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**There are billing codes for Infrared Therapy:
Codes can vary based on the application.**

[Quasar Capsule: A16536 From ActiveForever](#)

[FAR Infrared Sauna: A16102](#)

How Would the Quasar Capsule and Infrared Sauna Help My Practice and My Patients?

Throughout the last 25 years research has shown that FIR (far infrared ray) to be useful for many different applications. With the ever increasing age of our population we come across many symptoms, disorders, diseases that highly relate to blood flow, blood pressure, bodily toxins, cartilage growth, and muscle/tendon stiffness just to name a few. FIR infrared addresses these and many others all while simply lying in the Quasar Capsule for 15 – 99 minutes. (users discretion and comfort) The blood flow increase is so significant that a one can burn 600-900 calories in a 30 minute session and provide a cardiovascular workout as mentioned in JAMA.

"Regular use of a sauna may impact a similar stress on the cardiovascular system as running, and its regular use may be as effective [at] burning calories."

Journal of the American Medical Association

FIR Infrared and provides benefits without lifting a finger as mentioned in this Oprah segment. <http://www.oprah.com/article/oprahshow/20090305-tows-oz-live-longer/6>

According to "Guyton's Textbook of Medical Physiology" producing one gram of sweat requires 0.586 kcal. "A moderately conditioned person can easily sweat off 500 grams in a sauna, consuming nearly 300 kcal - the equivalent of running two to three miles. A heat conditioned person can easily sweat off 600 to 800 kcal with no adverse effect. While the weight of water loss can be regained by rehydration, the calories consumed will not be."

Journal of the American Medical Association

Since the infrared therapy can stimulate two to three times the sweat produced than a conventional sauna it could contrast into meeting calorie consumption of rowing or running during the same 30 minute exercise. That translates to burning the same amount of energy as a six to nine mile run. This would be a great alternative for those in wheelchairs, those unable to exert themselves and of course those who won't follow an exercise/conditioning program for cardiovascular training. It would also be a highly valued addition to an already

existing training program. Blood flow during whole-body hyperthermia is reported to rise from a normal five to seven quarts a minute to as many as 13 quarts a minute.

Other research done also used LED's producing FIR such as NASA. NASA in this study used LED's emitting visible red light and near infrared which the Quasar Capsule also products. These are known to stimulate the growth and regeneration of healthy cells within the body and repair damaged tissue more rapidly.

<http://www.nasa.gov/centers/marshall/news/news/releases/2003/03-199.html>

Some other benefits of the Quasar are listed below:

Benefits

- Reduced fine lines and wrinkles
- Increased Metabolism
- Cell Growth
- Prevents bone and muscle atrophy
- Increased Flexibility in muscles and tendons
- Caloric consumption (600 – 900 cal per ½ hour)
- Body detoxification
- Increased healing of skin and muscle
- Pain Relief
- Increased collagen
- Increased blood circulation
- Increased moisture retention
- Increased oxygenation and restoration of skin's natural cellular activity
- Increased lymphatic system drainage which detoxifies the skin tissue
- Softened scarring
- Smoothed out uneven pigmentation for more consistent coloration
- Thickened and firmer skin
- Radiation tissue damage
- Burns relief (including sun burn)
- High and Low blood pressure
- Short term memory
- Reduction in joint stiffness
- Reduced pore size
- An all over healthy glow

To be a bit more specific the generally accepted therapeutics effects resulting from the heat of the FIR rays include:

1. Increases in the extensibility of collagen tissues.

Tissues heated to 45°C and then stretched exhibit a non-elastic residual elongation of about 0.5 to 0.9% that persists after the stretch is removed. It does not occur in these same tissues when stretched at normal tissue temperatures. Thus 20 stretching sessions can produce around a 10 to 18% increase in length in tissues heated and stretched. This effect would be especially valuable in working with ligaments, joint capsules, tendons and fascia.

The cited experiment clearly shows that low-impact stretching can produce a significant residual elongation when heat is applied together with stretching or range-of-motion exercises, which is also safer than stretching tissues at normal tissue temperatures.

This safer stretching effect is crucial in properly training competitive athletes so as to minimize their down-time from injuries.

2. A decreases of joint stiffness directly.

There was a 20% decrease in stiffness at 45°C as compared with 33°C in rheumatoid finger

joints, which correlated perfectly to both subjective and objective observation of stiffness. Any stiffened joint and thickened connective tissues should respond in a similar fashion.

3. Relief of muscle spasms.

Muscle spasms have long been observed to be reduced through the use of heat, be they secondary to underlying skeletal, joint, or neuro-pathological conditions.

This result is possibly produced by the combined effect of heat on both primary and secondary afferent from spindle cells and from its effects on Golgi tendon organs. The effects produced by each of these mechanisms demonstrated their peak effect within the therapeutic temperature range obtainable with radiant heat.

4. Pain relief.

Pain may be relieved via the reduction of attendant or secondary muscle spasms. Pain is also at times related to tension or spasm, which can be improved by the hyperemia that heat-induced vasodilatation produces. Heat has been shown to reduce pain sensation by direct action on both free-nerve endings in tissues and on peripheral nerves. In one dental study, repeated heat applications eventually led to abolishment of the whole nerve response responsible for pain arising from dental pulp.

5. Increase of blood flow.

Heating of one area of the body produces reflex-modulated vasodilatation in distant-body areas, even in the absence of a change in core body temperature; i.e. heat one extremity and the contra lateral extremity also dilates; heat a forearm and both lower extremities dilate; heat the front of the trunk and the hand dilates. Heating of muscles produces an increased blood flow level similar to that seen during an exercise.

Temperature elevation produces an increase in blood flow and dilation directly in capillaries, arterioles, and venous, probably through direct action on their smooth muscles.

6. Assists in resolution of inflammatory infiltrates, edema and exudes.

The increased peripheral circulation provides the transportation needed to help evacuate the edema, which can help stop inflammation, decrease pain and help speed healing.

7. More recently, it has been used in cancer therapy.

This is a new and experimental procedure. It shows great promise in some cases, when used properly.

American researchers favor careful monitoring of the tumor temperature; whereas the successes reported in Japan make no mention of such precaution.

Cancer Pain: relieved pain in later stages of cancer extremely well.

8. Burns relief.

Relieves pain and decreases healing time, with less scarring.

9. High Blood Pressure

Reported safe to lower hypertension. A case of a diabetic is reported with a systolic decrease from 180 to 125mmHg systolic and a concurrent 10 lbs. weight loss after infrared treatment.

10. Low Blood Pressure

Regular FIR Sauna use assists the body to raise blood pressure to normal levels.

11. Short-term memory

Use is reported to improve short-term memory retention.

12. Cerebral Hemorrhages

Recovery appears to be both sped up and significantly enhanced.

13. Auto Accident: related soft tissue injury

Daily sessions with FIR treatment were used until best healing was attained; then Infrared systems were used to deal with permanent residuals. The pain control effect on the chronic residuals from such injuries lasted three days before another treatment was necessary.

Infrared healing is now becoming the leading edge in the care of soft tissue injuries to promote both relief in chronic or intractable "permanent" cases, and accelerated healing in newer injuries.

14. Arthritis, acute and chronic

Both are reported to be greatly relieved.

15. Gouty Arthritis:

Similar relief reported.

16. Rheumatoid Arthritis:

FIR treatment successfully relieved discomfort.

A Swedish case study reports on the case of a 70-year-old man with Rheumatoid Arthritis secondary to acute rheumatic fever. He had reached his toxic limit on Gold injections and his Erythrocyte Sedimentation Rate was still at 125. Within 5 months of undergoing an infrared treatment, his ESR was down to only 11.

In another case of rheumatic arthritis, that of a 14-year old Swedish girl who couldn't walk comfortably downstairs due to knee pain since an eight year old, her Rheumatologist told her mother that her child would be in a wheelchair within 2 years if she refused gold corticosteroid therapy. However, after 3 infrared sauna treatments, she became more agile, and subsequently took up folk dancing, without the aid of the conventional approach in her recovery.

A clinical trial in Japan reported the successful solution in seven out of seven cases of Rheumatoid Arthritis treated with whole-body infrared therapy. These case studies and clinical trials indicate that further study is warranted on the usage of whole-body infrared therapy in the care of patients with Rheumatoid Arthritis.

17. Menopause Symptoms

Treatment relieved chills, nervousness, depression, dizziness, head and stomach aches.

18. Weight Loss

As previously discussed the initial loss occurred through perspiration and the energy use needed to produce the perspiration. Secondly, weight reduction occurred through direct excretion of fat.

19. Radiation Sickness

Relieved signs and symptoms.

We hope you have thoroughly enjoyed this basic summary as to the benefits of this essential and effective Quasar Capsule.



WE HOPE YOU APPRECIATE THIS INFORMATION!

We can help you assimilate the Quasar Capsule into your facility by offering you very reasonable lease terms, flexibility, and publicity to help insure your decision is a success!

The Quasar Capsule can also be used very easily and safely in the home, so we can also offer you wholesale pricing in the event one or more of your clients/patients would like to purchase a unit.

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Please use our website www.activeforever.com as a resource when discussing the tools necessary for injury prevention, physical conditioning, pain relief, healing, pandemic safety and recovery.