

Far Infra Red Sauna FAQs

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Q: What is Far Infra Red?

Infrared light is part of the Sun's invisible spectrum. Among the total spectrum of solar rays from the sun, FAR INFRARED (FIR) waves are the safest and most beneficial.

FIR waves radiated from the sauna, provide concentrated radiant energy, similar to that from the sun. When any tissue in the body is exposed to FIR waves there is a rapid increase in warmth. This heat plus the activation of several other response mechanisms stimulates healing processes.

Q: What kind of research and study has been done on FIR?

For years, the average consumer's familiarity with far-infrared came from the use of infrared heat lamps - which produce radiant heat. In the mid 1960's NASA discovered that a number of mineral oxides were also capable of generating FIR waves. NASA began utilizing FIR in the 1980's as an effective way to maintain cardiovascular conditioning for astronauts during long space flights.

Over the past 25 years, Japanese and Chinese researchers and clinicians have conducted extensive research on infrared treatments and report numerous benefits. An infrared society has been established in Japan, composed of medical doctors and physical therapists, to further research and support the health benefits of infrared as a method of healing.

Q: How are Far Infra Red saunas different from other saunas?

Regular saunas heat the skin superficially, causing opening of the sweat glands and allowing excess water to escape. FIR penetrates to a depth of 5-7 cm or 1.5 inches. At this depth our fat cells are stimulated causing a release of toxins to the surface.

Compared to other saunas which only heat 20% of the air, 93% of the heat energy emitted from FIR sauna is absorbed by our tissues, the reason is the energy emitted by FIR matches our own bodies energy.

Vibration of FIR waves assist the body in cleansing of harmful toxins, cellular purification and weight loss.

Q: How do people become toxic?

Thanks to modern day of food production and processing techniques, even "natural" options, such as yogurt, granola and fish, can contain pesticides, industrial chemicals and other toxins. "While one serving of such foods won't hurt, toxins can collect in your body's fatty tissue," says nutritionist Ann Louise Gittleman, PhD, author of the *The Fat Flush Plan*.

Men are exposed to industrial solvents, via working on their car or spraying the back yard lawn. Men also tend to drink and smoke more than women.

Women get exposure from some different venues than men, such as nail polish removers, household cleaners (like bleach) and beauty products (makeup and makeup removers). These are categorized as petro chemicals.

Q: How do toxins effect women?

The average woman is exposed to between 63-70 toxic substances each day through diet alone. For an estimated 50 percent of women, this toxic buildup overloads the liver and lymph system. This system is responsible for filtering and draining fats, fluids and waste - this creates a toxin buildup in the body that can lead to weight gain, brain fog and fatigue.

Q: How does FIR help in eradicating toxins?

FIR stimulates the sebaceous fat glands to release harmful toxins (e.g., dioxin, mercury, lead, cadmium, pesticides etc.) Since humans are bio-accumulators, toxins that cannot be expelled immediately after entry are stored in our bodies. One of the reasons FIR has beneficial results in a variety of illnesses is the ability of **FIR waves** to remove toxins, which are often at the core of many health problems.

An example: toxic substances meet large water molecules in our body (which is 70 percent water) and are encapsulated by clusters of water. Where toxins accumulate, blood circulation is blocked and cellular energy is impaired. However, when a FIR wave is applied to these large water molecules, the water begins to vibrate. This vibration reduces the ion bonds of the atoms, which are holding together the molecules of water. As the breakdown of the water molecules occurs, encapsulated gases and other toxic materials are released.

FIR sauna allows for a vital wave range of 7 to 14 microns, the frequency at which a water molecule resonates or vibrates. This vibration causes a release of cellular toxins such as mercury, aluminum, cholesterol and other toxic gases such as sulfur and formaldehyde. This also allows for deeper penetration of far-infrared heat, which provides pain relief, detoxifies and increases peripheral blood flow. Please contact our office at 425-462-6604 for a free evaluation and try our