

INFARED SAUNAS AND YOUR HEALTH.....

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....Infrared saunas warm the body directly with the same kind of energy that we get from the sun....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 our bodies absorb more than 90% of the infrared waves...This effectively removes heavy metals and unwanted toxins through the lymphatic system in the form of sweat....A very relaxing way to improve your health....You can breathe easier in the infrared sauna because it provides twice the sweat at half the temperature of a conventional sauna....It removes toxins, promotes soft, healthy skin and soft tissue healing, increases blood flow and oxygenation, aids in cellulite and weight loss and relieves stress and fatigue....Also boosts the immune system, assists in pain relief, and strengthens cardiovascular system...You will burn 600-1000 calories in a 1/2 hour session depending on your muscle mass.....*The infrared sauna is being used to treat: *arthritis, asthma, fibromyalgia, allergies, migraines, hepatitis, PMS, cancer, gout, depression, diabetes, TMJ, menopause and a variety of other illnesses....Increased blood circulation, leaves the skin glowing and has been shown to relieve acne, eczema, rashes, psoriasis and dermatitis...."Detoxifying is the only proven way to reverse disease and slow down aging" The sweat of people using an Infrared sauna will not only contain water, but will also contain cholesterol, fat-soluble toxins, heavy metals (such as mercury, aluminum, and arsenic), nicotine, sulfuric acid, ammonia, and other dangerous environmental poisons....Infrared is totally safe and is used in hospitals to warm premature babies....It is far safer than conventional saunas because it uses heat energy that penetrates tissues, triggering mobilization of chemicals from fat storage, directly into the sweat....Radiant Heat for Radiant Health....

Debbie Shkuratoff
Reiki Wellness
Valleyview Centre,
#39, #41 & #42
Cobble Hill, BC V0R 1L0

Call: 250.743.1733 or 250.743.8122