

To Futher enhance the benefit of the infrared sauna we recommend and offer the following:

- A "Detox" tea to drink during your session.
- End the treatment with a 20 second cold shower (optional)
- 1g of Buffered Vit. C at the end.

The regular use of an infrared sauna has a cumulative effect on the body, meaning that using it on a regular basis magnifies its benefits. After a while of using the sauna regularly detoxification, weight loss, immune building and other benefits will increase dramatically.

These saunas give us the far-infrared (FIR) energy that we get from the sun. Most of us spend 90% of our time indoors...we do not get enough sunshine which our bodies desperately need to be healthy.

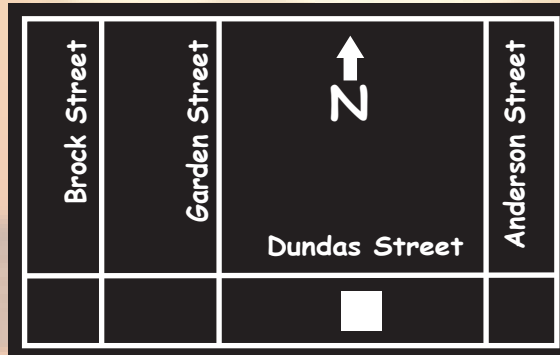


STAY HEALTHY FOR LIFE

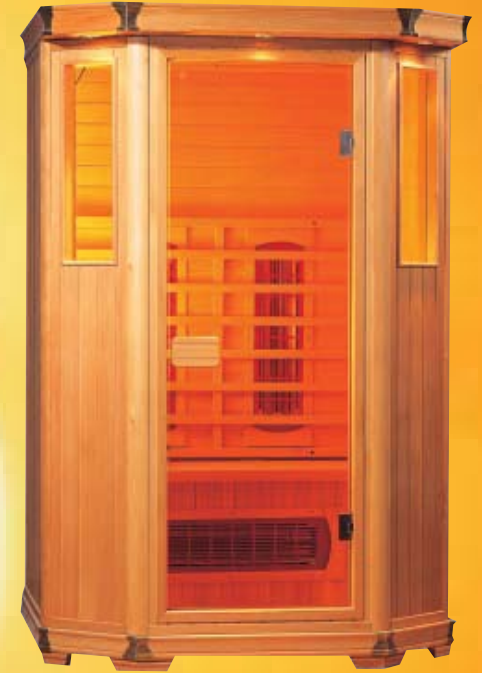
Our goal is to treat the underlying cause of the disease. As a result our treatments are highly individualized.

Patients are involved in their health program and learn to make effective, educated self-care decisions which can prevent future health problems.

COVERED BY MOST HEALTH CARE INSURANCE PLANS



Infrared Sauna



& Full Spectrum Lighting

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What is Far-infrared (FIR) energy?

Infrared waves are part of the invisible Electromagnetic Spectrum (EM). FIR is a type of energy that we normally get from the sun. This type of energy travels 2 to 3 inches deep into the body to increase circulation and nourish damaged tissue.

All life requires FIR heat from the sun. In an infrared sauna, heat is just a byproduct, it's the infrared rays that are the most beneficial for the body.

Infrared is totally safe. It is used in hospitals to warm premature babies and is used in the health industry for various other applications. Most of us don't spend enough time outdoors so we don't get enough infrared in our bodies and we don't work hard enough to sweat, therefore an infrared sauna offers us the opportunity to do both while relaxing in the sauna.

Isn't the sun bad for me?

The sun is our primary source of radiant energy, but not all of its energy is beneficial. The harmful ones are the ultraviolet rays. FIR heat is NOT ultraviolet radiation. Ultraviolet rays are not present in the infrared sauna. It is the UV rays what damages our skin cells. FIR heat provides all the healthy benefits of natural sunlight without any of the dangerous effects of ultraviolet.

How does it work?

Sitting in a far-infrared sauna, the body core temperature begins to rise. The blood vessels dilate, causing increased blood flow. As heat from the blood moves toward the skin's surface and the core body temperature rises, the body's nervous system sends signals to the millions of sweat glands covering the body. As the sweat glands are stimulated, they produce sweat. Sweat production is primarily for cooling of the body and is composed mostly of water – but deep sweating in a far-infrared sauna will also bring out heavy metals, pesticides, herbicides, pcbs, and hydrocarbon residues – all toxins commonly picked up from our environment.

What are the benefits?

- **Detoxification** – of toxins and heavy metals
- **Pain Relief** – arthritis, fibromyalgia, sports injuries and other chronic pain conditions. It helps heal soft tissue injuries.
- **Weight Loss** – burn up to 600 calories in 30 min
- **Relaxation** – you sweat at lower, more comfortable temperatures than traditional saunas. You feel refreshed and rejuvenated.
- **Skin Care** – acne, eczema, psoriasis, cellulite.
- **Increases immunity**- improves resistance to disease
- **EXTRA**- our sauna provides **full spectrum lighting** especially beneficial for SAD (Seasonal Affective Disorder).

Traditional Sauna	Infrared Sauna
Raise the temperature of the air in order to warm the body.	Infrared wave lengths heat the body directly. Therefore, you can work up a sweat at lower temperatures.
Sweat produced is mostly water and sodium chloride. (97% water and 3% toxins)	Sweat that is produced will not only contain water but will also contain cholesterol, fat soluble toxins, heavy metals (such as mercury, aluminum and arsenic), nicotine, sulfuric acid, ammonia, and other dangerous environmental poisons. (85% water and 15% toxins)