

FAR-INFRARED HEAT

By Debbie Shkuratoff

WHAT IS FAR INFRARED HEAT?

Infrared or radiant heat is a form of energy that heats objects directly without heating the air in between. We live our lives surrounded by, and immersed in, infrared energy. The earth absorbs the sun's infrared light and reflects it back to us. Our bodies produce far-infrared heat at the cellular level as we metabolize food for energy and internal heat. The far-infrared sauna directly penetrates the body's tissues to a depth of more than 1.5 inches. Tests have shown that the energy output is tuned so closely to our own radiant energy that our bodies absorb more than 90 per cent of the infrared waves. This effectively removes heavy metals and unwanted toxins through the lymphatic system in the form of a sweat. Perhaps the most immediate relief this sauna offers is simple relaxation, as it melts away the stresses and tensions of urban life; it soothes jangled nerves and knotted muscles, leaving you feeling rejuvenated and renewed, restored in both body and mind.

Boosts immune system

The body temperature rises 1 to 3 degrees. White blood cells and killer T cells increase, boosting the immune response to kill viruses and bacteria. "Artificially induced fever has the greatest potential in the treatment of many diseases, including cancer," according to Dr. Josef M. Issels.

Pain relief

Peripheral blood vessels dilate, bringing relief and healing to muscle and soft-tissue injuries. Increased blood circulation carries off metabolic waste products and delivers oxygen to depleted muscles, helps inflammation and decreases pain.

Detoxification

Toxins are released from cells into the lymph fluid, sweat is manufactured from the lymph fluid and toxins and heavy metals present will exit the body through the sweat.

Weight loss and cellulite

A 30-minute session burns up to 1,000 calories, depending on your size and muscle mass. Toxins stored in fat are decreased, making it easier for weight loss. While the weight of water loss can be regained from re-hydration, the calories consumed will not be. The infrared sauna helps clear cellulite, drawing out the gel-like lumps of fat, water and debris trapped in pockets beneath the skin.

Strengthens the cardiovascular system

As the body increases sweat production to cool itself, the heart pumps blood at a greater rate, boosting circulation. Heart rate and cardiac output increases, while blood pressure drops for improved overall cardiovascular fitness. The far-infrared sauna has been proven by specialists at the Mayo Clinic to improve heart failure.

Enhances skin tone

Profuse sweating carries off deeply embedded impurities and dead skin cells. Increased circulation draws the skin's own natural nutrients to the surface. This leaves the skin glowing and immaculately clean, with improved texture, tone, elasticity and fresh color. Increased blood circulation has also been shown to relieve acne, rashes, eczema, dermatitis, psoriasis, burns, lesions and cuts. Scars and even keloids may be gradually softened.

Far-Infrared benefits

Far infrared helps in the treatment of arthritis, asthma, fibromyalgia, allergies, migraines, hepatitis, menopause, PMS, nerves, varicose veins, insomnia, cancer, gout, memory, sciatica, gastro enteric problems, body odor, dandruff, congestive heart failure, high and low blood pressure, ADD, endometriosis, polycystic ovaries, depression, diabetes, hypothyroidism, mastitis, high cholesterol, TMJ, rheumatism and autoimmune disorders.

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