



## Portable Far Infrared (FIR) Sauna

Infrared light is part of the sun's invisible spectrum of light. The benefits of this vital light are manifested in its ability to penetrate human tissue causing deep perspiration that removes embedded impurities and toxins and stimulates the metabolism. It is natural and completely healthy and safe for all living things.

- **Burn 600-1200 Calories in 30 minutes**
- **Relieve Pain** - Arthritis, muscle spasms, joint stiffness, sprains
- **Remove Toxins and Wastes** - Even promotes mercury detoxification
- **Improves Skin Condition** - The only known antidote for sunburn
- **Improved Blood Circulation**
- **Strengthens Cardiovascular System** - Heart rate, cardiac output and metabolic rate increase, while diastolic blood pressure drops.
- **Reduces Stress/Fatigue**
- **Strengthens Immune System**
- **Reduces Swelling of Prostate in Men**
- **Controls Excessive Leukorrhea in Woman** (PMS & Yeast)

This new Far Infrared (FIR) sauna utilizes super conductive and ultra thin carbon fiber heating elements to provide a dry heat for detoxifying and energizing your body. The high heat efficiency helps you to perspire and it promotes blood circulation to help keep the body healthy. 10 minutes in a FIR sauna bath corresponds to 30 minutes of jogging in terms of sweat generated!

With its simple portable design it can be set up in less than a minute, your head and hands can extend out for reading, watching TV, or listening to music all in the privacy and comfort of your home or apartment..

### Advantages of a FIR Sauna over conventional Saunas

FIR thermal systems use infrared energy to penetrate the body's tissue to a depth of over 1 ½". Tests have shown that the energy output is tuned so closely to the body's own radiant energy that our bodies absorb close to 93% of the infrared waves that reach our skin, known as conversion. By comparison, conventional saunas must rely only on indirect means of heat: first, on convection (air currents) and then, conduction (direct contact of hot air with the skin) to produce its heating effects.

The IR sauna is able to produce upwards to three times the sweat volume at much lower temperatures (110-130F vs. 180-230F). The IR sauna is significantly less costly to operate and does not heat up the area outside of the sauna.



### Sweat Analysis

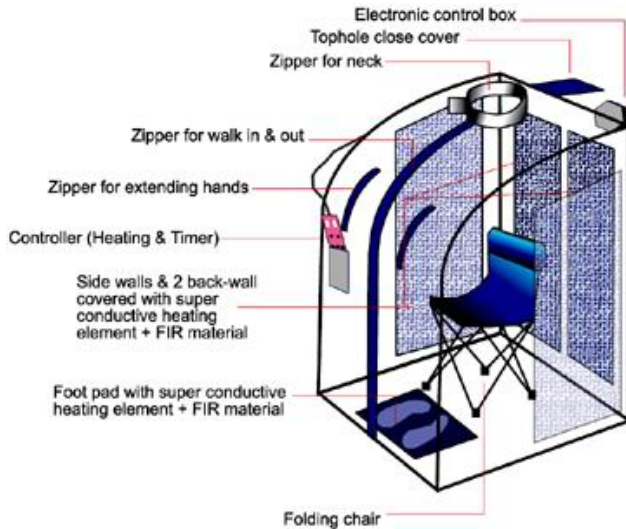
Lead	Nickel	Copper	Zinc	Magnesium
8.4ug	1.2ug	.11mg	1.3mg	2.0mg
Iron	Calcium	Sodium	Mang	Cadmium
.26mg	22mg	.84mg	.019mg	6.2mg

Source: Green Cross Hospital

Far Infrared Saunas are able to remove heavy metal toxins (sweat analysis chart above), that accumulate due to sluggish elimination or exposure. Many clinics' detoxification programs utilize IR Saunas for mercury toxicity. Anyone experiencing the following symptoms that are often linked to toxicity can benefit greatly from using an infrared sauna.

## Allergies, Acne, Anxiety, Burning Skin, Brain Fog, Chronic Fatigue, Depression, Eczema, Frequent Colds, Insomnia, Memory Loss, Mood Swings, Muscle Pain, Poor Concentration, Joint Pain

The same combination of "resonant absorption" and low heat that effectively removes heavy metal toxicity from the body, also improves the immune system. A typical infrared sauna session causes a brief 1-3 degree increase in body temperature. Fever is the body's defense against bacteria, microbes and consequent infection. This beneficial side effect triggers the production of white blood cells (leukocytes) by your bone marrow and killer T cells by your thymus, resulting in strengthening of the immune system.



### Your FIR portable sauna unit includes

- Far infrared sauna box
- 3 Far infrared carbon fiber heating panels
- Intelligent handheld digital temperature control unit with automatic preset timer 5, 10, 15, 20, 25, 30 min.
- Compact folding chair
- Heating Foot pad
- Foam floor pad
- Compact Folding Chair
- Zipper for Neck and Both Arms
- Zipper for Entrance
- 32in wide x 34in deep x 41in high
- Maximum Heating Temperature of 149F
- AC 120v 60hz Power Supply
- Fir Material Energy Emission - 97%
- Low Operating Cost - Approximately \$0.05 for 30 minutes use

### Tips for using your Infrared Sauna

For optimal benefits, set your controls to maintain a sauna temperature of 110F-130F. Please remember that infrared heat is simply radiant energy in the form of a band of light that radiates heat penetrating the skin to a depth of 1-½ to 4 inches or more. This radiant heat is efficient because it warms the body internally, not the air. Setting higher temperatures may add to personal discomfort with very little therapeutic value. To regulate the temperature in your system during use, open the zips for cooling.

For optimal results, refrain from using the sauna on a full stomach. Also it is important to remain hydrated so for best results drink water prior, during and after your sauna session. Do not apply excess body lotion to your body prior to a sauna session. Plan to use at least 2-3 towels, for example sit on one folded towel for perspiration absorption and cushioning. Use another towel on the floor to absorb extra sweat. Use a third towel to wipe off your body surface sweat.

At the first sign of a cold or flu, increasing sauna sessions may be beneficial in boosting the immune system and decreasing the reproductive rate of viruses and bacteria. Your initial sauna sessions should not be longer than 5 – 10 minutes but as your body becomes more heat conditioned, you may want to increase your sauna session up to 30 minutes. Remember to always hydrate your system with plenty of water.

Note: many people with heavy metal, chemical or pesticide toxicity levels may find it difficult to sweat initially; for some individuals it may require 5-10 sessions before measurable sweat volume is evident, but continuous water intake will enhance detoxification. Even without measurable sweat, the IR sauna is helping to eliminate toxins through urine, bowels and hair.

Contraindications: Lupus/MS sufferers should be carefully monitored. Pregnant and nursing mothers should not utilize sauna.

### Portable Far Infrared Sauna \$325.00 +S&H

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