

Far infrared Heating

Some call it the 'Light of Life', others 'Vital Rays', NASA calls it 'Bioenergetic Rays'; but, whatever nickname it is given far infrared has proven to be as important to human life as is oxygen, food, and water. (1)

Far infrared (FIR) is one range of the electromagnetic spectrum of waves emitted by the sun. Humans can not see this light, but know of its existence from the warmth they feel. To further explain how it is felt imagine yourself on a picnic during a hot summer day. It has become picnic protocol to set up the food under the shade of a tree. The air temperature does not change from the sun to the shade. So, why set up in the shade when the air temperature is the same in both locations? Because, the far infrared rays from the sun does raise the skin's temperature when in direct contact. (1)

Unlike other saunas, the far infrared saunas' heat penetrates at least 1 1/2 inches below the skin's surface. This creates a deeper cleansing of the tissues. Far infrared heats the body directly. It does not use the air surrounding the person as a go between. The direct contact far infrared creates with the individual will result in a more intense sweat, while actually generating a lower temperature. This in turn allows more toxins to be eliminated than with other higher heated saunas. (2)

A 30 minute far infrared sauna is as advantageous to the cardiovascular system as is a 6 mile run. In fact, NASA has used far infrared for cardiac conditioning. With far infrared heat the blood vessels become dilated which helps lower blood pressure, increases blood circulation, boosts cellular metabolism, smoothes the walls of the blood carrying system and increases the production of both white blood cells and endorphins. The blood and its systems gain vigor which results in a strengthened immune system, quicker injury healing, normalized cholesterol, recovered energy and improved oxygen levels. (2)

Our tissues normally produce infrared energy for warmth and tissue repair. Tissue production of infrared energy is associated with a variety of healing responses. At times, the infrared energy in our tissues may require a boost to a higher level to ensure the fullest healing possible for tissue repair. (3)

Body tissues that need an infrared boost, selectively absorb infrared rays. The tissue will only use the infrared rays in areas were it is needed. After boosting a tissue's infrared energy, the remaining rays pass onward harmlessly. This phenomenon is called "resonant absorption." (3)

Research has shown that people that are chronically ill or with toxic levels from exposure to any toxin, pathogen, or nano advanced material have a lower base temperature than normal. Their natural far infrared energy source is being diminished by the condition. (3)

FIR will allow the body to attack any infectious material, foreign invader (chemicals), biofilms, nano microbic material and biomaterials. The melting point of many chemicals is greater than the body, but FIR creates temperatures that are RADIANT HEAT (cold heat) and will not burn the skin just push out foreign matter. FIR accelerates your internal regeneration of cells and the removal of superoxide molecules and toxins. (3)

There is a plethora of chemicals the body can not metabolize so when ingested these toxins tend to be stored in fat cells. A Chronic Toxic Overload is created when hundreds of chemicals dwell in the body. This condition causes dozens of debilitating illnesses.

Excessive toxins cause the mechanism which creates enzymes to malfunction, resulting in nutritional shortages, which in turn can lead to hormone and brain imbalances. (2)

The heat from far infrared prevents the growth of bacteria and molds. Along with this effect, caused by the heat, the body will also activate its immune system anytime its core temperature rises above the norm. This stimulation of the immune system helps the body to more quickly rid itself of other illnesses. (2)

- 1 Infrared Sauna heat increases your blood circulation and stimulates the sweat glands, releasing built up toxins in the body. (5)
- 2 Daily sauna sweating can help detoxify your body as it rids itself of accumulated highly toxic metals (lead, mercury, nickel, and cadmium) as well as alcohol, nicotine, sulfuric acid, and other organic and inorganic compounds. (5)
- 3 infrared heaters will raise your core body temperature, inducing an artificial fever. Fever is the body's natural mechanism to strengthen and accelerate the immune response, as seen in the case of infection. (5)
- 4 This enhanced immune system, combined with improved elimination of toxins and wastes via intense sweating, increases your overall health and resistance to disease. (5)

In many countries radiant heat therapy is widely used to treat patients suffering from many forms of arthritis. Radiant heat has also been effective in the treatment of sprains, neuralgia, bursitis, muscle spasms, joint stiffness and many other muscular-skeletal ailments. Much of the stiffness, aches and soreness that comes with aging is reduced or eliminated. (5)

People not only absorb far infrared, but also emit it. The ancient art of 'laying on of hands' is actually the skill of releasing far infrared energy from the healer to the patient. The level of far infrared produced by each individual mirrors their general health. As they become ill their radiation of far infrared goes down, and vice versa as health is restored. (1)

THIS INFORMATION WAS COMPILED FROM THE FOLLOWING SOURCES:

- (1) <http://www.promolifenews.com/far-infrared-elixir-of-light/>
- (2) <http://www.promolifenews.com/far-infrared-the-ultimate-sauna/>
- (3) <http://products.healinggrapevine.com/far-infrared/far-infrared-heat.html>
- (4) <http://www.infraredsauna.com/why.html>
- (5) <http://www.infraredsauna.com/health.html>