

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 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.

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 that 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. Kyo, 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*

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."