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**100% Effective Natural Hormone Treatment**  
**Menopause, Andropause And Other Hormone Imbalances**  
**Impair Healthy Healing In People Over The Age Of 30!**

**Far Infrared Sauna Technology**

**By Rita Lambros-Segur, M.H.**

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What exactly is infrared, or radiant heat? No need to worry – it has nothing to do with either ultraviolet radiation (which gives you a sunburn and damages your skin) or atomic radiation (the kind from a nuclear bomb).

Radiant heat is simply a form of energy that heats objects directly through a process called conversion, without having to heat the air in between. Radiant heat is also called infrared energy (IR). Our sun is the principal source of radiant energy that we enjoy daily (some more so than others).

Have you ever been outside on a partly cloudy spring day of about 50 degrees F. and felt quite comfortable until the sun was suddenly obscured by a cloud? Although the air temperature had not had time to drop, you felt chilled, as the cloud would not let the warming infrared rays through to reach you.

Infrared light is an important energy force that promotes healing – a raising of the white blood cell count. Why is that good? Because more white blood cells mean greater immunity. Greater immunity means greater health and a better quality of life.

Today we're seeing new technologies employing far-infrared energy in health care products and in clinical protocols such as hyperthermic therapies for detoxification and cancer treatment.

Energy medicine is an ancient practice and Chinese health practitioners would use healing touch therapies for improved cell growth, DNA synthesis and protein synthesis in cells. Although these ancient practitioners did not know the technical terms as to why their therapy improved health, they were sure their patients got better.

Yes, the human heat from their touch increased immune defense response in which white blood cells surround and ingest small living things (like bacteria) and cell wastes.

Far-infrared heat follows the same principle: warm the injury site to speed healing. Why is infrared heat better than say, a heating pad? Because the vibrational energy of far-infrared light is unlike that of the

## Far Infrared Sauna Technology

heat energy we use for everyday functions, like cooking. Boiling water could actually damage our skin but it doesn't heat internal organs.

Sunlight heats us in a profound way, however, because it contains penetrating far-infrared rays as well as the full range of energy in the electromagnetic spectrum.

I know what you must be thinking – how can I benefit from the sun's infrared rays? I don't live near the equator. Besides, I thought the sun's rays were damaging to my skin. While it's true the sun's rays should be used judiciously, especially by fair-skinned people, the fact remains that infrared radiation promotes health.

A few companies have captured the essence of this healing energy by creating spruce saunas and smaller wraps for localized healing in specific areas of the body. Some of these spruce saunas have

been created using wood that contains no pesticides for better tolerance and detoxification.

Over the past 25 years, Japanese and Chinese researchers and clinicians have done extensive research on infrared treatments and reported many provocative findings. Whole-body infrared therapy has been used for over 80 years by German physicians in an independently developed form.

Among other benefits, whole-body infrared thermal systems make it possible for people in wheelchairs, or those who are otherwise unable to exert themselves, or who won't follow through on an exercising and conditioning program to achieve a cardiovascular training effect. This also allows for more variety in any ongoing exercise program.

As for infrared's outstanding effect on caloric consumption and weight control, we find that burning from 600 to 2,400 calories in a 30 minute session to be quite routine. The infrared thermal system might then simulate the consumption of energy equal to that expended in a 6 to 9 mile run during only a single session. This would be invaluable for those who don't exercise and those who can't exercise yet want an effective weight control and fitness maintenance program.

Evidently the flushing of toxins from the lymph areas and from the largest organ of elimination, the skin, are the source of many these health improvements. Toxemia has been targeted as the number one reason so many of us are ill. With the elimination of these poisons from deep within the body, the organs can then do their job unhindered.

Although any health-restoring strategy involves some type of cleansing diet and supplements, infrared therapy would definitely be called for to augment the process more efficiently.

The list of health enhancements through the use of infrared therapy is impressive and it includes: relief from all forms of arthritis, increase in the extensibility of collagen tissues, relieves muscle spasms and joint stiffness, increases blood flow, assists in resolution of inflammatory infiltrates, edema and exudates, weight control, hypertension, arteriosclerosis, coronary artery disease, blood circulation, ear, nose and throat conditions, skin conditions (including cellulite) and all-around beauty treatment.

Is infrared therapy a cure-all? Well, I don't believe that. But its value cannot be ignored. Especially in

view of the fact that millions suffer from toxic overload and its vast array of symptoms. Perhaps many more will come to view it as the body care system of the future just like NASA's astronauts and newborn babies have.

Editor of the health ezines, "Your Electrical Body", and "Far Infrared Technology Comes of Age", Rita has studied with master herbalists and naturopaths alike. Endeavoring to follow the precepts of Dr. John Christopher and the principles of electrical science, she has aided numerous folks to enhance their health through frequency nutrition. <http://www.electricalbody.com><http://www.saunastop.net>

### **Easiest Method Of Detoxification!**

**By Melvin H.Gill**

#### Types of Saunas

The traditional sauna is electric, wood or gas fired. Preheating to 150–200 degrees is required for copious sweating. The intense heat is difficult for many to tolerate, especially when ill.

Far–infrared heats the body, the air remaining cool. Sweating begins quickly and the experience is rather pleasant. Preheating is unnecessary which saves electricity. Most use ceramic elements to generate gentle heat. Excellent, but costly, another option is to use infrared bulbs. The latter also provide warming and stimulating color therapy.

According to research, far–infrared is more cleansing than traditional saunas. The deep penetration of the infrared energy allows the cells to eliminate better.

#### Sauna Detoxification

Many cultures use sauna cleansing as a regular part of detoxification and cleansing. It is a powerful method of eliminating environmental chemicals that are stored in fat cells.

#### Instructions

1. Find a dry heat sauna that has not been treated with toxic chemicals.
2. You should not be hungry, have just eaten, or feel weak.
3. Exercise for 20 to 30 minutes. Cardiovascular exercise, such as running or using a treadmill or exercise bicycle, is necessary to stimulate the circulation of blood and lymph to the deep tissues.
4. The recommended length of time in the sauna varies according to the condition. Sittings of about 15 minutes at a time are recommended in a low temperature sauna. In advanced sauna cleanses, up to 45 minutes at a time are recommended, but it is essential that the sauna be low temperature and the person stays hydrated with water and minerals. Heavy sweating after 10 to 15 minutes is a sign that the sauna is too warm.

5. In order to increase circulation and mobilize chemicals from fat tissue, niacin supplements are sometimes recommended for 2 to 3 weeks with daily sauna therapy. A health care practitioner should be consulted to ensure the safety and efficacy of the detox. (see Sauna Detox)

#### Pain Management with Sauna

Pain is also at times related to ischemia due to tension or spasm which can be improved by the hyperemia that heat-induced vasodilatation produces, thus breaking the feedback loop, in which the ischemia leads to further spasm and then more pain. Heat has been shown to reduce pain sensation by direct action on both free-nerve endings in tissues and on peripheral nerves. In one dental study, repeated heat applications led finally to abolishment of the whole nerve responsible for pain arising

from dental pulp.

Come to

Avoid heavy meals two hours before a sauna session.



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