Our lives, health and well-being are truly dependent on the Sun’s energy. We are nourished directly by the stimulation of sunlight and nourished indirectly by eating foods, drinking fluids, and breathing air that has been vitalized by the Sun. As many scientists have determined over a century of investigations, far infrared energy is not only part of the Sun’s energy spectrum, it is the safest and most beneficial frequency of natural sunlight. It has the potential to generate amazing therapeutic effects on our bodies, including improved circulation, enhanced natural detoxification, and reinforced immune responses. This heat energy can deliver healing relief for joint and muscle pain and inflammation, enhance cardiovascular function, lower cholesterol, revitalize skin cells, emulsify fat, increase metabolic rate and curtail the spread of infection. While results differ in each of us, the constant is that far infrared affects our bodies in a number of beneficial ways.

A History of Far Infrared

Over mankind’s history, heat therapy has taken different forms. The first documented use dates back to Hippocrates in the fifth century. Known as the father of western medicine, he taught Greek physicians that if one could create a fever, one could cure all illness. The early Romans built on this discipline, using elaborate hot baths and bathhouses. Even Native Americans have used “sweat lodges” for both physical and spiritual cleansing practices.

At the start of the 19th century, the English astronomer Sir William Herschel studied the infrared light wavelength. His experiments with this radiant heat triggered wide scientific interest, an interest that continues today. Utilizing the early exploratory work of some of the greatest scientists of our time, such as Albert Einstein, modern studies have researched the positive effects of the Sun’s energy on our own atmosphere and human life. NASA’s own scientists studying the positive attributes of far infrared heat determined it is so important to maintaining health that they incorporated infrared technology into the Space Shuttle systems. The Journal of American Medical Association, The New England Journal of Medicine, and many other technical and scholarly publications have discussed the positive effects of far infrared heat therapy on a variety of conditions.
On Circulation

If you can improve your circulation, you can improve your long-term health and wellness. Our blood carries all the properties to maintain optimal health. Nutrition, oxygen, healing properties and genetic information are all communicated in our blood. The thermal effect of far infrared heat is absorbed deep within tissue layers causing the blood vessels to expand or dilate, improving local blood circulation and increasing our metabolic rate, without increasing blood pressure. This enhances blood flow to peripheral vessels, enriching vital oxygen delivery to organs, joints and extremities. In turn this effect improves the healing of sprains and strains, relieving pain and reducing the time it takes the human body to recover from an injury and heal from wounds. The rate at which our bodies absorb nutrition, nutra-ceuticals, other supplements as well as medications is also improved. Many conditions that inhibit blood flow such as sickle cell anemia and diabetes benefit from the improvement of circulation through the use of far infrared heat therapy.

Did you know?

Far infrared is touted as the safest and “most beneficial” wavelength of natural sunlight

On Immune System

Far Infrared heat creates an “artificial fever.” A fever is one of the body’s most powerful frontline defenses against viruses, infection, and disease. Raising your core temperature, also known as hyperthermia, diminishes the advancement of infection, virus and bacteria growth because most viruses and bacteria cannot thrive above 102° F. As effective as a fever is in curtailing growth, it also energizes our body’s natural killer cells called lymphocytes, the active aggressive immune response team within our bodies. Most of this activity occurs when your core temperature is at 102°F or higher. A fever can also be artificially induced in patients who are unable to mount a natural fever response by incorporating the deep penetrating heat generated from far infrared or frequency therapy. Many advancements in cancer treatments also incorporate hyperthermia because we are finding out that many cancers act like viruses in our bodies and cannot thrive in high temperature environments. This, in addition to aiding the removal of harmful toxins thought to cause many illnesses, is one of the most beneficial effects far infrared has in benefiting the immune system.
Our environment is becoming increasingly more toxic. Our bodies retain many of these poisons through air, water and food products intake. When toxins are present, blood circulation is blocked and cellular energy is impaired. Most of our toxic load is stored in fat, muscle, soft tissues and the organs of our bodies. Through perspiration, far infrared heat stimulates the release of these toxins and aids in the removal of them from the body. Dr. Mehmet Oz has been quoted as saying that far infrared sauna is the best natural detox because it is the most efficient way to evacuate.

On Pain Relief

Another vital benefit of using far infrared heat therapy is the effect it can have on pain. Research studies across the globe have shown that users have a significant reduction in pain from many varying conditions ranging from chronic back pain and sore muscles, to fibromyalgia and even the pain associated with the blood disease sickle cell anemia. A Japanese study which tested the effects of far infrared heat on chronic pain found that patients suffering from fibromyalgia, a debilitating condition characterized by sleep disturbance and widespread pain, experienced a staggering 78% reduction in their pain after 10 sessions, and a 50% reduction after only one session. Another researcher tested the efficacy of far infrared heat in treating chronic lower back pain.

On Detox

Our environment is becoming increasingly more toxic. Our bodies retain many of these poisons through air, water and food products intake. When toxins are present, blood circulation is blocked and cellular energy is impaired. Most of our toxic load is stored in fat, muscle, soft tissues and the organs of our bodies. Through perspiration, far infrared heat stimulates the release of these toxins and aids in the removal of them from the body. Dr. Mehmet Oz has been quoted as saying that far infrared sauna is the best natural detox because it is the most efficient way to evacuate.
toxins from the body. Daily sweating, along with blood circulation and lymphatic flow, releases built-up toxins and waste. A further benefit of using far infrared heat to induce sweating is that up to 85% more toxic heavy metals are effectively released compared to normal sweat levels. Medical studies have targeted toxemia, or excess toxic buildup, as the number one reason many people become ill. With the elimination of these poisons from deep within the body, the organs become less encumbered and stressed.

**On Inflammation**

Patients suffering from chronic inflammation have been the subject of a variety of tests utilizing far infrared treatment. A recent study in Taiwan found that far infrared exerts a potential **anti-inflammatory effect as well as lessens the pressure on nerves causing the pain response.**

The probable benefits of far infrared treatment for arthritis, a disorder associated with chronic inflammation, are also the subject of ongoing promising research.

**Why Infrared**

In sum, far infrared heat is safe and can benefit most of us in a number of powerful, therapeutic ways. It raises our body’s core temperature, inducing an “artificial fever” that helps us naturally detoxify. It supports our immune system and improves our body’s ability to absorb essential nutrition, eases pain and relieves inflammation. Most of all, far infrared heat is all natural, we cannot get too much of it and it sets the stage for our body to heal naturally on its own.

**Far Infrared Heat Therapy Products**

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