

## **FAR INFRARED HEAT & THE BENEFITS by Debbie Shkuratoff**

Infrared or radiant heat is a form of energy that heats objects directly, without heating the air in between...The human body absorbs infrared quickly and easily...This is the same energy we get from the sun...Each day our bodies are assaulted with and absorb a barrage of chemicals and toxins from the environment...Far Infrared therapy is effective in addressing this problem...By its direct heating effects on the body through two mechanisms, " resonant absorption and a low heat " far infrared therapy mobilizes toxins from our fat cells where they are stored, and increases circulation, thus aiding in elimination of these toxins....The benefits of far infrared are transmitted directly to our bodies...Far infrared heat is clinically proven to be the most effective way to remove toxins from our bodies, reverse disease, and slow down aging...It is an excellent preventative for staying in good health...The deep heat of far infrared, helps peripheral blood vessels dilate, bringing relief and healing to muscle and soft tissue injuries...As well as offering simple relaxation as it melts away the stress and tensions of everyday life...You'll feel rejuvenated and renewed in body, mind, and spirit as the warmth of the infrared gives you an overall massaging effect, soothing nerves and muscles...A wonderful way to feel good and improve your health at the same time...

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