

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).
- Chrones 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).

Dr. Masao Nakamura of the O and P Medical Clinic in Japan reports success with the use of far infrared heat treatment for the following:

- Acne.
- Arthritis.
- Ear Diseases.
- Gastroenteric Problems.
- Insomnia.
- Menopause.
- Whiplash.
- Sciatica.
- Shoulder Stiffness.

Musculo-skeletal Improvements with Far Infrared Heat

Success has been reported from infrared treatments by Japanese researchers for the following musculo-skeletal conditions:

- Arthritis, Gout, Rheumatoid, DJD (each substantially relieved or improved).
- Adhesions (common in competitive athletes, trauma, and repetitive stress syndromes).
- TMJ Arthritis.
- Acel-Decel Injury Sequelae.

- Low-Back Pain (relieved).
- Bursitis (eliminated).
- Brain Contusion (accelerated healing).
- Disc-Protrusion Related Neuralgia.
- Compression Fractures (in one situation pain stopped for three days with one treatment).
- Muscle Tension (relaxed).
- Muscle Spasms (reduced or eliminated).
- Post-Exercise Muscle Pain (good results - vital to competitive athletes).
- Shoulder pain (relieved or improved).
- Spinal Chord Shock (reversed post traumatic shock).
- Tight Shoulders (more relaxed).
- Traumatic Arthritis.

Ear, Nose, and Throat Conditions Relieved with Far Infrared Heat

The Japanese report the following ear, nose, and throat conditions relieved with far infrared heat treatments:

- Body Odor.
- Chronic middle-ear inflammation of infection.
- Clogged pores (unplugged of cosmetics, unexcelled skin texture and tone).
- Dandruff (increased blood flow through the scalp).
- Eczema and Psoriasis (respond well).
- Lacerations (healed quicker with less pain and scarring).
- Nettle rash.
- Nose bleeding (reduced).
- Skin Conditions (improved).
- Teenage skin problems (clearing acne and blackheads).
- Poor skin tone - Scars and pain from burns or wounds (decreased in severity and extent).
- Sore throats.
- Tinnitus (chronic severe case cleared with 10 infrared treatments).

Used routinely in burn units throughout Asia.