

Infrared Deep Heat Therapy

Infrared, is a type of light, it is used to heat objects in the sauna instead of the air. One's respiratory system is not exposed to high heat as in conventional sauna. Infrared saunas, based on infrared technology, are more effective as heat reaches deeper in the skin unlike conventional saunas.

Deep heat penetration allows removal of toxins, alcohol, nicotine and metals. It helps in curing chronic fatigue; promotes muscle growth; raises growth hormones level; and reduces cellulite. Calories used in half an hour in an infrared sauna session are more than that used while running for the same time.

Electric light infrared saunas are very helpful for cancer patients. They raise oxygenation and remove radio active residues. Infrared saunas are good for chronic infections.

Infrared saunas require 90% less energy and heats much faster than traditional saunas. This sauna can also be used for patients suffering from varicose veins, metal implants, hypertension and diabetes where conventional saunas do not help.

Infrared deep heat therapy is a clean, safe, and natural therapy that gets results. Regular therapy sessions can **provide relief from and improvement** in many conditions, as follows:

- Back pain
- Sciatica
- Rheumatoid arthritis
- Osteoarthritis
- Chronic fatigue syndrome
- Fibromyalgia
- Spinal disorders
- Muscle tension
- Pain conditions
- Stress conditions
- Asthma
- Bronchitis
- Infections
- Immune deficiencies
- Tinnitus
- Skin conditions such as acne, eczema, & psoriasis

Infrared heat is everywhere and is emitted from our own bodies. Infrared heat is simply a form of energy that raises the temperature in objects without having to heat the air in between. Our sun is a good example of infrared energy.

Recall a time you spent standing in the sun on a cold day. You felt warm from the sun even though the air temperature around was very cold. The warmth you felt was infrared heat penetrating your body.

Infrared light **has nothing to do** with ultraviolet light which gives you sunburn and damages your skin.

How Infrared Cabins Work

Infrared cabins duplicate the healthy infrared rays that we receive from the sun and that we lose through our skin and palms. Infrared cabins provide the same healthy infrared rays, providing **a safe and gentle deep heat therapy session**. As your body temperature is increased through infrared heat, perspiration occurs and blood circulation increases. Your muscles and organs are stimulated and toxic waste is removed from your body through perspiration. Infrared heat is efficient because it warms you, and not the air around you.

The Benefits of Infrared Deep Heat Therapy

- Improves blood circulation and cardio fitness
- Burns calories through sweat production
- Promotes the body's natural detoxification process through sweat
- Reduces and removes muscle/joint aches and pains
- Helps to promote relaxation, boost moods, and improve general wellbeing

Medical Information on Infrared Therapy Cabins

Detox your way to better health.

The healthy process of detoxing in an infrared therapy cabin at a temperature of between 30 and 40 degrees Celsius is an excellent method of improving or even removing various ailments. Regular infrared deep heat therapy treatments increase the metabolic rate and detoxify the body. A strong, consistent flow of energy is the key to alleviating tension. By enhancing the blood circulation in the back, a cocktail of endorphins is released bringing your body into a state of wellbeing. Several studies and expert statements prove: **Users of deep infrared heat therapy are healthier, happier, and have more energy at their disposal.**

The Experts Agree

“From 35 degrees Celsius, the special technique brings about optimal perspiration, it cleanses and regenerates without putting strain on the circulation. From inside the cabin the intensity level can be adjusted to suit the individual user. Our low temperature cabin, operates within the therapeutically effective wavelength range.

Mercury Detoxification

Dr. Toshiko Yamazaki from Japan has done extensive research on the uses of infrared therapy. In her book *The Science of Far Infrared Therapies*, she explains that one of the main reasons that far infrared therapy has such beneficial results on a variety of different illnesses is due to the fact that far infrared is able to **remove mercury toxins**, which are often at the core of many health problems.

Dos and Don'ts of Infrared Therapy Cabin Use

- Always drink lots of fresh water before and after an infrared therapy treatment.
- Do not apply body lotion to your body before an infrared therapy treatment.

Contraindications

Consult your doctor before using infrared therapy in the following circumstances:

- You are pregnant.
- You suffer from a chronic condition that reduces your ability to sweat.