

BACK TO BASICS NEAR INFRARED SAUNA

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Near infrared emits a reddish light which penetrates up to 3 inches deep into the body tissues. This type of sauna provides warming and color therapy. The lights emit a small amount of red, orange and yellow visible light. These particular frequencies draw energy downward in the body and can assist the digestive and other eliminative organs (lungs, skin, lymph) with detoxification.

The near infrared lamps penetrate deeper because the heat source is concentrated in a smaller area.

Near infrared is an antioxidant nutrient, it activates the cells, supports metabolic processes (cellular activity and energy), and decouples toxins from water molecules. It is used in wound healing and for cellular repair and regeneration.

Near infrared red therapy is the safest and most powerful ways to eliminate toxic metals, chemicals, and chronic infections.

Near Infrared Sauna Benefits Include:

- **Skin rejuvenation.** Our skin is our largest organ. In most people the skin is inactive, congested and toxic. Near infrared slowly restores elimination through the skin.
- **Enhanced sweating.** Sweating gently and safely eliminates heavy metals and chemical toxins. Medical studies demonstrate that most toxins can be eliminated through our skin thereby reducing the load on the liver and kidneys.
- **Decongests internal organs.** Heating the body powerfully shunts blood to the surface of the skin greatly stimulating circulation.
- **Fever therapy.** Raising body temperature kills bacteria, fungi, parasites and viruses. Many people have a low body temperature and for this reason are unable to clear chronic infections of the sinuses, ears, throat, lungs, bladder, intestines, joints and thyroid.
- **Tumors, radiation poisoning and mutated cells.** Hyperthermia also kills other types of abnormal cells. Tumors tolerate heat poorly.
- **Oxygenation, hydration and circulation.**
- **Phototherapy.** Modern medicine is starting to recognize that shining light on the body at certain frequencies can activate specific healing enzymes.

Boosts metabolism. Reduces body fat. Increases energy and strength. Reduces cellulite.

Near infrared is well tolerated by even the sickest of people.

When using a Near Infrared Sauna - begin with 10 to 15 minutes and gradually build up to 25 minutes. You can use the sauna twice a week and up to twice a day as your tolerance grows. It may take up to 2 years to fully detoxify.

Please note that "Far Infrared Saunas" emit EMF's or electric magnetic frequencies which are very harmful. Even if they are "low emf" they are still emf and can cause harm. When your body is trying to heal, you don't want to expose it to anything that can cause damage!