease. The far infrared sauna helps to reduce physical stress by boosting circulation and triggering the production of endorphins, the "feel good" hormones.

**Weight and Cellulite Control:** Toxins can play a significant role in preventing us from losing weight as well as gaining weight. Those wishing to lose weight should note that the cardiovascular effect from a single sauna burns as many as 600 calories. The sauna is also quite effective at dealing with cellulite when combined with massage therapy and nutrition.

**Improved Cardiovascular Conditioning:** Medical research shows that regular use of a far infrared sauna may be as effective for cardiovascular conditioning as exercise. As the body heats up, it cools itself by sending the blood from the internal organs to the extremities and the skin, thus increasing heart rate, cardiac output and metabolic rate.

## Many Benefits

More than 1,000 doctors and health professionals have used the far infrared sauna for:

- combating toxic overload
- heavy metal poisoning
- pain relief
- multiple chemical sensitivities
- stimulating the immune system
- stress management
- fibromyalgia
- chronic fatigue
- rheumatoid arthritis

- anxiety and depression
- weight control and cellulite removal
- achieving good health
- detoxification prior to and after chemotherapy
- detoxification prior to conception for prospective parents