

# Relax<sup>®</sup> FIR Sauna

Enjoy a Professional Sauna in your home  
 Remove Toxins, Reduce Body Fat, Boost Metabolism  
 Experience Deep Relaxation and Slow Down Aging

For centuries, in order to detoxify, people have exercised and practiced arts such as Chi Gong in order to stimulate glands and/or to produce sweat, 15 minutes in the RELAX FIR sauna can help improve capillary function, revitalizing the circulatory system and activating cellular renewal. Far Infrared Light energy boosts the body's metabolic rate, assists in fighting illness, and enhances the body's ability to regenerate cells.



## Boosts Metabolism

Far Infrared Energy pulsates the water molecules in the body, and breaks down the water molecule clusters. This improves capillary function, allowing the water molecules to easily enter, revitalize, and regenerate the body's cells.

## Burns Calories

The RELAX Far Infrared Sauna can produce 2 to 3 times the sweat of other FIR Saunas. Arthur Guyton's textbook says that producing 1 gram of sweat burns .568 calories. Using the Relax sauna for 15 minutes could easily burn about 600 calories, the equivalent of running 4-6 miles, or doing a 45 minute cardiovascular workout.

## Reduces Body Fat

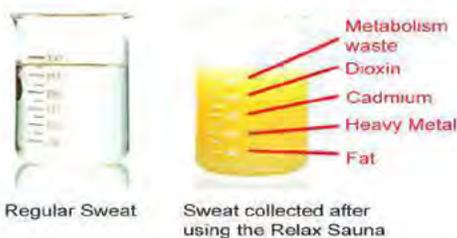


## Reverses the Aging Process

Americans are used to sitting for extended periods, often over-eat, usually do not exercise regularly, and are often susceptible to chronic diseases and aging. The FIR Sauna can raise the metabolic rate, enhance beauty, and reverse the aging process.

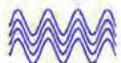
## Enhances Detoxification

The Relax FIR Sauna can open up the pores in the body and release the toxins that are building up inside. It can clean up the body and reduce the workload of the body in removing toxins. We have dozens of testimonies indicating its effectiveness.



- (Remove Toxins)
- Metabolism Waste
- Dioxins
- Cadmium & Hg
- Heavy Metals
- Fats



Patented Self-Temperature Control  
 Semi-conductor Far Infrared Technology.  
 This semi-conductor chip is programmed to filter out all NON-Far Infrared Light. No other portable FIR Sauna uses this technology.  
 Voltage 120V  
 Effective! 100% Safe →    
 20 of these patented semi-conductor chips are in each of the 2 FIR Radiators.

# Relax® Far Infrared Saunas

**THE #1 FAR INFRARED SAUNA IN THE ALTERNATIVE MEDICINE COMMUNITY**

PROFESSIONAL QUALITY SAUNAS AND LAMPS



Sit up  
Sauna



Medical  
Lamp



Table  
Lamp



Lie down  
Sauna

## **The Only Portable Sauna Using Medical Grade Technology!**

**There are 65 years of research on FAR Infrared Energy, indicating amazing documented benefits.**

- **Purest far infrared sauna on the market**

*It took 10 years for the Relax Sauna company to find a way to filter out Near and Mid infrared rays, giving a pure - Over 95% pure concentrated far infrared Energy. Planck's law says that this is impossible. However, The Taiwan scientists working for the Relax Sauna company, found a way to do this, by creating a semi-conductor chip that achieves creating 1500 watts of 98% pure concentrated Far Infrared Energy generating 1470 watts of Pure Far Infrared Energy.*

- **The Reflective Silver Tent is made to act as a Mirror of the Far Infrared Light**

*We do not believe plastic belongs in an infrared Sauna. The Relax Sauna uses a tent made of nylon, which pops up in seconds. All other portable infrared saunas have a tri-fold of corrugated plastic to hold the tent up. The Relax Sauna tent is coated with real silver which acts as a mirror. Because of this you get an **EVEN distribution of the healing Far Infrared Light** in the Relax Sauna, so that every cell in your body is in front of a source of Far Infrared Energy, causing them to absorb the potent far infrared light.*

- **6 times more far infrared energy than any wooden or portable infrared sauna**

*The Mirroring effect of the Relax Sauna tent creates a sort of wind-chill-factor-like effect, doubling the effectiveness of the Relax Sauna, making it feel like there is 3000 watts of Far infrared Energy generated by the Relax Sauna. All other quality infrared saunas generate between 36-62% Far Infrared energy. Most infrared saunas are 1000 watts. They thus generate only about 500 watts of Far Infrared Energy.*

### **VERY EFFECTIVE IN HELPING WITH**

ARTHRITIS - FIBROMYALGIA - NEUROPATHY  
CANCER - LYME - AUTISM - CROHNS - COLDS &  
FLU - INSOMNIA - LUPUS - HEART PROBLEMS  
SCAR TISSUE REPAIR - & MUCH MORE

### **Used by Medical Doctors and Naturopathic Doctors**

Relax Sauna is used in hundreds of alternative health clinics and centers around the world. By demonstrating the Relax Sauna at over 200 professional conferences in the last 14 years, we have inspired thousands of holistic health practitioners to purchase relax saunas & to use them in their homes, offices, and clinics. Many practitioners are charging \$40 - \$50 for 15-25 minute sweats, and also re-selling the Relax Saunas to their patients or clients. We drop ship for them.

### **EMF and the Relax Sauna**

Many who are sensitive to EMF are concerned about the Relax Sauna. The Relax Sauna has NO EMF anywhere in the Sauna where any of your vital organs are, since the Relax Sauna uses the tent as a mirror, It has NO Far infrared panels generating any EMF.

Anything that has a fan - generates EMF. The Relax Saunas generators - near the feet - do generate EMF (about 1/6 the amount of a Vita Mix Blender or a Green Power Juicer). 65 years of Far Infrared Research has shown that Far infrared Energy antidotes EMF (as well as sunburns and nuclear energy reactions). Since the Relax Sauna generates about 6 times the amount of Far Infrared Energy as any other sauna, it is more than 6 times effective in helping to rid your body of the ill effects of previous exposure to EMF. The Relax Sauna has also been shown to Act as an EMF protector. We also have circumstantial evidence testifying to this.

**See over 500 video testimonials on youtube!**

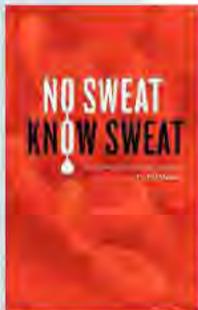
To see more, search: "**relax sauna testimonials**" on youtube.com. We have hundreds of reviews and testimonials from health professionals, health enthusiasts, and people of all kinds.

# Experiencing the Relax Sauna is worth a thousand pictures ! A picture is worth a thousand words. You can do the math !

The Relax Sauna is well respected from many of the elite holistic health practitioners

## BOOKS THAT REFERENCE FAR INFRARED SAUNAS AND THE RELAX SAUNA

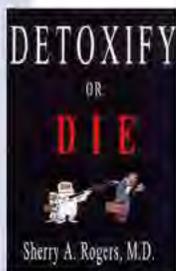
### Dr. Akpinar's book "NO SWEAT?, KNOW SWEAT!"



Dr. Akpinar is a Medical Doctor, Chinese Medical Doctor, Acupuncturist, Holistic Dentist, and a Chi Gong Master. Dr. Bill serves as medical director of the University of Natural Medicine in Santa Fe, New Mexico, and has recently been appointed Surgeon General for the state of Hawaii. Dr. Akpinar was also voted Best Cancer Doctor in NY in 2007.

The Book, "No Sweat?, Know Sweat!" is a classic, and one of the finest reference books on the healing benefits of sweating. Hippocrates is quoted in his book as saying, "Give me a chance to create sweat, and I will cure Disease." In the Book, Dr. Akpinar also points out, "There is evidence that Far Infrared sauna therapy increases Nitric Oxide Levels...", and adds: "Sweat therapy is one of the best ways to rid the body of excess salts that should be removed to obtain optimum health." He also adds, "When you detoxify yourself, you may begin to help detoxify cancer cells right out of your body."

In the second edition of this book, Dr. Akpinar recommends the Relax Far Infrared Sauna as one of the most effective Saunas. He had previously used other Infrared Saunas before he was gifted the Relax Sauna by a grateful relative of one of his (remissioned) cancer patients. After finally using the Relax Sauna, Dr. Bill felt that he found the best Far Infrared Sauna for his practice, and his patients.



**Dr. Sherry Rogers, author of "Detoxify or Die,"** says "Far Infrared Saunas are the Best way to get rid of heavy metals, and the Only way to get plastics out of the body." About 3/4 of her book is about the Research and Benefits of Far Infrared Saunas.

The Relax Sauna heats up in about 20 seconds, and generates about 6 times the amount of Far Infrared Energy as Wooden Infrared Saunas selling for 4 times the cost of the Relax Sauna. A complete Sweat in the Relax Sauna takes only 15-20 minutes, not 45-75 minutes. It is portable, and travel friendly, and can fit nicely in an apartment (or suitcase) and can easily be used in a hotel room.

## NASA Doctor personally uses the relax sauna at his clinic, in his home, & at his health retreat.



Dr. Roger Billica, former Chief of medical operations for NASA, and physician of John Glenn, who has an environmental clinic in Fort Collins, Colorado, purchased a Relax Sauna from us at the Best Answer for Cancer Conference in Dallas 4 years ago, after doing a 25 minute sweat in his sweats the night before the conference opened. At that time, he decided to start recommending the Relax Sauna to his patients instead of another sauna that he had been promoting. About 100 patients of his now own Relax Saunas, and are very pleased with the results.

Dr Billica told us in an interview (can be seen on YouTube) that when his patients who have had difficulty sweating finally start sweating with the Relax Sauna, there is a marked improvement in their healing journey.

Dr. Billica has been promoting the benefits of Far Infrared Energy for many years, and feels that environmental toxicity is a huge issue with the health of our nation. He, as do we, believes it would be good to have a far infrared sauna in every home. He tells us that the Relax sauna is very easy to use, one of the best ones out there, very effective, very cost effective and it has become very popular in his practice and with his patients. He uses the Relax Sauna at home most mornings after exercise for about 20 to 30 minutes.



2014 ICIM -Orange County  
Bill Akpinar w/ Phil Wilson

**Dr. Bill Akpinar was a Keynote Speaker at the Feb. 2014 ICIM (Dr. Lee Cowden) Evidence-Based conference: Detoxify - Path to Healing. The title of his talk was "Sweat therapy as a cornerstone of wellness."**

*Almost every week, one of Dr. Akpinar's patients calls and orders a Relax Sauna.*

*The Relax Sauna is certainly unique!*



Phil Wilson in the Relax Sauna

# Relax Far Infrared Sauna

**Feel it in 30 seconds, Instant Relief, Convenient  
Simple to set up and use, Reliable and Safe**

**What to look for when you want a Quality Far Infrared Sauna ?**

Look at the source of what generates FIR Energy in an Infrared Sauna.

The Relax Sauna Radiator uses Semi-Conductor Chip Technology, which separates the Relax Sauna from other "Infrared" Saunas.

Carbon or ceramic emitters are limited by Planck's Law, which makes it pretty much impossible for more than 50% of the energy emitted to be able to be Far Infrared.



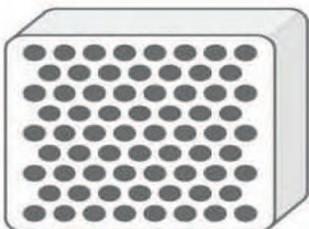
**The Relax Sauna Generator emits over 95% Pure Far Infrared**

In Japan, there is a legal definition of a far infrared sauna. You have to be at least 95% to be called a Far Infrared Sauna. This is why other "infrared" saunas cannot be called Far Infrared Saunas in Japan. Only the Relax Far Infrared Sauna can. Only Far Infrared Energy Pulsates & resonates with your Water Molecules. (Near Infrared Does Not)



**The Relax Sauna folds easily, and fits into a compact carrying bag.**

**The patented Relax Semi-conductor chip is a breakthrough in Technology,**



The Relax Sauna semi-conductor chip transforms electricity into over 95% pure far infrared energy. Only Far Infrared Light energy penetrates deeply into the human cell and resonates with the water molecules. Only Far Infrared Energy Pulsates your Water Molecules

**Near Infrared Energy DOES NOT Pulsate the Water Molecules.**

All rocks and metals, etc. reflect far infrared light when either heated or when exposed to sunlight. Without computer technology, It is pretty much impossible to generate much more than 20 - 60% FIR energy. Semi-Conductor Chip technology gives Pure Far Infrared.

# Relax Sauna Energy - Technological Breakthrough!



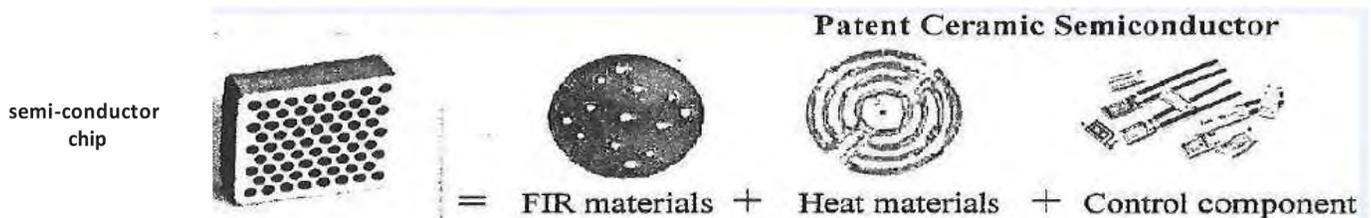
## Relax Sauna Radiator - emits 95% FIR energy

*Look at the emitter or panel of any Infrared Sauna... and ask... "What percentage of this energy emitted is Actually Far Infrared Energy?"* Planck's law indicates that as you increase the Wattage, the bell-curve of energy emitted flattens, and you lose the accuracy of the amount of Far Infrared Energy emitted. Because of this, the emitters and panels of other infrared saunas (shockingly) only generate 18-62% Far Infrared. *Because of the patented semi-conductor chip technology used in the Relax Sauna, there is very little wiggle-room, and hence over 95% of the energy emitted by the 1500-watt Relax Sauna Radiators IS Far Infrared Energy.*

## Relax Sauna Energy brings a Hot Springs into your home !

It was a MAJOR breakthrough in Technology to discover HOW to Filter out NON-Far Infrared Energy by the use of a specially designed Semi-Conductor chip... perhaps as great of a discovery as the invention of the Sewing Machine. The Relax Sauna Energy was the result of a dream of creating a Hot Spring in your home, much like the Hot Springs (which emit Chi Energy) that they have in Southern Japan where warriors in ancient days would go to heal.

## Automatic Heat Controlled Ceramic Semi-conductor Combines Far Infrared Ray, Heat Materials and Control Components !



**HIGH POWER** - *The Relax Sauna semi-conductor chips control the heat with FIR Materials, Heat Materials, and a Control Component.* In other Saunas, in order to keep the temperature stable, the control component will switch on and off constantly, thus, causing you to fluctuate between hot and cold when used, causing an un-even distribution of heat in the sauna. The *Temperature Control Component* of the Relax Sauna lowers the electric current when the heat is too high, or increases the electric current when the heat is too low - so that the heat will be *in the steady range all of the time.*

**LOW HEAT** - The Relax Sauna Semi-conductor chip technology *Excludes Near Infrared Ray* (which can burn the skin.) One can use The Relax Sauna for prolonged periods of time with *Safety & Comfort.*

**Research Principle:** Ceramic does NOT conduct electricity. We had to change the atomic structure of the ceramic chip. By doing this, and by adding Far Infrared Materials, The ceramic chip absorbs electricity, gets hot, and then radiates outwardly a very Pure Far Infrared Energy (over 95%) . Other technologies take 10-20 minutes to do what we can do in 20-30 seconds, and are generally less than 50% pure.

**FAR INFRARED ENERGY - 4-14 um Confirmed.** ITSI, the prestigious World Center of Semi-Conductor Chip Technology, confirmed that the wavelength of the Relax Sauna radiator is between 4-14 um, and that it is suitable for our bodies. Zhang Zhong Mou of TMAC, and Cao Xing Cheng of UMC., 2 of the experts in semi-conductor technology, were both trained there. *Only 4-14 um pulsates the water molecules.*

*There is something very different and more uplifting about the Relax Energy than any other Infrared Sauna.*

## The Relax Sauna is like Being in the Presence of a Chi-Gong Master

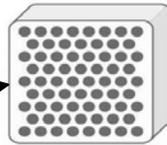
When the Relax Sauna company stated that "Being in the Relax Sauna is like being in the presence of a Chi Gong Master," they were serious. Of the 100,000 + people who have experienced the Relax Sauna, hundreds have indicated that they feel "They were in the womb," or "They had just been hugged by their grandmother..." The idea of The Relax Sauna "being a stepped-down version of Divine Love in a Box" - is NOT too far from the truth.

# Relax<sup>®</sup>FIR Sauna

Difference between Relax Sauna Double - Radiator  
& the emitters used in other portable saunas

Self Temperature controlled semi-conductor Chips

120 volts  
currency



Relax F.I.R.  
Energy

The Relax Sauna is made with 40 pieces of hi-tech temperature controlled semi-conductors. The wavelength & temperature are controlled by a program. The wavelength is between 4~14 um, which is easily absorbed by our body, penetrating deeply.



Carbon panel

Most of the inexpensive portable Saunas made in China use 3 or 4 carbon panels (cloths) that are attached to hot plates and Tri fold Poster boards (made out of Corrugated PLASTIC). These carbon panels take a long time to heat up and generate only a mild amount of far infrared light.



Some of these saunas Do NOT get Hot enough to Create a Good Sweat.  
These companies then Add Space Heaters, so people can sweat.



But These space Heaters ONLY heat the Air & Get the Skin Hot.  
They are inexpensive & emit very little far infrared healing light.  
The energy is sometimes harsh. It is not warming, relaxing, or nurturing.

***The Relax Sauna generators can provide Deep muscle relaxation and DEEP Detoxification.***

**The Semi-Conductor Chip is NOT a fire-Hazard !**



**It is very safe even if you put tissue paper in the heater.**

## ***Why are people with Wood Infrared Saunas in their homes buying the Relax Far Infrared Sauna ?***

***If it takes too long to use, people don't use it !***

We demonstrate the Relax Sauna at about 30 shows a year. (for 15 years.) We are always running into individuals who already have expensive Wooden Infrared Saunas, and who have known about the benefits of Far Infrared Saunas for years. A good many of these individuals rarely use their saunas !

They don't like waiting for their saunas to heat up. (10-45 minutes)

They can't go in for 5-10 minute mini-treatments with their clothes on.

It takes too long for them to feel warm and toasty, especially when they are chilled.

Some of their health problems do not clear up in their Saunas. In the Relax Sauna, miracles happen!

They need to sit in front of their panels to feel a benefit. They don't like feeling claustrophobic.

## ***What do Relax Sauna owners like about the Relax Sauna ?***

***They Love the Special Unique Feeling of the Relax Sauna !***

They experience something very very special about the way they feel in the Relax Sauna !

They feel a mental and emotional upliftment and experience a sense of great joy !

They love the Even Distribution of the Far Infrared Light they feel from the Reflecting Tent.

They love the choice of having their head outside of the sauna so they can breathe.

They love the instant-On Feature of feeling very toasty in only 30 seconds !

They love being able to start sweating in 8 minutes & having a complete sweat in 15-20 minutes !

[www.relaxsaunas.com](http://www.relaxsaunas.com)



***The Relax Saunas is easy to set up and break down. It takes about 2 minutes.***



Advanced Semi-conductor  
Chip Technology



Fits in Carrying Bag

***They Love the Convenience !***

They love that the Relax Sauna can be taken with them on trips, and even fits in a suitcase.

They enjoy setting up the Relax Sauna in 2-3 minutes, and tearing it down in only 1 minute.

They love the sophisticated instant temperature control element of the Relax Sauna.

They love the small footprint of the Relax Sauna, and how easy it is to move from room to room.

# Deep Tissue Far Infrared Heat Therapy Lamp

Relief is on the way...

- \* Drug Free
- \* Non-Surgical
- \* Pain Free
- \* Fast Acting



Upright application for lower back injury



Horizontal application for lower back injury



Knee injury



(FIR-8810)

**Far Infrared Heat Therapy is the most advanced approach for most sports related injuries with no drugs, non-surgical and fast acting pain free relief in as little as 10 minutes per application.**

- Effective for clinical uses such as ; localized pain treatments in physiotherapy, massage therapy, acupuncture therapy, chiropractic treatment and sports therapy.
- Reduces pain and improves range of motion without the use of drugs.
- 10 15 minutes application of Far Infrared Heat Therapy Lamp increases blood flow and reduces swelling to injured areas thus improving mobility.
- Clinically proven for faster healing result on lower back strain, slipped discs, arthritis conditions and other joint, torn ligament, strained muscle, circulatory and inflammatory conditions.
- There is no discomfort during treatment, simply a deep far infrared heat that penetrates through affected area of injury.
- Upon application the decrease in inflammation is remarkably fast.
- Powerful enough to use while wearing clothes without reducing healing benefits.

## Words from people who experienced using the FIR-8810

I injured my right hand wrist during workouts that I could hardly lift a glass of water. A 10 minutes application of FIR 800 twice a day resulted to miraculously fast acting result that put me back on my regular workouts schedule in a week.

Drew Kraus / Atlanta, GA

I had a painful lower back injury from lifting a big heavy water melon from a grocery store. The FIR8810 Deep Tissue Far Infrared Heat Therapy dramatically helped my lower back pain. After just a couple of treatments, my back pain was reduced to the point where I can finally shop and walk again around the store for bigger and heavy water melon. The result is amazingly remarkable.

Donna Andres / Cerritos, CA

TIP: Continuous use of the FIR-8810 Deep Tissue far Infrared Heat Therapy Lamp for up to 7 days gives you the optimum results.



# Benefits of Sky Eye Far Infrared Therapy Lamp

This Sister Product of the Relax Far Infrared Sauna is a medical device.

## Effective for Chronic Conditions and Acute Injuries

Beneficial for those suffering from muscle soreness, shoulder pain, tight hip flexors, headaches, arthritis, inflammatory conditions and many aches and pains. Quicker recovery time for torn ligaments and strained muscles.

## Relieves Pain and Joint Stiffness

Radiant energy expands and dilates peripheral blood vessels bringing relief to muscles and soft tissues.

## Accelerates Injury Recovery

Increased blood circulation delivers oxygen-rich blood to injured muscles which help to speed up the body's natural recovery process.

## Improved Micro Circulation

Provides focused energy, generating improved circulation, decreasing inflammation and pain, moving toxins out of the tissues.

## Disinfectant Properties

Semiconductor technology is proven to kill germs and bacteria, cleansing air and sanitizing. Lamps can be used to sanitize the air and minimize risk of infections.

## Stimulates Wound Healing

Proven ability to stimulate wound healing. Effective even with difficult to heal open wounds such as people with diabetes. Do not use units on openly bleeding wounds.

## Fights Infections

Increases micro circulation in injured areas, speeding wound recovery and minimizing inflammation.



---

**A lady had been in the hospital for 18 months. The Hospital was unable to make progress on this diabetic ulcers., They thought they would try the Sky Eye FIR Radiator,. They used it for 20 minutes a day for 7 weeks. Here are pictures after 1 week, 4 weeks, and 7 weeks:**





*Taking Advantage of the Moment !  
Propelling yourself into Greatness !*

# Relax Far Infrared Sauna



## Relax® Far Infrared Lie-Down Sauna

**On the Floor, On The Bed, or on a Massage Table  
5-10 minutes before a Massage ! Easy to set up or undo.**

Improves Circulation  
Improves Cardiovascular Fitness  
Increases Muscle Relaxation  
Relieves Pain and Joint Stiffness  
Cleanses and Detoxifies the Body  
Promotes Weight Loss

Accelerates Injury Recovery  
Aids Chronic Conditions  
Enhances Relaxation  
Improves Skin Texture  
Boosts Metabolism  
Improves Clarity of Mind

### Relax® Far Infrared Lie-Down Sauna “ The Quality FIR Sauna”



Relax Lie Down  
1000 Watt  
Sauna radiator



Sky Eye Professional  
800 watt Radiator

The Relax® Far Infrared Lie-Down Sauna is the only lie down sauna that uses patented semi conductor chips. And it was made to fit on a massage Table ! The Purity and intensity of the Relax Lie Down Sauna is unparalleled. It is very easy to travel with, and folds as shown in the traveling carry bag below.



What makes a Far Infrared Sauna effective is the exactness (purity) of the invisible light energy that is emitted by the generator of the FIR energy. ONLY the relax Sauna uses patented semi-conductor chips that actually emit 95% - 100% pure Far Infrared Light. Most of the so-called FIR saunas have a lot of Near infrared energy mixed in, which does not get absorbed by the body, and that is why they take so long. You can FEEL the Difference with The Relax Sauna. A great Sweat can be yours with the Relax Sauna in only 20-30 minutes.



FOR YOUR HOME or OFFICE - The Only Professional Model Portable Far Infrared Sauna !



## Relax Far Infrared Sauna

Highest quality & most effective Far Infrared Sauna in the world !

energy  medicine



*Do not confuse the Relax Sauna with the primitive technologies of other portable saunas that use only pieces of cloth - glued on to hot plates as panels, & sometimes use NON-FIR heaters to make it hot enough to sweat. The Relax Sauna takes 30 seconds to Heat up. The Relax Sauna radiator gives you 95% Far Infrared Energy (95% efficiency compared to 35-60%). This is why dozens who own wood saunas get the Relax Sauna as an UPGRADE.*

### Some Emails & Letters on the Relax Sauna - "The Relax Sauna is the Best Sauna there is!" / j.g.

#### Feeling Bright and Clear - So Easy to Sweat !

I'm absolutely loving the sauna. I've incorporated it into my morning meditation practice, and it helps me feel so bright and clear. I never would have dreamed it was so easy to just sweat my prayers every morning in my living room. Thank you. -- T.B. / Ariz

#### I love the Relax Sauna - Losing Weight Already !

.In 7 days, I lost 4 pounds. I am sleeping better. I feel I am detoxing, as I am kind of tired, in a good way. The Pain around by liver that I have had for a while, is almost gone. I use the Relax Sauna 15 minutes every morning, and 20 minutes before I go to bed. I really Love the Relax Sauna. I think I have 2 friends who want them now. -- D.S. / Texas

#### Fibromyalgia Pain Gone ! More Flexibility for Back Pain Sufferer ! Relaxed & Sleeping Better !

##### Bonus conclusion After much research: Relax Sauna is the ONLY Quality Sauna !

I bought your Fir Relax Sauna at the Universal Light Expo in Oct 2010 and it has been a Godsend for me. I suffer from fibromyalgia and this sauna has helped me beyond measure. I have been a police officer for many years and this sauna has also helped lower my stress level after a day on the road. You have no idea how great I feel after 1/2 hour in this sauna. Since I am so relaxed when I come out of the sauna my sleep at night is better than it has been in years. It amazes me the amount of sweat that pours from the body from a truly "deep" sweat. This sauna just doesn't touch the surface, but goes deep and you can feel it.

I did much research on different saunas and this one is by far the "only" quality sauna I found. I am at the Expo in October every year and last year the only thing I cared about coming home with was this sauna. Nothing else at the show compared !!!

My nephew has had numerous back surgeries due to injuries he sustained in Iraq and the Gulf war. He could not bend to touch his toes and when he was over one day sat in my sauna. He was amazed on how good he felt after he got out, and teared up when he could actually bend over and touch his toes. Unfortunately, the VA will not approve a sauna for him (even though it is listed as a medical device ) so he and his wife will have to save some to hopefully buy one for him.

So he gets over to my house when he can to use mine. So we BOTH thank you !!!! Please feel free to use my name, etc. for your website if you need to. And again...me and my body (and my nepphew's body) THANK YOU !! -- M.P. / Ohio

#### Constant Hiccups, Fatigue & Headaches Gone ! Oxygen Saturation Increased !

I purchased a relax sauna from you about 3 weeks ago. Prior to using the sauna, I used to suffer from constant hick-ups, hours of yawning, fatigue, and headaches. I used to have to go in frequently to my doctor to measure my oxygen saturation levels and do oxygen therapy throughout the week. Three days before I started using the sauna, I had just gotten my latest test - only 67% oxygen saturation. I started to use it 15 minutes daily. I just went to see my doctor (3 weeks since my last visit-longest ever) and my levels of oxygen saturation read at 100%. I have not had any headaches, fatigue, yawning, or hick-ups. I feel amazing. I would really like to get this booklet to read. Thank you -- C.G. / New York

#### Lyme disease - Cellulite Reduction - Sweating for 1st time in 5 years ! (+ More)

I bought the Relax Lie Down Sauna by recommendation of a physician. I have suffered for 5 years from lyme disease and heavy metal toxicity. No matter what support I gave my body my health never improved. Little did I know that sweating was the key to open the door to better health. My body was so overburdened by toxins and heavy metals that I have not broke a sweat since becoming ill. I ordered the Relax Sauna one day and it arrived the very next day. I was like a child on christmas morning! I had it ready to go in 5 minutes, I kid you not. It took a couple of days for my body to begin sweating and after that, only two weeks later I am feeling and seeing things happen that I find amazing in such a short time. I sleep, my mind and body is for the first time in a constant relaxed state. The lyme disease had left my nervous system in overdrive and I cannot believe how calm and relaxed I am now. I never had cellulite, ever, until my body became overburdened with toxins. It just seemed to come out of nowhere. Since using the Relax Sauna it is simply disappearing, like melting away!!! It is all quite amazing in such a short time! This by far is the most precious & the smartest investment I have ever made. I thank you with my whole heart Phillip for such an amazing piece of the puzzle to get my health & life back. I am so excited for what lies ahead! -- Sincerely, K.G. / Ohio

# Relax FIR Sauna - Heavy Metal Report

## Relax FIR Sauna Detoxification Report on Heavy Metals in the Urine

### Testimony:

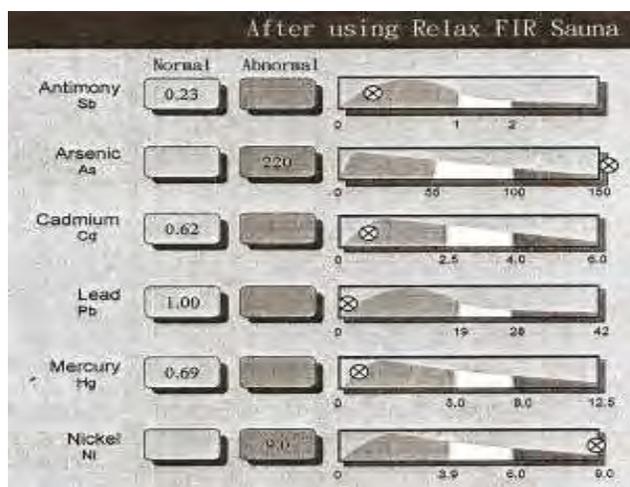
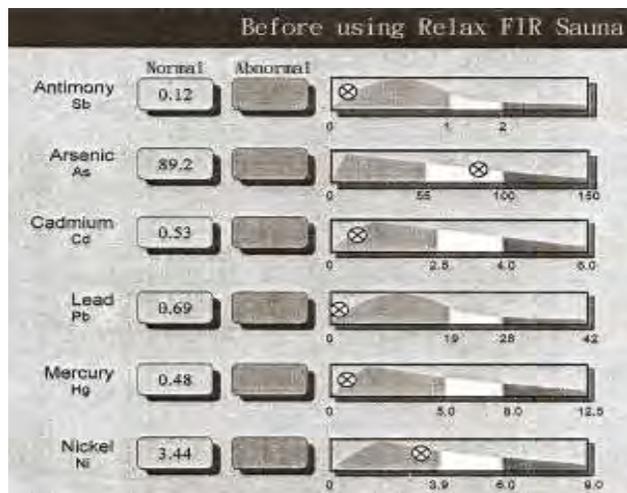
Karen Russell, a Los Angeles health consultant, who accumulated high levels of heavy metals, mercury and lead, had tried DMSA treatment, supplements and foot detoxify treatments in the past 3 years but still had trouble detoxifying heavy metals. Karen attended the ACAM (American College of Advancement in Medicine) conference in Phoenix, Arizona in November, 2007, and met Dr Doris J Rapp, who recommended she talk to Phil Wilson about the Relax FIR Sauna. Karen then purchased the Relax Lie Down Sauna at the show, and used her sauna everyday for about 1 hour each day. Within one month, her blood reports showed that her mercury and lead levels were normal for the first time in 2 ½ years. Furthermore, within a few months of daily use, her skin texture changed dramatically, her cellulite decreased over 65-70%, and her BMI decreased from 38% to 20%.

### Laboratory Report:

ChungCheng Co. in Taiwan shared Karen's case with a local M.D., who is an authority on heavy metal detoxification therapy. The medical doctor clearly pointed out that heavy metals have two chemical bonds that stick to fat tissue, thus making heavy metals almost impossible to remove from the human body. Standard heavy metal detoxification treatments, such as **Meso-DMSA**, **DMPS**, **D-Penicillamine**, **CaNa2EDTA**, and **BAL (Dimercaprol)** therapy insert chelating drugs into the body. Those treatments can be painful, expensive and can also cause side effects. He was therefore open-minded for an alternative heavy metal detoxification procedure.

### The Relax Sauna is a Great Detoxification Tool:

To confirm Karen's results, an electrical engineer patient participated in this experiment. Urine samples were collected before and after using the Relax FIR Sauna. When analyzing the urine samples, laboratory data showed that Triple amounts of Arsenic and Nickel had been removed from his body and detected in the urine (Arsenic: Before- 89.2 ug/g-creatinine; after- 220 ug/g-creatinine). Body fluids and the blood delivered those separated heavy metals to the kidney for metabolizing, creating urine and removing those heavy metals from his body. (See Before & After Urine Test charts below.)



### The Relax Far Infrared Sauna definitely helps the body to eliminate heavy metals:

For the best detoxifying results, accurate energy wavelength (4-14 um enhance cells resonance) and well-built energy intensity (1400 watts of power to enhance circulation) are both required. When both of these requirements are met, heavy metals can be released. This is similar to the shaking off of a crab which has clamped itself to your hand. Normally, this is difficult to have both Purity and Intensity. (Planck's law says this is impossible.) Because of the patented semi-conductor chip, The Relax Sauna Company was able to achieve this. (Planck's law implies as you increase intensity, you lose purity.)

Relax FIR Sauna produces only Far Infrared Light between 4 and 14 microns (Purity), giving you the same warm feeling you have when you look at the sun, close your eyes, and feel wonderful warmth in your body. All of the light energy that causes your skin to feel very hot when you are in the sun (ultra violet light and near infrared light) is filtered out by the Relax Far Infrared Sauna's unique patented semi-conductor chips. Therefore, your body receives ONLY the Healing Far Infrared Light. You are not distracted by having to resist any near infrared light.

# The Most Effective Infrared Sauna for Raising Core Temperature !

*The Relax Sauna is used in Cancer Clinics while doing IV Therapy !*



## The Relax® Sauna

Advanced Semi-conductor Chip Technology  
raises core Temp 2.7° – 4.2° in 25-60 min

### The Number ONE Sauna for Patient Compliance

Efficient, Safe and Easy to use, Complete Sweat in 20 minutes

46" tall  
32" wide  
33" deep

### **The Relax Sauna is used in Cancer Clinics while doing IV Therapy !**

A cancer clinic in Washington uses the Relax Sauna while doing IV therapy on many of their patients. They are able to increase the core temperature to 102.8 degrees in 1 hour. Other clinics use the Relax Sauna for 5-7 minutes before doing IV Therapy when they have trouble getting the needles into the veins. The Relax Sauna heats up in only 20 seconds making this very practical. No other infrared sauna has this capability.

No Sweat? Know  
Sweat! the Definitive  
Guide to Reclaim  
Your Health



***"The Relax Sauna is probably the best and only realistic option to do hyperthermia heat stress training at home that can replicate (or actually exceed based on my results) the benefits found in studies due to it cheaper competitors being underpowered."***

*(posted on an internet blog website by an individual not connected with the Relax Sauna)*

Increasing Core temperature can kill Lyme Spirochetes. See over 13 testimonials on YouTube on the success of using the Relax Sauna for Lyme disease.

by Bill Akpinar, M.D.  
OMD, Chi Gong Master,  
Holistic Dentist

### **THE RELAX SAUNA is ... Effective, Safe, Durable & Convenient to use !**

Using advanced technology, the Relax Sauna radiators shine 1500 watts of FIR energy against the back wall of the silver tent, which acts as a mirror. At 186,000 miles per second, within 1 second, the Relax Sauna light energy creates a feeling of being immersed in a healing FIR Light box with NO EMF (no electricity) above the calves. The little bit of neutral EMF coming from the radiator (by the feet) is antidoted by the powerful healing effects of the Relax Far infrared Energy.

*(Cell phone , WI-FI routers & smart meters emit microwaves, which is considered "dangerous" EMF, as compared to "neutral "EMF. from household appliances.)*

### **Relax® Far Infrared Energy Penetrates deeper than Near-Infrared Saunas !**

Study also shows Relax Sauna Energy far more effective in Increasing Microcirculation

**BWARE ! - Almost All quoted Research on Near infrared (LEDS) has nothing to do with Near Infrared Saunas ! - Wow !**

Research (on pubmed.com) compares The Relax Far infrared 150 watt radiator to a 250 Watt Phillips Near Infrared Heat Lamp. They concluded Far Infrared was FAR MORE EFFECTIVE in increasing Microcirculation & Penetrating DEEPLY into Human Tissue. See: [www.relaxsaunas.com/townsend.html](http://www.relaxsaunas.com/townsend.html) to view this Study presented in 2004 at the Pacific Rim Biophotonic Conference in Taiwan.

### **ONLY Resonating Far Infrared Energy Pulsates the Water Molecules in your Body**

Your Body resonates (as do all mammals and birds) at about 9400 nanometers (9.4 microns), water at 8000 nanometers. Our Semi-conductor Chip technology allows no wiggle room, and filters out all energies that do not resonate with our cells. This includes Near Infrared, Mid Infrared, and non-resonating Far Infrared greater than 14 microns (14,000 nanometers). **Other Saunas CANNOT get these results since they are not able to focus their energy between 4000-14000 nanometers**

### **Pulsating the water molecules in your body creates a Dynamic Cascading effect of...**

- Increasing Core Temperature (killing Lyme Spirochetes, pathogens, viruses, etc)
- Mobilizing the lymphatic System (detoxifying heavy metals, Dioxins, Phylates, metabolic waste)
- Activating the Parasympathetic Nervous System (producing deep Profound Relaxation)
- Activating Mitochondria to produce ATP & Nitric Oxide (enhancing oxygenation of body)
- Increasing Microcirculation (ameliorating diabetic ulcers, scar tissue, neuropathy, Reynaud's)

**Search for "Relax Sauna Testimonials" on YouTube.**

*There are over 800 Video Testimonials on YouTube on how the Relax Sauna has transformed people's lives, How it has instantly reduced their pain, how it has given them a special feeling of upliftment, and much more.*

**"FIND ME A WAY TO CREATE SWEAT(FEVER) AND I WILL CURE DISEASE"**

- HIPPOCRATES



**Relax  
Saunas**

# Relax Far Infrared Sauna The “Most Therapeutic” Sauna

## Gastra Girl Saving America One Colon at a Time



Resource Guide by Rebecca Harder NEW EDITION - (229 pages) \$30.00  
Vital Information that could save your Colon and your Health!

*Rebecca has been promoting the benefits of Far Infrared Saunas for over 15 years, and how they are essential for optimal health.*

*Rebecca Harder includes 17 pages on the Relax Sauna and Far Infrared Energy in this resource guide: Here are extremely potent quotes of her discovering that the Relax Sauna is unique in its ability to give a very effective Far Infrared Treatment:*

*Here are some of her comments in her book on Why everyone needs a Far Infrared Sauna, and her comments on why the Relax Sauna is “The Best.”*

### Rebecca states that the Relax Far Infrared Sauna is the Most Therapeutic Sauna !

When someone asks me which Infrared Sauna to get, I ask them what is their purpose, financial and space limitations and most important what is their energy state ? ... However, for people with enough energy, (not perfect energy but enough energy), I recommend a Far Infrared Sauna for the purpose of sweating, and specifically the Relax FIR Sauna over all other ones. Why that one?

“Now I know the Relax Infrared Sauna does not look as impressive as the big wooden box saunas, making it hard to believe that the MOST THERAPEUTIC Sauna is not necessarily the most expensive and nicest looking one. Like the ... that have built in stereos, lighting and that spa like feeling. I understand your gut reaction. For the last 20 years I turned my nose up at the Relax Sauna every time I saw them at the health conferences until 2016 when I tried one. I was sold on the Relax Sauna within the first 3 minutes! Right away I could feel the difference. No preheating like with the wooden saunas. In the Relax Sauna, I experienced Instant Relaxation. 15-20 minutes produces a profuse sweat. Who has time for something to preheat. I don't have an hour a day for a sauna, but I can squeeze in 20 minutes for a relax sauna. It was then I realized that most people could afford the Relax Sauna and would do it daily because they would get benefits right away. I realized the relax sauna was superior because it truly felt amazing and gave better results.” - p. 66

### Why Far Infrared Saunas are an absolute necessity For Feeling Fabulous ... (from her book)

Over 2,000 years ago, the famous Greek physician Parmenides said, “Give me the power to create fever, and I will cure any disease.” What a bold statement from Dr. Parmenides! Could it be true ? Could sweating under Infrared Light really change your life differently and far better than sweating from exercise and from electric saunas? I have owned and strongly suggested to clients many different kinds of infrared Sauna and light devices over the years including Far and Near Infrared, wooden Finnish Electric Heat Sauna, Biomat and in Light Wellness Light pads and also various PEMF, Rife and Frequency Devices. This article is going to give reasons why you should invest in an infrared sauna as soon as possible. ... Why is it necessary to do infrared sauna? There are many reasons, but the top two reasons are:

*1st, it is absolutely necessary to reach and maintain proper body temperatures (98.6) and using an infrared sauna is the best way to achieve that (along with addressing Thyroid malfunctioning).*

Dr. Mark Sircus, MD, gives the perfect explanation as to why. ...

*The second reason why infrared sauna is necessary would be to aid in the detoxification of heavy metals and chemicals. ...*

In an article in the Townsend Letter for Doctors and Patients, Dr. Lawrence Wilson writes, “If I were to single out one method to combat cancer, it is the sauna. It assists removal of chemical toxins and heavy metals, increases oxygenation, enhances the immune system, and reduces the radiation burden in the body.” ...

An Infrared Sauna will make the biggest impact upon people's health after proper water intake and getting the bowels eliminating. Before I address diet with clients, I encourage them to start doing infrared Sauna. Before starting an exercise program, I encourage people to start doing Infrared Sauna! Why is it so incredibly important and why must it be one of the first things a person does to improve their health? Because the “issues are in the tissues”! If you want to be healthy, happy, fit, and feeling fabulous, then you need to get the toxins out and the most effective ways to do that are through infrared Sauna and Colonics. Since you can't do a colonic everyday, you can do infrared Sauna everyday and (get) excellent results with just 3-4 times per week. Just 20 minutes a day will make a huge and immediate impact in your health. You will see & feel the difference from your very 1st session. And it will motivate you to exercise and eat better. ...

*From the Introduction of this Resource Guide:* “This is a Resource Guide that I give out to my clients during their new client consult. Many of the articles and resources provided in this book are “lost” amidst the myriad of modern supplements, iv therapy and allopathic treatments of “cut, poison & burn” simply because they take more time to give and there is little profit in them. And while some of these modalities may otherwise be labeled as “outdated” or “quackery”, I have through my own professional experience, found them to be very effective with little to no side effects or contraindications. What worked beautifully for people decades ago, still works beautifully today. The body has not changed in thousands of years, and is still operating on the original blueprint. It is that blue print that this resource guide is based on.”

**RelaxSaunas.com - Experiencing the Relax Sauna (clothed) can make an IMPACT in only 5-10 minutes !**



# Relax Far Infrared Sauna



Patented Relax Sauna Radiator

Home heat stress training and cold shower treatment and review of the Relax Sauna - published Feb 2017 on reddit.com

[https://www.reddit.com/r/Nootropics/comments/5ohi9a/home\\_heat\\_stress\\_training\\_and\\_cold\\_shower/relaxsaunas.com/superior](https://www.reddit.com/r/Nootropics/comments/5ohi9a/home_heat_stress_training_and_cold_shower/relaxsaunas.com/superior) - in order to access the link to this article.



semi-conductor chip

**“The Relax Sauna is probably the best and only realistic option to do hyperthermic heat stress training at home that can replicate (or actually exceed based on my results) the benefits found in (far infrared sauna) studies.”**

... **“Do not waste your time with sub \$500 units on Amazon.”**

*“I would have loved to have come here and said the \$250 Amazon model is great and we can all enjoy the benefits of heat stress daily at home with a low bar of entry but I believe this (The Relax Sauna) is the cheapest viable option.”*

**“I would recommend Sauna training and (The Relax) Sauna unit in particular to anyone (especially paired with cold showers). It seems to have such wide ranging benefits similar to and is a great addition to the commonly recommended 'core' practices like diet, exercise, sleep, meditation.”**

*“I made a post here giving my thoughts on a more systematic way to evaluate saunas for home use and quantify heat stress training and citing some existing research comparing dry, wet, and infrared saunas. I also noted the sub \$300 portable IR sauna I bought on Amazon was a dismal failure and had a new higher end one on the way.”*

After my intense disappointment I started to research the more expensive but seemingly reputable brands in this category. These manufacturers make a lot of claims about the healing power of IR but I'm fairly skeptical about all that and ultimately I think what matters is how many total watts are going into the closed box.

**“All that said, I was still skeptical of the Relax Sauna.**

**But as you'll see below, the results exceeded my expectations greatly.”**

**“I'm thoroughly impressed with this unit (The Relax Sauna) and even more amazed as I write this up and am comparing my numbers to those in the studies. It's even more impressive it was able to accomplish all this even with my head out.”**

*“I turned on the sauna at at 2 minutes this thing had reached the 100F mark (rather than 30 minutes in the cheap sauna). At 10-12 minutes I was sweating. After 20 minutes the air temp reached a really surprising 165F. Final reading was around 169F at 25 minutes! ... -*

**“The internal biometrics are even more exciting!”**

*“My starting body temp this time was 98.4F. At 25 minutes my temp rose to 101.1F! If you read my previous post this handily beats both the IR and 176F dry Finnish sauna used in the study (176F Finish sauna: +1.62F 100.2F, 136F IR Sauna: +.63F 98.95F).*

*Second, my heart rate went from 90bpm to 133bpm (it was already elevated from a light workout) a 47% increase (from elevated). This is higher than the dry and wet sauna in the other comparison study (+21.2% for wet). My resting is around 60 and 133bpm is in my steady state aerobic training zone according to my Polar app (70-80% HR max), so by the end this was working my heart equivalent to a moderate cardio workout.*

*Finally, I weighed myself and lost 2lbs (+/- 0.5lbs). This beat the 45 minutes in the dry sauna in the third study (1.59lbs) (was done in three 15 minute segments with 5 minute breaks) in one unbroken 25 minute session.*

*5 minutes after getting out my body returned back to 98.8F. It's remarkable how quickly it re-established. You can also see my heart rate remained elevated for another 6+ minutes.*

*Subjectively the heat felt great. It was not harsh or uncomfortable at all like many wet and dry saunas I've been in. Head being out is really nice. I could really feel my heart going by 25 minutes.”*

**to see complete review, go to: [RelaxSaunas.com/superior](http://RelaxSaunas.com/superior)**



# Relax Far Infrared Sauna The Superior Sauna



## Heat shock proteins

"Heat shock proteins play a critical role in keeping the immune system healthy and functional.

Along with T-cells, these have been termed the "second arm of the immune system."

These proteins help rebuild and reconfigure proteins damaged by stress, toxins, microbial factors and well as other variables. They help keep the body healthy and disease at bay. Heat is a major activator of these defensive proteins.

The proprietary nanotechnology feature of the Relax Far Infrared Sauna has been shown to activate these in a remarkable manner."

Dr. Bill Akpinar, M.D. - Voted best Cancer Doctor - NY City - 2007

## Home heat stress training & Review of the Relax Sauna

"I made a post giving my thoughts on a more systematic way to evaluate saunas for home use and quantify heat stress training, citing some existing research."

I also noted that Both the \$250 and \$500 Amazon saunas I ordered were dismal failures. After my intense disappointment I started to research the more expensive but seemingly reputable brands in this category. I went with the Relax Sauna.

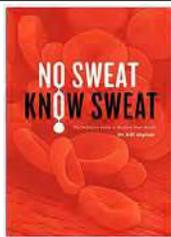
I was still skeptical of the Relax Sauna but as you'll see below, the results exceeded my expectations greatly. At 25 minutes my temp rose to 101.1F. Second, my heart rate went from 90bpm to 133bpm.

I'm thoroughly impressed with this unit and even more amazed as I write this up and am comparing my numbers to those in the studies on the benefits of Far Infrared Saunas.

I would recommend sauna training and The Relax sauna in particular to anyone (especially paired with cold showers). It seems to have such wide ranging benefits.

The Relax Sauna is probably the best and only realistic option to do hyperthermic heat stress training at home that can replicate (or actually exceed based on my results) the benefits found in studies (on the benefits of Far Infrared Saunas.) ... Do not waste your time with sub \$500 units on Amazon.

see: [www.relaxsaunas.com/superior](http://www.relaxsaunas.com/superior) for the complete Relax Sauna Review.



## No Sweat? Know Sweat! The Definitive Guide to Reclaim Your Health

By Dr. Bill Akpinar - M.D., D.D.S., Dr.Ac., Ph.D.  
Keynote speaker - 1st Intl Ozone Conf - 2006  
Chi Gong Master - Author of 10 books



## Gastra Girl Vital Information to save your Colon and your Health! Why Infrared Saunas are an absolute necessity !

Rebecca Harder has one of the nicest looking, pristine Hydrotherapy clinics in Portland Oregon, which includes hyperbaric oxygen chambers, ozone therapy, massage, etc. She gives this extremely resourceful resource guide (GASTRA GIRL, Saving America One Colon at a time!) to many of her clients, which includes about 40 articles on environmental toxicity and natural solutions, written by some of the most famous individuals in the industry.

One of the articles is entitled, "Why Infrared Saunas are an absolute necessity for Everyone," (Rebecca had been promoting wooden far infrared saunas for 10+ years. She now recommends Relax Sauna.)

"Now I know the Relax Infrared Sauna does not look impressive making it hard to believe that the BEST Sauna is not necessarily the most expensive and nicest looking one. Especially when you compare the Relax Sauna to the beautiful wooden saunas ... ! Understand your GUT REACTION! For the last 10 years, I have turned my nose up at the Relax Sauna every time I saw them at the health conferences until this last year when I tried one. I was sold on the Relax Sauna within the first 3 minutes! Right away I could feel the difference. No preheating like with wood saunas. I experienced Instant Relaxation."

[RelaxSaunas.com](http://RelaxSaunas.com)

3509 N. High,  
Columbus, Oh 43214



# Relax Far Infrared Energy Products

Introduce yourself to the best of Energy Medicine

## Many with LYME DISEASE - Are GRATEFUL for the Relax Sauna !

The energy from the Relax Sauna is unique! You almost need to experience it to see it as VERY DIFFERENT from any Wood Infrared Sauna or from any inexpensive tent sauna.

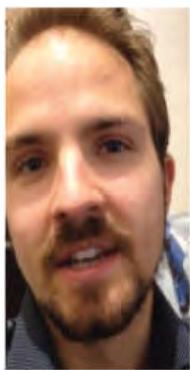


### I LOVE IT! I would highly recommend it to anybody / Took away aches & pains

I purchased the (Relax) Sauna because I was diagnosed with lyme disease. I had done a lot of research reading that infrared saunas will help with detoxing some of the by-products of the treatment of lyme disease. So I bought it (The Relax Sauna) for that purpose. I used it every day - at least once or twice a day - while I was REALLY, REALLY sick. Then I switched to - I just use it on an occasional basis now. When I was using it regularly, it was a GOD-SEND. It made me feel so much better. It took away the aches and the pains. It allowed me to sweat, get all those toxins out of your body. I would take it, and would take a shower afterwards and get all the sweat off my body. It also makes you sleep very well at night, if you do it prior to going to bed. I don't know how I would have survived my initial lyme treatment without my (Relax) far infrared sauna.

I did a little internet research trying to find one that had good reviews. One that I could get locally. I came down to Momentum98 and purchased my sauna. Mostly on the lyme blogs, the Relax Sauna got the best of reviews: In terms of its use, the chair that came with it was good to sit on. Something where I could sit upright was better for me at the time. The Relax Sauna got a lot of reviews about how sturdy it was, the chair was sturdy it would hold people of various weight sizes. It was easy to get up and down, kind of portable, kinda sorta take it with you. It got better reviews than most of them.

We have had the Relax Sauna for a little over a year, now. I am more than happy. IT GAVE ME MY LIFE BACK, ABSOLUTELY ! I would recommend it to ANYBODY who needed this kind of treatment, or just for general health and well-being. My husband uses it - and he doesn't have lyme disease, or anything else wrong with him. He just uses it because it makes him feel good. My brother is in the store NOW -- PURCHASING ONE!



### It was a significant part of my wife's healing to about 95% recovery

I bought a Relax Sauna from you at the National Naturopathic Doctor conference in 2012 for my wife. She battled lyme disease for 4 years. She was treated by a lyme-literate medical doctor, and he recommended a sauna half-way through her treatment process. It was a SIGNIFICANT part of her healing in her journey for getting to about 95% recovery. She still uses it to this day.

She was probably at about 75% and she probably went from about 75 to 95% after she was doing 30-60 minute sessions 4-5 times a week. Now she does 30 minutes maybe 3-4 times a week. I am super grateful. It's nice to have (the Relax Sauna) in our home. And it is something I recommend to my patients. I absolutely use it myself for vitality, increased blood flow, ... circulation. It is so critical.

### Lyme Doctor Shares 2 patient's Great Experiences with Relax Sauna / Made HUGE Difference !

I feel very strongly that far infrared has tremendous capability to help people. These are both Lyme patients, both close to the end of their treatment. Kind of stuck a little bit of where they were. Being in the (Relax) sauna has made a huge difference to them in terms of energy, and pain and their daily capability. They love it.

One lady just has gone crazy with it because nothing was really helping her PAST A CERTAIN POINT ! And now being in this for 20-30 minutes a day, and she can't believe the DIFFERENCE. She has had it close to a year. It has helped her with ... Energy ... Pain ... All the way around. Before that, she was functioning, but she paid for it - a lot - on a daily basis. Three kids that she was raising - very busy lifestyle that was taking a huge toll on her. Now it doesn't take a toll.

# **Far Infrared Energy, Autism & The Relax Sauna**

**Far-infrared Energy is extremely helpful for reducing depression, ADHD, & Autism.  
It brings Joy, purifies on all levels of existence, augments meditation & inspires creativity.**

It has been well known in the Autism community that Far infrared energy generates a specific frequency of light that resonates with the water cells in the body. This increases core temperature, increases micro-circulation, and triggers the release of Nitric oxide from the endothelial lining of the blood vessels. Many articles on the internet attest to the helpful benefits of Far infrared energy for those with Autism, depression, and many other conditions affecting both the mind and the body.



## **The best of all the far infrared saunas I have ever seen -Karen Thomas**

*I have used far infrared saunas in the past. ... I felt they were effective, ... but not to the degree of this one. This I did last night. And I felt it was much more effective*

*The way that I feel today – the energy – and even my gut - feeling more balanced – I was a little bit bloated yesterday - I'm not bloated today at all. I have tons of energy. I feel that this one is much stronger and much more effective. And when I say stronger - in a gentle way, not in a harsh way.*

*And I love that it is also portable. I think it is great for parents, especially if you have a child on the autism spectrum, or something like that where you need to be able to take it around for detoxification whether it can fit in any home or any space. You can take it down when you are not using it if you want or you can travel with it. So it's actually a really really great product. I would highly recommend it.*

*I have been recommending far infrared saunas for a long time. They are great for detoxification, great for Lyme, great for just lots of various reasons. But The detoxification issues are really big. And They're really really helpful with that. And Way differently than ... it works with your body's own natural heat processes to turn the heat around and internalize it so the body's own innate healing processes work with it.*

*I absolutely like this product The best of all the far infrared saunas I have ever seen, I would say this one would by far be the best choice. ... I was just saying... I am not being paid to say this. ... Absolutely ... This is a really great product.*

**Karen Thomas is a well-known expert on Autism. She has a website: [naturallyhealingautism.com](http://naturallyhealingautism.com) and has written the book: *Natural Healing Autism (a step by step guide, to the complete process to help a child heal from the symptoms of autism - based on what she used to heal her own son from his symptoms.)* Karen also has a radio show on [autismone.org](http://autismone.org)**

## **We fell in love with it. This is to me 1000 times better. We use it every day. -Maria**



*I happen to be in the Autism Community; I have 2 kids on the spectrum. My friend Linda told me about the benefits of the Relax Sauna. I told her, "Of course I know about Infrared Saunas. I've been using one from a health spa by me." She told me the Relax Sauna was portable, and Amazing, and ended up loaning me one for 2 weeks.*

*I tried it, and I absolutely fell in love with it. I like this much better than the full saunas for .. many reasons... you have to wait for them to heat up. They are a lot more expensive, more expensive to run, and - it's that half hour - When I am ready to go into a sauna, (kind of impulsive that way) I want to go in right now. I don't want to wait. A lot of times I only have 10 minutes before I need to be somewhere. If I had another full sauna, I wouldn't have the option to even get in it. ... Many times, I go in with my clothes on. I am not sweating. It warms your body from the inside.*

*I tried it out for 2 weeks. My husband tried it. My 2 kids on the spectrum tried it, which is great for detox for them. They have medical issues. We fell in love with it, and decided to take the plunge and buy it. I still have 15 sessions at the health place. I really don't need to go there, when I have this. This is to me 1000 times better. We use it every day. There's always one of us in it.*

*My kids love it. My little one. I have a 9 year old. He regularly says A lot of times in the morning on the way to school, he says, "Mom, I really need to just go into the Sauna for 5 minute. Please mom, Can I just go in for 5 minutes." (It really helps with his anxiety issues. So it helps bring him down, and centers him. He comes down a different kid.) After school, He brings his books into the sauna, and just reads.*

*It definitely evens you out. I cannot tell you how many times, I am tired and wired. I will hop into the sauna, and still be wide awake, and within the 15-20 minutes, there I am, my head is bobbing, I am so asleep. My husband uses it, the whole family uses it.*

# Runners & Athletes Love the Relax Sauna

The Relax Saunas deep penetrating heat on tired, sore or damaged muscles is amazing!



We have been promoting the Relax Saunas at expos and conferences for the last 13 years. Over this span of time, we have accumulated about 400 video testimonies from people at the expos. About 1/2 are instant reports of the relief from inflammation and pain, as well as how great & invigorated they felt in just 5-10 minutes in the Relax Sauna. The other testimonies were from those who came back 1-8 years later wanting to tell us how much they love the Relax Sauna, and to tell us what it has done for them over the years. Some are pretty impressive.



## Maggie Runs a Marathon In Philly, and shows up at an Expo

"I feel incredible I don't want to leave. I feel warm, and relaxed. My muscles feel great. I ran a marathon today. This is just enhancing my recovery more than anything else I have done today."

"I feel enclosed and Safe and warm. With the heat that's emanating, its relaxing me. I am feeling a little bit sleepy. But it's a good sleepy. My muscles feel loose. My brain feels good, my brain feels clear, clearer than it was before. So I feel good. .

"I was tired, and sore and fatigued. Now I think I can I have a day. I can have the rest of my day back. This was great. I just like the warmth. My muscles were very tight and tense. I was squeezing my entire body together. But here I feel let go I feel relaxed. The heat is just - it's great."

30 minutes later:



"I just did about 10 minutes in the (Relax Far) infrared (sauna) I do not feel sore, I do not feel tired. I can do a squat. I can bend my legs. 26.2 miles this morning. I was so stiff. I was ready for my nap. I am good to go. I am double happy about this. Sitting was hard before this. 10 minutes ago I could barely walk. This is amazing. It took a lot just to get down the stairs. I could not even put my shoes on earlier. Thank you so very much. This is amazing. Thank You. Thank You. I really enjoyed this. I feel good. I'm Good."

## Shana Describes How the Relax Sauna has helped her so much in her Marathon Training

"I am a performance athlete. I compete in marathons, endurance races, heavy weigh lifting, athletics."



"I cannot live a day without sweating in my sauna at least 40-45 minutes every day. It makes me feel balanced, calm, relaxed. I generally feel if I don't sauna I am not in that same level of health as I was on the day that I did sweat. ... I notice on those days (when I don't use the Relax Sauna) I don't sleep as well. my mood is not nearly as elevated and happy as it normally is ... When I Sauna It is a better day. I LOVE this machine!"

"The Relax Sauna is amazing too ... It is one of the few saunas that actually penetrates in past the cellulite. It's able to break up the cellulite, rids you of all those toxins. help you detox It detoxes your blood your organs, everything ... The Relax Sauna is - I recommend it to Everyone. ... I am 27 I have been using Saunas for 13 years. ... The Relax Sauna is my favorite. ... I know with the Relax Sauna when I sweat it is over 80% toxins ... I definitely perform WAY better. ... my muscles are so well conditioned They are actually soft. They are not these rock hard muscles. Because there's no toxins building up in my muscles. I don't have any cellulite ... It is inflammation reducing. If the muscle gets irritated, inflamed, it's ok, it's going to be better in 30 minutes - I have my sauna . ... It helps me recover SO Quick. (after a marathon) "

# Massage Therapists Love The Relax Sauna!

What makes the Relax Sauna so special is that it MASSAGES every Cell of Your Body or Your Client's Body, It warms the fascia, and allows you to do Greater work in much less time. A boon to any massage therapist who want to extend the life of their hands."

We have been promoting the Relax Saunas at expos and conferences for the last 13 years. Over this span of time, we have accumulated about 400 video testimonies from people at the expos. About 1/2 are instant reports of the relief from inflammation and pain, as well as how great & invigorated they felt in just 5-10 minutes in the Relax Sauna. The other testimonies were from those who came back 1-8 years later wanting to tell us how much they love the Relax Sauna, and to tell us what it has done for them over the years. Some are pretty impressive.

## Maylene says It felt as good as getting a massage, if not Better



As soon as I felt the heat in that relax sauna, my muscles felt like they were melting it was so .. I don;t . It almost felt ... it felt as good as getting a massage if not better. .. I get massages every other week. my friend that was just sitting in it, we trade and she was mouthing to me that you have to get in this thing . It is amazing. I am really thinking of purchasing one for my customers and my spa. They probably wouldn't even want a massage once they got out of this thing that's worth it. The muscles just instantly relax. It was even, the heat it felt the heat was very even underneath the bottom the top the warmth was just evenly dispersed. Every area even where I was sitting, I felt the same amount of heat. It wasn't uncomfortable . it was just . I don't know I have never felt anything like it. It was great. Genius ! I am so glad you were at this massage festival. And I hope that everyone experiences that, because that was wonderful. Wonderful, Yes !

Mark Says:

## Putting Clients in the Relax Sauna before getting a massage has brought more business !



It's fantastic. The Relax Sauna really helps with my work. Clients love it because they can relax. They don't experience as much pain when they go through a session. My mother sepcifically has low back pain, rheumatoid arthritis, & osteo arthritis. She has been using it for a full year. She just came back from having tests at her doctor. Her rheumatoid readings are completely gone. She no longer has rheumatoid arthrits. My mother in law has had double knee replacements. She doesn't have issues now with mobility and range of motion. My clients love them. They use them multiple times a day in their homes. Those who have purchased them (from me) send me more people. It has also brought more business to the spa. We have it as an add-on to some of our services. It gives the client a chance to relax before they get their massage. It's actually income for the business. We are adding that on, and they love it. So it's fantastic.

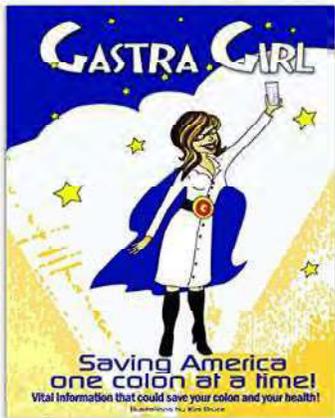
Personally, I've had skin issue that it helps. It has helped heal them. It's helped me with energy, & recovering. I am active. When I ride my bike, I've noticed that It's easier. I don't get as winded when I am on my bike. It really has been a fantastic machine. I love it. Main thing I've noticed - is just more energy, less fatigue while I am going, and i don't have that post-workout soreness like I used to have. I am Relaxed - calms every thing down, I come out of a session & I feel great, Rejuvenated. And I just love it. When I am at the spa, I use it between every client for 5 to 7 minutes. It keeps my energy level up. I don't have so much fatigue at the end of the day. When I take it home, sometimes I'll use it twice during the day, right before bed & when I wake up. It really just helps my day go by. Oh Yeah, yeah, 10 minutes you're sweating and 20 minutes you're drenched, and if you can make it to 30 you just feel completely refreshed.

# Relax Sauna & Colon Hydrotherapy for Detoxification

One of the main reasons a person decides to get a colonic is so that they can purify their body of toxic waste. The Main attribute of using the Relax Far Infrared Sauna is to detoxify the body. The Relax Sauna and Colon Hydrotherapy appears to be a match made in Heaven. The book, Detoxify or Die, by Dr. Sherry Rogers, is a testament to the tremendous power that Far Infrared Saunas can have on those who are affected by multi-chemical sensitivity, Lyme disease, cancer, fibromyalgia, autism, and many other disorders. Using the Relax Sauna before a person gets a colonic will generate a much greater release.

## The Relax Sauna or Sky Eye Radiator can increase the Effectiveness of a Colon Hydrotherapy Session

One colon hydrotherapist has told us that she uses the Sky Eye Radiator on top of the colon WHILE giving a Colonic, and that it is extremely effective. Other pages in this booklet go into detailed information on the Sky Eye Radiator helping diabetic ulcers.



**Gastra Girl: Saving America  
One Colon at a Time**  
by Rebecca J. Harder, CHT

### Colon Therapist says Infrared Saunas are an absolute Necessity !

**"I recommend a Far Infrared Sauna for the purpose of sweating, and specifically, the Relax Far Infrared Sauna over all other ones."**

Rebecca Harder says in this incredible book, "If you want to be healthy, happy, fit and feeling fabulous, then you need to get the toxins out and the most effective way to do that are through infrared saunas and colonics. (Rebecca runs Colon Care in Portland OR)

She further states "Now I know the Relax infrared Sauna does not look impressive making it hard to believe that the best sauna is not necessarily the most expensive and nicest looking one, especially when you compare the Relax Sauna to the beautiful wooden saunas ... built-in stereos .. spa like feeling. I understand your gut reaction. For the last 10 years I have turned my nose up at the Relax Sauna every time I saw them at the health conferences until this last year when I tried one. I was sold on the Relax Sauna within the first 3 minutes. Right away I could feel the difference. No preheating. ... I experienced instant relaxation."

Rebecca has been recommending wooden Infrared Saunas for years, and Now recommends the Relax Sauna

### Alaskan Colon Hydrotherapist has never been in another Sauna that has made her tingle!



The tingling is totally sensational compared to the box (wooden) sauna. I sweat but I don't tingle. It was amazing I feel wonderful. Meridians. Energy. A force. Just vibrant. warmth rejuvenating. I have had cramping from Zuma (dance class) this morning in my legs. They feel a lot looser, very relaxed.

I found it amazing, quite wonderful, very warm, very energetic. Very good, very relaxed, energized, it's like I have an energy flowing through me that is just pulsating.

Compared to all of the saunas I have done in the box. (I have owned Far infrared saunas for about 10 years now.) It doesn't even compare. And I love the fact of my head not being in there. Because when I am in the sauna, and I am all hot & wet, it's totally different. I am plenty wet now, probably more. It feels wonderful.



### Colon Therapist sees potential of using Relax Sauna in her practice !

I am trying the Relax Far Infrared Sauna. And I am loving it. It warmed up so quickly. I got in and I am just getting warm and relaxed. It feels good. I am very familiar with the large infrared saunas that take an hour to heat up before you can even get in. And they are uncomfortable wooden box you are sitting in. You are sweating and your hair is getting all messed up. And this is great. I love it. I really love it. My 2<sup>nd</sup> trip down here to try it out. And I will probably come out tomorrow to try it again. I love it I want 3 of them. 4 of them. One for the house. ...

This seems so much easier. It is the instant warm up. I was cold. I got in. It warmed up really quickly. Seating is very comfortable. Not hard. I am enjoying the fact I am not worried about makeup sweating down my face. I am happy that the parts that I know I want to detox are working. .. We do colon hydrotherapy... electro-lymphatic therapy, ion foot spas. And I am thinking this would play right in with our other detox modalities. Bring them in here, relax them for a few minutes, bring them into the colon therapy which they are a little nervous about. This body is already starting to detox. I love it.



## Relax Far Infrared Sauna

2007- 2008 Before & After pictures of Karen Russell

Karen reports that after 2 1/2 years of struggling with heavy metal toxicity (mercury, lead, etc.), although she had had moderate success with a number of other products, her symptoms still persisted, and her lab reports all showed too much mercury and lead. After 5 weeks of using the Relax Sauna, Karen felt so much better. Her lab reports also for the 1st time showed normal levels of mercury and lead.

Note: Karen had already lost some weight before getting the Relax sauna. However, after using the sauna, she reports to us that in the next 2 months, her skin texture dramatically changed, her cellulite decreased 65-70%, her skin was no longer dry, & her fat content went from 38% to 20%.



## Massage Therapists are amazed at the difference 10 minutes in the Sauna makes

We have been having amazing reports recently by many massage therapists and health professionals. After a massage therapist in Detroit got a Relax Sauna from us, she put one of her MS clients in the Sauna, and the relief was so great, this Massage Therapists ordered 3 more saunas to sell to this client, and 2 others.

It is almost common knowledge among massage therapists that when they put their clients in the RELAX sauna for just 10 minutes, they can generally give a "50 minute massage" in about 25 minutes. Another health professional doing reconnective tissue work also reported to us even better results. "Massaging people after they have been in the RELAX sauna for 10 minutes is like butter melting in the microwave," we have been told.

### Diabetic Ulcers disappear in 2 months

A lady who owns a spa in Philadelphia bought our sauna because she was impressed with our report showing how the Sky Eye Professional Radiator had helped a huge ulcer heal in only 7 weeks. (see below.) She has been using the Relax Sauna in her health spa, charging for 20 minute sessions. She reported to us that she has had two clients who each had maybe 5-10 small diabetic ulcers on their legs. Both, after using the sauna just twice a week, had their diabetic ulcers clear up in just 2 months.

**No More Hepatitis C /  
No liver transplant needed**

She also reported to us that a man who had hepatitis C no longer has it, and that a lady told she needed a liver transplant no longer needs one. Both received a series of sauna treatments.

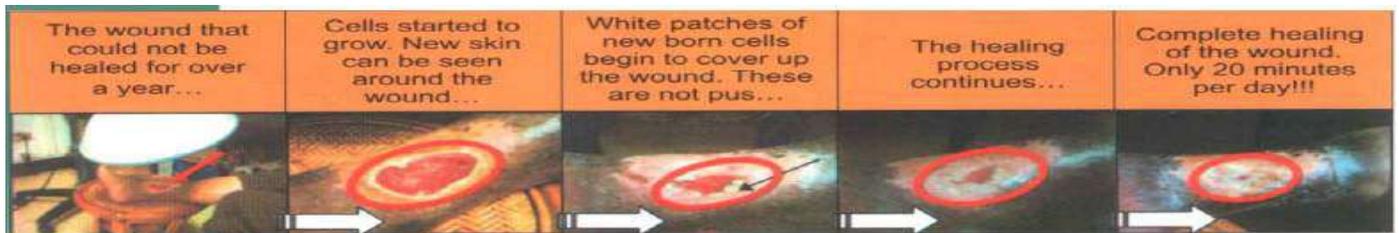
### Sleeping Better

We are getting many reports from those who have been using the Relax Sauna regularly, that they sleep so much better than before.

One lady would come into our store and use our sauna for 5-10 minutes 2-3 times a week. She has reported to us on those days she used the sauna she did not need any sleeping pills, and she slept great. After 3 months of using the sauna for just 5-10 minutes 2-3 times a week, just barely sweating, she has reported to us she no longer needs any sleeping pills period.

We were at a show in Cincinnati, and a lady bought a sauna from us. We took it up to her hotel room for her. The next day, she told us that she used the sauna for just 15 minutes before going to bed, and she had the best sleep she has ever had in a hotel before !

## Professional Far Infrared Sky Eye 800Watt Radiator World's most powerful medical lamp used for healing purposes.





# A 5 minute treatment in the Relax Far Infrared Sauna should convince you that the Relax FIR Sauna is the Real Thing.

We recommend 20 minute treatments in the Relax Sauna, and encourage you to find a place where you can experience a complete sweat in the Relax Sauna.

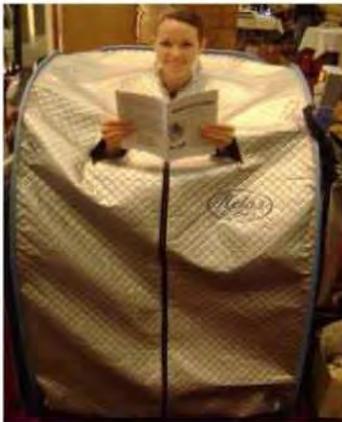
It takes about 8 minutes to start sweating. In 15 minutes you are dripping, and in 20 minutes you have had a complete sweat.

Far infrared Light is the light that is in harmony with the energy that we as human beings emit. It is warming, soft, relaxing & extremely therapeutic. It is the photosynthesis light from the sun.

**“I cannot believe how good it feels in 30 seconds”**  
**This was the comment of 2 well-known authors , one an MD, the other a PHD.**

**Many use the Relax Sauna in conjunction with other detox treatments. The incredible effects of those programs can definitely be enhanced by also using the Relax Sauna.**

You can feel & see the difference between the Relax Sauna generator, and all other FIR Light emitters. The Relax Sauna FIR Radiators are akin to very powerful motors, and produce 100% FIR Energy.



2 radiators -1500 watts generate 100%  
- FIR light 4-14 microns



20 of these patented semi-conductor chips are in each of the 2 radiators.



Lie Down Sauna

Sky Eye 800 Watt Radiator



## **Some of the reasons why Consumers & Health Professionals prefer the Relax Sauna to other Far Infrared Saunas:**

**They want a Quality Sauna. They want the most effective sauna. They do not want to sacrifice quality**

1. The Relax Sauna is the only Professional Model Portable Sauna. Over 95% of energy generated is between 4-14 microns.
2. The Sister product (Sky Eye Radiator) using the same Far Infrared radiators, is listed with the FDA as a medical device.
3. The discovery of the (patented) semi-conductor chips used in the Relax Sauna was a MAJOR breakthrough in technology.
4. The Relax Sauna generates between 4-10 times MORE Far Infrared Energy than ANY other Sauna. (95% of 1500 watts)

**The Relax sauna is totally portable. It travels well - in the carrying bag or in your suitcase.**

5. It only takes 4 minutes to set up, and 2 minutes to take down. It uses 110 currency & cost about 10-15 cents an hour to use.
6. The Relax Sauna fits anywhere. The footprint is only a 2 feet 8 inches by 2 feet 9 inches.,and is less than 4 feet tall. (46 ")
7. The Relax Sauna (in its carrying bag) weighs only 18 lbs. The tent Folds easily, and fits in the carrying bag along with radiator..
8. It is Easy to take care of and clean, and very sanitary. Turning on the Sauna for 5 minutes (after use) will kill any bacteria. .

**You can use it with your head outside, or if you choose, you can put your head inside the tent.**

9. Keeping your head outside the sauna allows you to breathe. Hair also does not get messed up.
10. For those who want to put their head inside, it is very easy to duck your head, and get a full-body sauna session.

**The silver tent Reflects the Far infrared Light. Every part of your body absorbs Far infrared Energy.**

11. If you sit in front of a window in a wooden sauna, the front of your body does not absorb any far infrared light.

**The Relax Sauna has scientific documentation and Research, validating authenticity of FIR Light.**

12. The RELAX SAUNA is MADE IN TAIWAN, known for making Quality Merchandise. They've been In business for over 35 yrs.
13. The Relax Sauna uses Medical Device Technology at an affordable Price: \$2000. sugg retail / Internet special: \$1400.

**The Relax Sauna generators act as EMF protectors. There is NO EMF at all where your vital organs are.**

14. The Relax Sauna emits 4-10 times more FIR energy than other saunas, **ANTIDOING THE ILL EFFECTS** of EMF exposure.
15. The Relax Sauna is 4-10 times more powerful as an EMF protector, since it has been proven that FIR protects you from EMF.

## **Far Infrared Medical Facts & Research Data**

### **Detoxification and Research from Japan**

Over the last 25 years, Japanese and Chinese researchers and clinicians have completed extensive research on far infrared medical treatments and report many amazing discoveries. In Japan, there is an 'infrared society' composed of medical doctors and physical therapists dedicated to further infrared research. Their findings support the health benefits of far infrared therapy as a method of healing.

1) Far Infrared therapy increases blood circulation and oxygen supply to damaged tissues (aiding reduction of chronic joint and muscle pain or sport injuries), promotes relaxation and comfort, induces sleep and relieves stress.

2) German medical researchers concluded one session of far infrared therapy for over 1 hour can have significant reduction of blood pressure thanks to a persistent peripheral vessels dilation. They also noted that blood viscosity was improved. After 1 hour of far infrared radiance, there is a significant decrease of blood pressure - cardiac ejection resistance - total peripheral resistance - and significant increase of heart rate, stroke volume, cardiac output, and ejection fraction.

3) Acne - A far infrared lamp treatment appears to open pores that have been malfunctioning for years, forcing out clogging cosmetics, and loosening dry outer skin, healing acne and scars, without pain.

4) Sunburn - According to the Clayton's Electrotherapy, 9th Edition, far infrared radiation is the only antidote to excessive ultraviolet radiation.

5) Far Infrared Thermal Therapy and Electromagnetic Fields (EMF):

Recently there have been reports detailing the hazards of exposure to certain kinds of electromagnetic fields, such as those from high-tension power lines, cell phones, or from computer display terminals. Far Infrared heating systems have been tested in Japan and found free of toxic electromagnetic fields. The Swedish National Institute of Radiation Protection has also concluded that infrared heaters are not dangerous. Instead, **Japanese researchers have reported that far infrared radiant heat antidotes the negative effects of toxic electromagnetic sources.**

6) CHI energy also known as Qi - the life force energy present within every living thing:

The Qi that a Qigong master releases is called external Qi whereas the Qi that circulates within the body is called internal Qi. When a person is sick, the flow of Qi internally can be interrupted and various organs might malfunction. If proper information can be delivered inside the body via other media, or if new information can be generated within the body through exercise by patients themselves, the organs that are out of order will resume their proper function and the patients are thus cured. This is how acupuncture, electric treatment, magnetic therapy, and far infrared ray cure various illnesses and keep the body fit. - 'The Scientific Basis and Therapeutic Benefits of Far Infrared Ray Therapy', Dr. Kyuo.

7) The McGraw-Hill Encyclopedia of Science and Technology reports medical practitioners make use of infrared radiant heat to treat sprains, strains, bursitis, peripheral vascular diseases, arthritis, & muscle pain.

8) Therapeutic Effects of Far Infrared Heat - Chapter 9 of Therapeutic Heat and Cold, Fourth Edition, Editors Justus F. Lehmann, M.D., Williams, and Wilkin. Infrared Heat Therapy does the following:

- Decreases joint stiffness.**
- Relieves muscle spasms.**
- Increases blood flow.**
- Leads to pain relief.**

- Affects soft tissue injury.**
- Increases the extensibility of collagen tissue.**
- Assists in resolution of inflammation, edema, and rids the body of metabolic waste.**

## 9) Potential Use Of Far Infrared In Dental Clinics:

Mr. Shu of Ninomiya Yuri Dental Clinic used far infrared ray in his dental clinic for some years. "I have successfully treated many common dental diseases, for instance, pyorrhea alveolaris, gum inflammation, tooth pain, and muscular spasm." Mr. Shu indicated that the use of far infrared ray is undergoing research. Dr. Akira, Director of the Meitoku Association of Dentists and Dr. Waaataru of the Kawano Dental Hospital also use far infrared treatment on a regular basis for gum inflammation and post dental pain suppression. - 'The Scientific Basis and Therapeutic Benefits of Far Infrared Ray Therapy', Dr. Kyuo.

10) Artificial Body Parts: Far Infrared Ray Light Energy is absorbed into the body. Titanium rods, medal pins, pace makers, and many other foreign items that have been inserted into our bodies are not effected by far infrared ray do not increase in temperature inside the body any more than all of the cells of the body.

11) FIR and Healthy Arteries - When the normally smooth, firm lining of the arteries becomes thickened and roughened by deposits of fat, fibrin, calcium and cellular debris, it lessens the arteries ability to expand and contract, and slows the blood movement through narrowed channels. These conditions make it easier for blood clots to form, blocking the arteries and stopping blood flow completely. FIR is able to neutralize blood toxicity and smooth the walls of arteries, capillaries and veins.

12) Pneumonia: - A Lymphologist in Utah reported that within 15 minutes of a client being treated with Far Infrared Ray and lymphology therapy, their pneumonia was cleared. Infrared therapy in both Japan and China has proven to be outstanding for asthma, bronchitis, colds, flu, sinusitis and congestion as it clears inflammation, swelling and mucous clogged passages, as testified to in Dr. Kyuo's book below.

13) Dr. Sasaki Kyuo, M.D. has done extensive research on the therapeutic uses of far infrared therapy. She is the author of "The Scientific Basis & Therapeutic Benefits of Far Infrared Ray Therapy" - which presents clinical effects of far infrared therapy.

Besides cancer, Dr. Kyuo reports continual successful treatments of many other diseases by use of FIR waves - treatments not only by her but also by many other doctors. The list of diseases - documented in her book - includes stress induced chronic diarrhea, abdominal distention, ulcerated large intestines, gastritis, facial numbness, hemorrhoids, shoulder, back, and knee pain, rheumatism, hypertension, diabetes, weight loss, breast and abdominal tumors, low blood pressure, asthma, anemia, burns and scalds, body odor, early onset of baldness, fracture of cervical vertebra, radiation exposure and related diseases.

### Far Infrared Therapy:

- \* Improves micro circulation by exerting strong rotational and vibrational effects at molecular level.
- \* Enhances the delivery of oxygen and nutrients in the blood cell to the body's soft tissue areas.
- \* Promotes regeneration and fast healing.
- \* Increases metabolism between blood and tissue.
- \* Enhances white blood cell function, thereby increasing immune response & the elimination of foreign pathogens and cellular waste products.
- \* Removes accumulated toxins by improving lymph circulation which are often at the core of many health problems.
- \* Stimulate the hypothalamus, which controls the production of neurochemicals involved in such biological processes as sleep, mood, pain sensations, and blood pressure.

14) A clinical trial in Japan reported a successful solution for seven out of seven cases of rheumatoid arthritis treated with whole-body far infrared therapy.

15) There have been numerous studies on the therapeutic effects of FIR products. One clinical study done by Dr. Gordon Ko and Dr. David Berbrayer at Sunnybrook and Women's College Health Science Centers at the University of Toronto, published in the August 2002 issue of Alternative Medicine Review "Journal of Clinical Therapeutics", showed that there are significant improvements in both subjective measures of pain and discomfort associated with Raynaud's Syndrome.

16) In Japan, Hideyoshi Toyokawa and others researched the effects of FIR on wound healing. The results showed that FIR can improve wound healing significantly. The results can be read at Experimental Biology and Medicine online journal: - [www.ebmonline.org](http://www.ebmonline.org)

17) Far Infrared Healing With Photons "From first hand experience, I can tell you (FIR) is a miraculous tool that on the surface seems contradictory. It can help alleviate the sensation of numbness, but it can also bring back a sense of feeling in areas that have gone numb. It can remove overgrown scar tissue and it can stimulate tissue growth. It can remove excess pigment, but it also restores pigment in areas where needed. It can activate healing components within the immune system, but also decrease the body's sometimes harmful inflammation response," says an enthusiastic researcher.

19) "One of the fastest growing complaints in this country today, carpal tunnel syndrome (CTS) responds to (FIR) as well. CTS is caused by motion and trauma to the median nerve passing through the wrist. Assembly line workers are particularly prone to the problem. The standard medical treatment for CTS is still surgery, which has a dismal success rate of less than 10%. Dr. Wayne Good, the plant physician at General Motors Flint Assembly, has treated close to 600 patients (with FIR) and achieved positive results in over 70% of patients. He is in the process of submitting his results for publication as further studies continue."

20) "Photobiotherapy (FIR) will become one of the premier healing tools of our future. It will eliminate the need for many of today's common surgical procedures. I can see the day when every household in the country will have a (FIR) unit on hand. When used properly, it is a safe, effective, natural tool that can enhance, rather than oppose, the body's own innate healing powers." - G.E. Poesnecker, N.D., D.C.

21a) How fast are you aging? - Common problems associated with lifestyle and aging, such as hypertension and osteoporosis, headaches and digestive problems, are attributed by some scientists to be the result of excess acidity in our system. The American Medical Journal found that in patients with bone loss, alkalinizing their system caused a decrease in bone loss. Their conclusion was that our typical American diet is acid producing. The acids deposited in our blood are often stored by the body in forms of cholesterol, fatty acid, uric acid, and other villains that cause havoc in our system. Sang Whang, the author of "Reverse Aging" claims that these excess acids can be eliminated with the use of far infrared products, along with consuming certain alkaline minerals and foods. The far infrared resonance heats up the internal temperature of the body, increasing circulation, thus enabling the blood to melt out the acidic toxins that have been deposited for years in one's arteries.

21b) Studies suggest that far infrared light stimulates the production of cell tissue and rapidly promotes the regeneration of skin and blood tissue.

### **Far Infrared Detoxification**

**Toxic accumulation is a root cause behind most physical challenges, including the aging process and diseases such as cancer.**

Far Infrared is thought to be 7 times more effective at detoxifying heavy metals such as mercury, aluminum, and even cholesterol's, nicotine, alcohol, ammonia, sulfuric acid and other environmental toxins, as opposed to conventional heat or steam saunas.

The human body is a reservoir of all kinds of bio-toxins which cannot be expelled immediately and become stored in the body, thereby triggering illness. When toxic gases such as sulfur dioxide and carbon dioxide, or potentially fatal heavy metal toxins such as mercury, lead and chlorine, meet large water molecules, they are encapsulated by clusters of water and trapped in the body. Where these toxins are accumulated, blood circulation is blocked and cellular energy is impaired. However, when a 7 to 11 (or 4 to 14) micron 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 water evaporates, the encapsulated gas and toxins can be released.

**This is a compilation of so much documented research indicating the incredible benefits of Far Infrared Ray. We recommend you read the book [Detoxify or Die](#), by Dr. Sherry Rogers, (2001) for additional research on FIR.**

**Toxic Cleansing With Far Infrared (FIR) Waves:** "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. Toxins that cannot be removed immediately after they enter the body are encapsulated by clusters of water. Blood circulation becomes blocked and the cellular energy impaired where these toxins accumulate. However, when a 10-micron FIR wave is applied to water molecules containing toxins, the water begins to vibrate. This vibration reduces the ion bonds of the atoms that are holding together the molecules of water. As the breakdown of the water molecules occurs, encapsulated gases and other toxic materials are released. One study done by American researchers showed that the sweat released by users of a FIR sauna was different than the sweat of people using a conventional sauna or doing normal exercise. The non water portion of sweat released in a FIR sauna was cholesterol, fat soluble toxins, toxic heavy metals, sulfuric acid, sodium, ammonia and uric acid." - Dr. Kyuo, Japan.

**Toxic overload has been implicated in many health conditions**, from fibrocystic breast disease (FBD) in women to attention deficit hyperactivity disorder (ADHD) in children. Symptoms of toxic overload include fatigue, headaches, joint or muscle pain, frequent colds and flu, signs of allergy and hormonal imbalance, chemical sensitivity, sinus congestion, psoriasis and other skin conditions, loss of dexterity, insomnia and more. Psychological symptoms include poor concentration, memory loss, mood changes, mental confusion and changes in behavior. - [www.balancedlives.net](http://www.balancedlives.net)

**A great overview on FIR history and its therapeutic value is available in an article:** 'Warming Up to FIR' published in the Jan. 2001 issue of Alternative Medicine Magazine by Dr. D.J. Fletcher. Here is an extract:

**Detoxification from fibromyalgia and chronic fatigue syndrome:** Randy Gomm in Vancouver, became a distributor of FIR saunas after his life was turned around by detoxification. As a firefighter, his health had begun to deteriorate until he was no longer able to work. He was diagnosed with fibromyalgia, and eventually it was realized that the root of his problem was toxic overload from occupational exposure. During the eight years he was ill, he says, he had a lot of time to research alternative modalities to regain his health. "I discovered that leading researchers in fibromyalgia and chronic fatigue syndrome stated that their patients had high toxic loads," says Randy. "When their loads were reduced, their symptoms often improved dramatically. It worked for me. Detoxing really helped put me back on my feet."

### **JAPANESE RESEARCH - FAR INFRARED BENEFITS: Aging and Far Infrared Heat Therapy.**

*The following health challenges have been reported in Japan to be alleviated or reduced by the use of far infrared therapy:*

- Asthma, bronchitis (cleared up).
- Rheumatoid arthritis (7 out of 10 cases resolved in one clinical trial).
- Benign prostatic hypertrophy (reduced).
- Cancer pain (greatly relieved pain in later stages).
- Cirrhosis of the liver (reversed).
- Chron's Disease (gone).
- Cold hand and feet (a physical therapist discovered 20-50% improvement was maintained).
- Cystitis (gone).
- Duodenal ulcers (eliminated).
- Compression fracture pain.
- Gastritis (relieved).
- Hemorrhoids (reduced).
- Hepatitis (gone).
- High blood pressure (in the case of a diabetic a systolic decrease from 180 to 125 + concurrent weight loss).
- Keloids (significantly softened and, in some cases, completely gone).
- Leg ulcers (healed when previously static and resistant to other care).
- Menopause.
- Pain preventing sleep or limiting sleeping positions (relieved).
- Post-surgical adhesions (reduced).
- Radiation sickness (relieved signs and symptoms).
- Sequel of strokes (Hemiparesis relieved over time).

# ***Relax Far Infrared Sauna***

***Lyme, Fibromyalgia***

Try the Relax Sauna  
for 5-10 minutes



## **Therapeutic Benefits of Far Infrared Ray Energy**

- Increases Circulation
- Helps Relieve Pain
- Improves Detoxification
- Helps clear cellulite and acne
- Decreases stiffness and swelling
- Decreases inflammation
- Improves cardiovascular conditioning
- Burns Calories
- Promotes healthy immune system
- Relieves tension, stress and fatigue
- Invigorating - Helps You Feel Great !
- Helpful for Depression & Autism !



You can remain fully clothed  
**Heats up Instantly !**  
Comfortable temperature

**Free 5-10 minute Session - Incredible Results**

To order a Relax Sauna for your home or office, call or email: