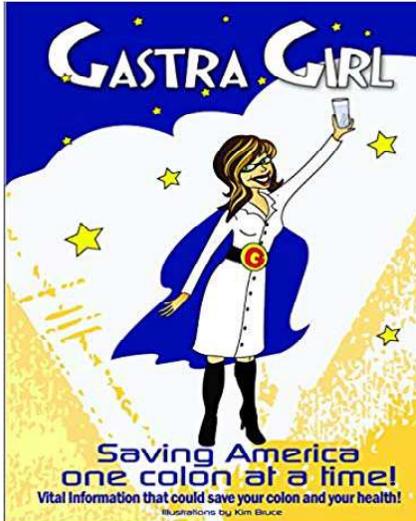


**Relax  
Saunas**

# **Relax Far Infrared Sauna The Superior Sauna**

## **Gastra Girl Saving America One Colon at a Time**



**Vital Information that could save  
your Colon and your Health!**

### **Resource Guide (193 pages)**

**by Rebecca Harder - \$30.00**

This is a Resource Guide that I give out to my clients during their new client consult. Many of the articles and resources provided in this book are "lost" amidst the myriad of modern supplements, iv therapy and allopathic treatments of "cut, poison & burn" simply because they take more time to give and there is little profit in them. And while some of these modalities may otherwise be labeled as "outdated" or "quackery", I have through my own professional experience, found them to be very effective with little to no side effects or contraindications. What worked beautifully for people decades ago, still works beautifully today. The body has not changed in thousands of years, and is still operating on the original blueprint. It is that blue print that this resource guide is based on.

### **Why Infrared Sauna is an absolute necessity ... For Everyone (chapter 10)**

Over 2,000 years ago, the famous Greek physician Parmenides said, "Give me the power to create fever, and I will cure any disease." What a bold statement from Dr. Parmenides! Could it be true? Could sweating under Infrared Light really change your life differently and far better than sweating from exercise and from electric saunas? I have owned and strongly suggested to clients many different kinds of infrared Sauna and light devices over the years including Far and Near Infrared, wooden Finnish Electric Heat Sauna, Biomat and in Light Wellness Light pads and also various PEMF, Rife and Frequency Devices. This article is going to give reasons why you should invest in an infrared sauna as soon as possible. ...

Why is it necessary to do infrared sauna? There are many reasons, but the top two reasons are: First, it is absolutely necessary to reach and maintain proper body temperatures (98.6) and infrared sauna is the best way to achieve that (along with addressing Thyroid malfunctioning). Dr. Mark Sircus, MD, gives the perfect explanation as to why. ...

The second reason why infrared sauna is necessary would be to aid in the detoxification of heavy metals and chemicals. ...

In an article in the Townsend Letter for Doctors and Patients, Dr. Lawrence Wilson writes, "If I were to single out one method to combat cancer, it is the sauna. It assists removal of chemical toxins and heavy metals, increases oxygenation, enhances the immune system, and reduces the radiation burden in the body." ...

When someone asks me which Infrared Sauna to get, I ask them what is their purpose, financial and space limitations and most important what is their energy state? ... However, for people with enough energy, (not perfect energy but enough energy), I recommend a Far Infrared Sauna for the purpose of sweating, and specifically the Relax FIR Sauna over all other ones. Why that one? ...

Infrared Sauna will make the biggest impact upon people's health after proper water intake and getting the bowels eliminating. Before I address diet with clients, I encourage them to start doing infrared Sauna. Before starting an exercise program, I encourage people to start doing Infrared Sauna! Why is it so incredibly important and why must it be one of the first things a person does to improve their health? Because the "issues are in the tissues"! If you want to be healthy, happy, fit, and feeling fabulous, then you need to get the toxins out and the most effective ways to do that are through infrared Sauna and Colonics. Since you can't do a colonic everyday, you can do infrared Sauna everyday and (get) excellent results with just 3-4 times per week. Just 20 minutes a day will make a huge and immediate impact in your health. You will see & feel the difference from your very 1st session. And it will motivate you to exercise and eat better. ...

Now I know the Relax Infrared Sauna does not look impressive making it hard to believe that the best Sauna is not necessarily the most expensive and nicest looking one. Especially when you compare the Relax Sauna to the beautiful wooden saunas ... I Understand your gut reaction! For the last 10 years, I have turned my nose up at the Relax Sauna every time I saw them at the health conferences until this last year when I tried one. I was sold on the Relax Sauna within the first 3 minutes! Right away I could feel the difference. No preheating like with wooden saunas. I experienced Instant Relaxation. ...

I realized the Relax Sauna was head and shoulders above all the rest to recommend. ... The Relax Saunas are so small that it can fit most anywhere and fold away within minutes. Any home can afford them and find room for them. (see Page 53-60 of her book for further info.)

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