

RADIANT HEAT AND HEALTH

By Debbie Shkuratoff

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. Traditional saunas warm the air that warms the body. Infrared saunas warm the body directly with the same kind of energy that we get from the sun. Most of us spend 90 per cent of our time indoors; we do not get enough sunshine that our bodies desperately need to be healthy. Our bodies produce far-infrared heat at the cellular level as we metabolize food for energy and internal heat.

The human body absorbs infrared quickly and easily. The water molecules in the body begin to vibrate, which causes heat reaction through resonant absorption. When the temperature under the skin increases, our capillaries expand, which promotes increased blood circulation. This response eliminates obstacles that hinder metabolism and activates the tissues, which in turn produces certain enzymes.

The water molecules in the blood are likewise changed into micro-molecules and rid the body of toxic waste as well as increase the body's metabolic rate. Far-infrared in the bloodstream is able to neutralize blood toxicity as well as smooth the walls of arteries, capillaries and veins.

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 per cent of the infrared waves. This effectively removes heavy metals and unwanted toxins through the lymphatic system in the form of sweat. This is 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 and promotes soft, healthy skin and soft-tissue healing. It increases blood flow and oxygenation, aids in cellulite and weight loss and relieves stress and fatigue. It has been known to boost the immune system; it assists in pain relief and strengthens the cardiovascular system. You can burn 600 to 1000 calories in a half-hour session, depending on your muscle mass.

The sweat of people using an infrared sauna will not only contain water, but will also contain cholesterol, fat-soluble toxins and heavy metals such as mercury, aluminum, and arsenic as well as nicotine, sulphuric 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.

Far-infrared heat is clinically proven to be a most effective way to remove toxins from our bodies, reverse disease and slow down ageing. Simply put, it is an excellent preventative for staying in good health.

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

Call: 250.743.1733 or 250.743.8122

reikiwellness@shaw.ca
www.reikiwellness.ca.