

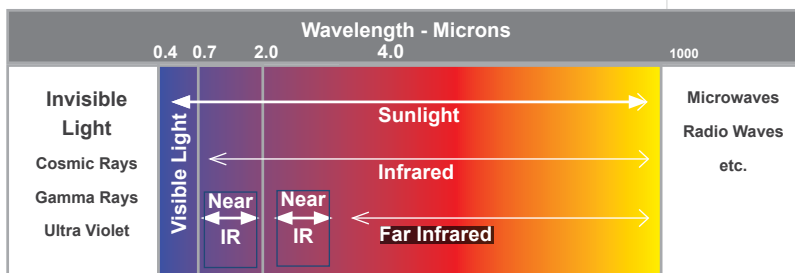
“The Steam-Free Far Infrared Sauna is perhaps the biggest breakthrough in Sauna treatments”

“Regular sauna use may have the same effect on the cardiovascular system as running, so regular use may be just as effective in burning calories.”

Journal of the American Medical Association.

How Far Infrared heat works for you...

Infrared heat is simply a form of energy that is directly transmitted at a specific wavelength. It is not ultraviolet light which causes sunburn and damages your skin.



The sun is our natural supplier of infrared heat. In the shade, a thermometer shows the actual air temperature, but will show a higher temperature in direct sunlight, due to infrared heat rays, despite the actual air temperature being the same as in the shade.

Conventional (steam) saunas need high air temperatures to extract impurities, while far infrared heated saunas penetrate up to 45 mm inside the body, so impurities can be pushed out using lower, more comfortable temperatures. Compared to conventional saunas this means many more health benefits.

The frequencies:

The 700 to 1000nm long infrared heat rays are the most beneficial to the human body.

How does it work?

Unlike conventional heating systems which rely on heating the air to warm our bodies, the efficient far infrared heat loses less than 20% of its energy in heating the surrounding air, allowing over 80% of

the heat energy to be directly converted to heat onto and within our bodies.

This energy can then penetrate safely up to 45mm into our skin layer and outer body.

How does it benefit us?

Removes Toxins

Our body reacts to increased heat by perspiring. Through the human perspiration process, toxins like, sodium, alcohol, nicotine, cholesterol and potentially carcinogenic heavy metals are removed from the cells.

We also shed old skin cells, leaving it glowing and immaculately clean, with improved tone, elasticity, texture and colour.

By taking this detoxifying load off the liver and kidneys, even people with impaired liver or kidney function enjoy significant benefits.

Increases Circulation and Strengthens Cardiovascular System:

As your body increases sweat production to cool itself, your heart works harder to boost circulation, supplying the conditioning benefits of continuous exercise. Heart rate, cardiac output and metabolic rate increase, while diastolic blood pressure drops, for improved overall cardiovascular fitness.

“Many of us who run do so to place a demand on our cardiovascular systems, not to build big leg muscles. Regular use of a sauna may impart similar stress on the cardiovascular system, and its regular use may be as effective as a means of cardiovascular conditioning and burning of calories as exercise.” American Medical Association Journal.

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“the biggest breakthrough in Sauna treatments”

Weight Control & Caloric Consumption:

Our body uses energy to produce sweat - 1gm of sweat requires the burn of 0.586 kcal. A moderately conditioned person can easily sweat up to 1000gms or more in a session. While this weight loss can be regained by rehydration, the calories consumed will not. This is a valuable system for those who don't exercise and those who can not exercise.

Pain Relief: Infrared heat is well known for pain relief. Health professionals have used infrared heat lamps for decades to treat muscle and joint problems. The deep heat helps blood vessels dilate, bringing relief and healing to muscle and soft tissue injuries.

Other helpful Facts:

In hospital baby care units, incubators are often equipped with infrared heating systems to keep newborn babies warm.

Major medical successes have been achieved with the use of infrared light to treat wounds, third degree burns and brain cancer. It is in wide hospital use in the USA to stop mouth sores caused by radiotherapy in cancer patients. You can even buy refrigerators with infrared compartments to keep food fresh.

Cellulite: European specialists routinely incorporate daily use in programs to reduce cellulite. Because radiant heat from an iHealth Far Infrared Sauna warms 3 times as deeply as conventional saunas, it is significantly more effective at reducing cellulite.

Beautiful, youthful skin: Infrared heat helps develop and improve the body's capillary network.

- Excellent for increasing blood circulation to the skin - essential for beautiful, youthful, glowing skin!
- A new “inner glow” as the skin is freed of accumulated dirt and dry skin cells due to the deep cleansing of impurities
- Relief for acne, eczema, psoriasis, burns, any skin lesions or cuts
- Open wounds heal quicker with reduced scarring
- Removes skin roughness, leaving it baby smooth and soft
- Firms and improves skin tone/elasticity

Scars on Skin: Fully formed scars, even keloids, can be gradually softened. Burns and other wounds or incisions may heal with significantly reduced scarring.

Athletes - great for a warm-up: The perfect warm up prior to exercise, because muscles relax most readily when tissues are warm and allow greater flexibility and range of motion. Afterwards it helps recovery and faster healing of strains and muscle pain. Infrared saunas are installed at top sporting events such as the Olympic games for this purpose.

Eases Joint Pain and Stiffness: In Europe, radiant heat therapy is widely used to treat patients suffering from any form of arthritis. In addition, it has been proved effective in the treatment of sprains, neuralgia, bursitis, muscle spasms, joint stiffness and many other muscular-skeletal ailments. Much of the stiffness, aches and soreness that comes with ageing is reduced or eliminated.

Improves the Immune System: Deep heat produced from a far infrared sauna raises your body temperature, inducing an artificial fever. As it works to combat the “fever”, your body's immune system is strengthened. Combined with the elimination of toxins and wastes from intense sweating, overall health and resistance to disease is increased.

Reduces Stress and Fatigue: Perhaps the most immediate effect you will experience with your iHealth Far Infrared Sauna is pure relaxation. Just a few minutes in your iHealth Far Infrared Sauna gives you an overall massaging effect, soothing jangled nerves and knotted muscles.

You'll feel rejuvenated and renewed, restored in body and mind.

“I used to hesitate to recommend something that seemed so expensive, but when you realise the life-long incapacity and expense of diseases such as heart disease, chemical sensitivity, chronic fatigue, fibromyalgia, chronic pain syndromes, migraines, Alzheimer's, and others caused by chemical and metal toxicity, a sauna is cheap.”

Total Wellness, Dr S.A. Rogers, M.D.

“If it isn’t Steam-Free and *Far* Infrared, it’s just a Sauna and you won’t get the same benefits!”

“Medical practitioners make use of Infrared Radiant Heat to treat sprains, strains, bursitis, peripheral vascular diseases, arthritis, and muscle pain...”

excerpt from the McGraw/Hill Encyclopaedia of Science & Technology.

Independent Studies

From the book *Infrared Therapy* by Dr. Yamajaki, Japanese researchers produced the following results:

- Burns - relieves pain, decreases healing time with less scarring
- High Blood Pressure - safe in 40-50°C range and regular use helps to lower it
- Low Blood Pressure - sauna trains body to raise blood pressure
- Brain Damage - accelerated repair in brain contusions
- Short-Term Memory – improved
- Cancer of the tongue reversed
- Toxic Electromagnetic Fields - effects neutralised
- Cerebral Hemorrhages - recovery sped up and significantly enhanced
- Auto Accident - Related Soft Tissue injury - daily sessions used until good healing was attained; saunas then used to deal with permanent residuals
- Arthritis, Acute and Chronic - relieved
- Gouty Arthritis – relieved
- Menopause Symptoms - relieved
- Weight Loss - through sweating, energy burned and direct excretion of fat

Blood Circulation: The following ailments respond well to the increased peripheral dilation associated with infrared application:

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| • Arthritis | • Neuritis |
| • Sciatica | • Bursitis |
| • Backaches | • Rheumatism |
| • Haemorrhoids | • Strained Muscles |
| • Nervous Tension | • Fatigue |
| • Diabetes | • Stretch Marks |
| • Menstrual Cramps | • Varicose Veins |
| • Upset Stomachs | • Leg Ulcers |
| • Post-operative Edema | |
| • Decubitus Ulcers - that fail to heal using conventional approaches | |

Infrared Thermal System For Whole Body Regenerative Radiant Therapy - Dr. Aaron M. Flickstein

Is the Infrared sauna safe for me?

According to Dr. Tsu-Tsair Oliver Chi “rays are selectively absorbed by the tissues needing a ‘boost.’ After boosting a tissue’s level to maximum, the remaining rays pass onward harmlessly. This phenomenon is called “resonant absorption.”

The zirconia ceramic emitting tube is shielded by a metallic grill, covered by a soft coating of suede-text, and is safe to touch when operating.

These saunas have been tested and found to be free of “toxic” electromagnetic fields. The Swedish National Institute of Radiation Protection has concluded that the heaters in the sauna are not dangerous but therapeutic.

Coronary Artery Disease, Arteriosclerosis and Hypertension:

German medical researchers reported in 1989: A single whole-body session of infrared-induced hyperthermia had beneficial effects on subjects with stage I-II essential hypertension.

Ageing Problems reported to have been improved by Infrared Therapy in Japan:

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|--------------------------------|------------------------|
| • Menopause | • Cystitis |
| • Gastritis | • Hepatitis |
| • Cancer Pain | • Hemorrhoids |
| • Duodenal Ulcers | • Leg Ulcers |
| • Keloids | • Cold hands and feet |
| • High Blood Pressure | • Rheumatoid Arthritis |
| • Radiation Sickness | • Sequelae of Strokes |
| • Benign Prostatic Hypertrophy | • |
| • Compression Fracture Pain | |
| • Post Surgical Adhesions | • Asthma, Bronchitis |
| • Cirrhosis of Liver | • Chron’s Disease |

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“If it isn’t Steam-Free and *Far* Infrared, it’s just a Sauna”

Ear, nose and throat conditions relieved with infrared treatments in Japan:

- Chronic middle-ear inflammation
- Sore throats
- Tinnitus

Skin: Conditions benefited by infrared treatments in Japan and China:

- Clogged pores are unplugged. Mikkel Asland’s book *Sweat* (Capra Press. 1978) quotes a Finnish doctor to the effect that: “... as a result of a sauna, the skin of a Finnish worker is supple and healthy”
- Poor skin tone is restored
- Scars and pain from burns or wounds - decreased in severity and extent
- Lacerations heal quicker
- Acne - Opens pores that have not been functioning in years
- Body odour - By improving the function of the skin, the sauna may eliminate the cause of offensive body odour
- Eczema and Psoriasis have reportedly responded extremely well
- Sunburn - According to Clayton’s *Electrotherapy*, “infrared radiations are the only antidote to excessive ultraviolet radiations”
- Keloids form at a reduced rate in those prone to their formation

Musculoskeletal Cases Success reported with infrared treatments by Japanese researchers:

- TMJ Arthritis
- Traumatic Arthritis
- Acel-decel Injury Sequelae
- Disc-protrusion Related Neuralgia
- Brain Contusion – accelerated healing
- Tight Shoulders – relaxed
- Spinal Cord Shock
- Muscle Tension – relaxed
- Post-exercise Muscle Pain
- Arthritis: Gouty, Rheumatoid, DJD
- Shoulder Pain – Relieved or eliminated
- Bursitis – eliminated
- Muscle Spasms – reduced or eliminated
- Low Back Pain – relieved
- Adhesions – lengthened or more easily broken

From “*Therapeutic Heat and Cold*” - 4th Ed. by ED. Justus F Lehmann M.D., Williams and Wilkins.

Generally it is accepted that infrared heat produces the following desirable therapeutic effects:

1. Increases the extensibility of collagen tissues - Especially valuable in working with ligaments, joint capsules, fasciae, and synovium that have become scarred, thickened or contracted.
2. It decreases joint stiffness directly - 20% decrease in stiffness at 45°C as compared with 33°C in rheumatoid finger joints.
3. It relieves muscle spasms - Muscle spasms reduced through the use of heat, be they secondary to underlying skeletal, joint or neuropathological conditions.
4. Pain may be relieved via the reduction of attendant or secondary muscle spasms. Pain can be reduced by breaking the feedback loop in which the ischemia leads to further spasm and then more pain.
5. It increases blood flow - Heating of one area of the body produces reflex- modulated vasodilations in distant-body areas even in the absence of change in core body temperature.
6. It assists in resolution of inflammatory infiltrates, edema and exudates. Can help end inflammation, decrease pain and help speed healing.
7. Recently used in cancer therapy. New and experimental procedure shows great promise in some cases when used properly.