

# Why Infrared Sauna is an Absolute Necessity for Everyone

By Rebecca Harder



**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! 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 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.

Now before we go any further, if you are looking for "establishment" proof that infrared sauna does all I say it does, you will not find it on the first few pages of an internet search. You will find many "establishment" articles saying it does not do the amazing benefits. If you need proof by the "establishment", well this article and book is not for you. In fact, the "establishment" produces "fake news" when it comes to natural modalities. They want you to buy their drugs, vaccines, chemical food like substances and live a miserable life dependent on the government. So if you appreciate information sources like Natural News, Mercola, Ty Bolinger and Food Babe, I think you will appreciate the article and this book, but if not, please don't write me pointing out that you can't find "establishment" evidence for infrared sauna benefits. You might want to try doing sauna for 30 days and just see if it does all the "quacks" are saying it does.

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 temperature (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 colder a body becomes, the slower the electrical oscillatory rate and therefore the thicker, more viscous, or syrupy the body fluids become. The more viscous the fluids become the more difficult it is for the body to push the fluids through the body. The lymph fluids that are normally supposed to bathe the outsides of all of your cells become progressively stagnant as it is too thick to move efficiently." "A low body temperature creates a happy home for viruses and chronic infections, and is a sign of degeneration and gradual cellular death. The problem with a low core temperature is that no effective immune response can be mounted therefore no fever is generated and infections go undetected. The sickest person is one who gets the same infections but never miss a day of work because there is no response by their immune system, so they have a false sense of wellness as healthier individuals go through healthy fevers and*

*immune responses that may cause them to miss work. There is a decrease in the production of all hormones, neurotransmitters, and other body chemicals necessary for normal healthy regulation. Enzymes only work correctly when conditions are within a narrow range. The enzymes depend on pH, which in part depends on CO2 levels and cell voltage and cell temperature. Body temperature below 98.2 ° F, (36.8 ° C) may cause various maladies due to a slowing of enzymatic processes. Low body temperature is the plague of the 21st century.*

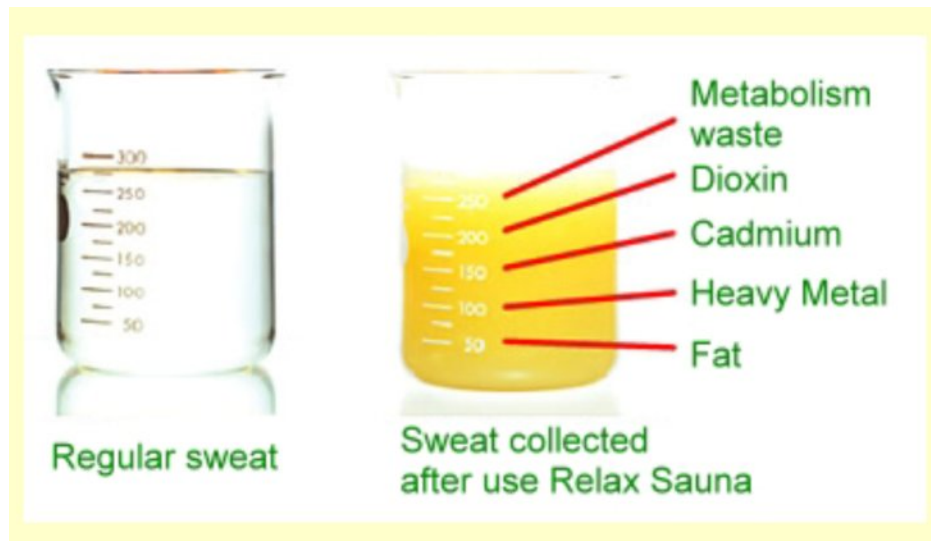
The second reason would be simply to **detoxify the body of heavy metals and chemicals**. Now this is the point the "establishment" vehemently denies. The AMA does not support the "theory" of "autointoxication". They do not believe the body is toxic. They will point out, "show me a toxin"? So if you want to know more about "autointoxication", a great book was written by Dr Bernard Jensen, "Tissue Cleansing through Bowel Management". Another one is by Dr JH Kellogg, MD, "The Anatomy of a Breakfast". But for those who understand that we live in a toxic world and that one of our health challenges is detoxification, please consider this:

*Dr Mark Sircus, MD further stated that "researchers analyzed the sweat from both traditional and infrared saunas. Sweat from traditional saunas was about 97% water and 3% toxins. Infrared saunas produced a sweat that was only 80 –85% water. The remaining 15-20% was made up of heavy metals, sulfuric acid, sodium, ammonia, uric acid and fat-soluble toxins. **Infrared heat is incredibly powerful because it helps you cleanse at the cellular level and release toxins stored in your fat cells.** Did you know that your body makes a fat cell...to store toxins? So you can see why detoxifying helps the body achieve ideal weight.*

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.*"

Urine Before Using the Relax Sauna		Urine After Using the Relax Sauna	
Heavy Metal	amount in units	Heavy Metal	amount in units
Antimony (Sb)	.12	Antimony (Sb)	.23
Arsenic (As)	89.2	Arsenic (As)	220
Cadmium (Cd)	.53	Cadmium (Cd)	.62
Lead (Pb)	.69	Lead (Pb)	1.00
Mercury (Hg)	.48	Mercury (Hg)	.69
Nickel (Ni)	3.44	Nickel (Ni)	9.0

Not only urine tests, but also the sweat released after a Relax Sauna session proves increased detoxification:



*"Peer reviewed literature shows that sweating during sauna therapy eliminates high levels of toxic metals, organic compounds, dioxin, and other toxins. Sauna therapy is ideal to mobilize toxins from their hiding places". Dr. Dietrich Klinghardt*

When someone asks me which Sauna to get, I ask them what is their purpose, financial and space limitations and most important, what is their energy state.

The Lifeways BioMat (which can be used with either a dome or mylar sheet to achieve a light sweat) is outstanding for those with energy restrictions such as late stage cancer or elderly. **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? Because of these factors:

1. 100% Infrared with ZERO negative frequencies
2. Head can stay out of the sauna
3. Low cost
4. Size and Portability
5. Can use Ozone within the chamber
6. 15-30 minute sessions from start to finish for intense sweat (Does not need to preheat)
7. Does not retain odors (wooden saunas retain odor)

**The Relax Sauna delivers the highest health benefits for the lowest cost. (Retails for \$1,295) Doing 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 Sauna! Before starting an exercise program, I encourage people to start doing 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 your 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 cant do a colonic everyday, you can do Infrared Sauna everyday. Just 15 minutes a day will make a huge and immediate impact in your health. You will see and feel the difference from your very first 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 sauna's like the Gentle Heatwave, Sunlighten and Clearlight Saunas that have built in stereos, lighting, and that spa like feeling. 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 the wooden saunas. In the Relax Sauna, I experienced instant relaxation from the higher quality infrared. The Relax Sauna produces 100% Infrared with zero negative frequencies.

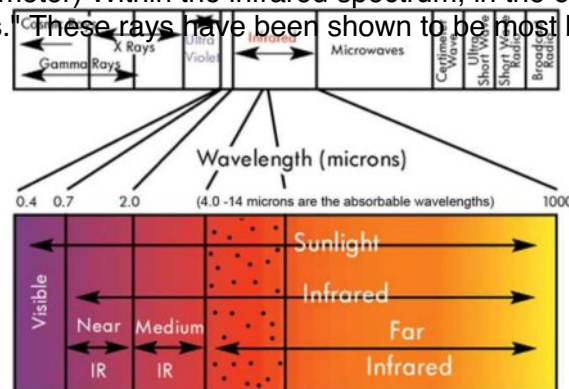
Just 15 minutes produced a profuse sweat which took an hour to get to a light sweat on my BioMat under the mylar sheet and that was after it preheated for 20 minutes. Who has time to wait for it to pre-heat? I don't have an hour a day for sauna, but I can squeeze in 15 minutes for a Relax Sauna. It was then I realized that most people could afford the Relax Sauna and would do it daily because they would get benefits right away.

The wooden box saunas are really pretty but for the \$4000 plus price range, (and the one I wanted was \$6000 so I could lay down), I realized the Relax Sauna was head and shoulders above all the rest to recommend. And then there was space. When I showed clients the wooden sauna, the first thing they said was "they had no where to put it". They are huge. The Relax Saunas can fit most anywhere and fold away within minutes. Any home can afford them and find room for them. If you turn your home into a mini healing retreat, with sauna and a few other other natural modalities, you will have access to true health care for life.

So I am hoping that you are smarter than me and willing to take an honest look at the Relax Sauna. Below information is condensed from the 24 page E-booklet Relaxed Sauna puts out.

**Not all Infrared Saunas are created equal!**

Why is the Relax Sauna more effective than other saunas? **The RELAX SAUNA GENERATES 100% PURE FAR INFRARED LIGHT.** First you need to know the difference between the different frequencies. The human body both sends and receives infrared. The body emits infrared wavelengths between 3 and 50 microns with the greatest output around 9.4 microns. (1 micron = 1 millionth of a meter) Within the infrared spectrum, in the 6-14 micron range, are rays known as the "Vital Rays." These rays have been shown to be most beneficial to the body.



**The Difference**

**Between Near and Far**

### Infrared:

Near infrared, by the definition, does not resonate with human organic cells and the water cells in our body. Near infrared energy is between 1 and 2 microns. Far infrared is between 4-14 microns. Humans send off a frequency of 9.4 microns, and water sends off a frequency of 8 microns. So 4-14 micron energy is pretty much the same as human energy. So they "Resonate". So I would liken a near infrared sauna to a car that only goes 35 miles per hour. If you have only a bicycle, and you get one of these cars, you are going to be pretty darned impressed. If they then get a Relax Far Infrared Sauna, the difference is amazing, sort of like driving a car that can go 80 miles per hour and more.



### The FIR Technology Cloth Cover:

The Relax Sauna uses a Reflecting Cloth Surface that reflects light into your body over and over and over again. Silver is embedded into the cloth that makes up the fabric of the Relax Sauna Tent. ***As the light is generated by the far infrared radiators at the base of the tent, the light hits the back of the tent, and then is reflected back to the front of the tent, and at 186,000 miles per hour (the speed of light), it quickly goes through your body over and over and over again, penetrating your body, and being absorbed by your body from every nook and cranny of the Relax Sauna, as you are almost immediately immersed in a "Far Infrared Ray Light Box.*** There are many portable "imitations" on the market for as little as \$150. These imitation FIR devices use a metal grid that looks like a labyrinth, which is coated with laminated plastic. (Very bad idea to use with ozone!). Electricity heats up the grid in these imitation sauna's. A cloth impregnated with carbon is placed on top of this

laminated grid, and eventually it gets hot, and generates a light composed of far infrared light and other wave lengths that are not far infrared. Because the light in these imitation saunas is NOT totally far infrared, it does NOT have the intensity or the purity of the Relax Sauna. These imitation saunas are limited in their results. They work, but not as quickly and not as effectively.

### The Technology behind the Relax Sauna Patented Ceramic Semi-Conductor Chip:

That old saying is true. "What matters is what's under the hood"! ***A computer program is embedded in this chip, which filters out all of the non-healing, non-absorbable light rays.***

The Relax Far Infrared Heater System utilizes the only clinically tested Heater and has received an FDA



- 1500W FIR Radiators
- Auto-temperature controlled
- 40 ceramic semiconductors

510K # : K05337. You are thus guaranteed to receive only Far Infrared Light Rays, as documented by the FDA (Only 4.4 to 14.4 microns of light rays are emitted by the Relax Sauna radiators, with no light energy emitted that your body does not absorb (i.e. near infrared, ultraviolet, microwaves, etc.). Because Relax employs a computer programmed semi-conductor chip (see above left) that filters out all of the NON-Far Infrared Light, you can RELAX and simply absorb the Far Infrared Light without having to resist any of the non- absorbable, non-healing light rays. This way you can totally absorb the healing Far Infrared Rays without having to consciously or unconsciously resist all other light energies which your body cannot absorb.

***The Relax Sauna uses 1500 watts of energy which is 1 1/2 times the energy of other Saunas that use only 1000 watts of energy, and thus is more intense than other portable saunas.*** The Relax Sauna generates a strong far infrared light that is absorbed into the body. It penetrates the body 1-2", and has a moving effect on the water molecules in the body, A chain reaction then occurs in the body, creating many health benefits to the body (Including increasing circulation, and pumping the lymphatic system).

## **Why Do FIR Sauna?**

### **Anti-aging**

- Relax Sauna healthily assists the molecules in our body to vibrate more vigorously. This increases blood circulation, so cells can more naturally absorb nutrition and oxygen and more easily eliminate toxins..
- Relax FIR Sauna allows blood vessels to dilate and opens skin pores. This helps to relax the body and mind.
- Cells can also better receive and absorb nutrition; muscles and the skin regain their elasticity. Wrinkles are prevented and the skin becomes more lustrous.
- Relax FIR Sauna is excellent for increasing blood circulation to the skin, which is essential for beautiful, youthful, glowing skin. The result is a new "inner glow" as the skin becomes free of accumulated dirt and dry skin cells; FIR promotes deep cleansing of impurities. FIR promotes healing of acne, eczema, psoriasis, burns, skin lesions and cuts. Open wounds heal more rapidly with reduced scarring. FIR firms the skin, improving tone, texture and elasticity. Cellulite is a gel-like substance made up of fat, water and waste, which becomes trapped in pockets below the skin. Furthermore, "*What gets in through the skin can get out.*" In general heat, activity and body temperature facilitate the ease with which these "border exchanges" can take place. Herbal poultices, therapeutic baths, steam and dry saunas and now transdermal patches, rely on the permeability of the skin for either introducing substances into systemic circulation via the skin or mucous membranes, or for drawing toxic substances out of the system via the eliminative channels of perspiration. The Relax FIR Sauna supports cellulite elimination, as profuse sweating and cellular activation together clear away this unwanted form of debris from the body. In Europe and Scandinavia, women have used saunas for hundred of years to prevent and eliminate these difficult to reduce spots. Due to a deeper heat penetration into cellulite, combined with more effective heating in these tissues, FIR Relax Sauna is significantly more effective than conventional saunas.

### **Slimming and Overall Improved Appearance**

Gravitational force and water retention in the body cause muscle mass and organs to become slack and the skin to lose its elasticity. This causes poor blood circulation and excessive fat accumulation, especially the swelling around the waist, belly and eyelids. Relax FIR Sauna can

help to discharge excessive water in the body and is a very healthful tool for maintaining firmness and body shape.

### **Outstanding Caloric Consumption and Weight Control**

In Guyton's Textbook of Medical Physiology, we find that producing one gram of sweat requires 0.568 kcal. The Journal of the American Medical Association (JAMA) states, "A moderately conditioned person can easily sweat off 500 grams in a sauna, consuming nearly 300kcal, which is equivalent to running 2~3 miles. A heat-conditioned person can sweat off 600~800 kcal with no adverse effects. While the weight of the loss can be regained by drinking water, the calories consumed will not be." Relax FIR Sauna helps generate two or three times the sweat produced in a conventional sauna, so the implications for increased caloric consumption are quite impressive.

### **Improved Blood Circulation • Metabolism • Cellular Renewal**

The continuous supply of far infrared energy in the Relax Sauna can narrow the molecular angle and reduce the size of water molecules (clusters). Resonant absorption by the body's water molecules, protein, and organic molecules re-harmonizes them, which fully energizes the body's internal molecules and helps dilate blood vessels. Given that blood vessels are now dilated and water molecules (clusters) in the body are also reduced to a healthier active size, blood circulation is much smoother. When blood vessels are unblocked, blood pressure will not increase. Blood vessels now have better elasticity. Thus, FIR supports prevention of vascular sclerosis (hardening of blood vessels). Incidence of cardiovascular disease(s) will thus also decrease. Once blood flow is smooth, it can flow throughout the blood capillaries of the whole body effectively and ensure a sufficient supply of nutrition; our metabolic rate will also healthily increase. Muscles and skin regain elasticity and maintain the suppleness of youth. Those who start exercise programs will greatly benefit if they do a sauna session after working out. The sweating will help with faster recovery and decreasing muscle soreness.

### **Cardiovascular Functioning**

Relax FIR Sauna produces ***FIR energy which goes deep into our body, to the depths of the bone marrow.*** People with conditions such as heart diseases and high blood pressure show marked improvement after using Relax FIR Sauna because FIR energy helps dilate their blood vessels and increase blood flow thereby unblocking and eliminating waste in the blood vessels. The opening of pores during perspiration also helps eliminate waste, toxins and fat inside the blood vessels.

Hypertension – Circulation is the continuous flow of blood from the heart to the body and back to the heart again. It is the process that keeps you alive. Arteries are vessels that deliver oxygen-rich blood to your body. Veins in your body are vessels that return oxygen-poor blood to the heart. There are two types of blood pressure:

(a) Systolic Blood Pressure (SBP) is the pressure in the vessels when the heart is contracting or delivering blood outward from the heart.

(b) Diastolic Blood Pressure (DBP) is the pressure in the vessels when the heart is expanding or collecting blood back to the heart. When both SBP and DBP are higher than the normal level, an indication that the body is not getting sufficient oxygen from the circulation, the heart has to pump (contract and expand) harder. This increases the burden on the heart. But if sufficient oxygen can be supplied through blood circulation, blood pressure will be normalized. Regular use of the Relax FIR Sauna improves blood circulation by vasodilation (expansion of blood vessels) and reduces the size of water molecule clusters (more than 90% of blood plasma is

water). Deep, slow and long breathing during sauna sessions will also help to increase oxygen in the blood.

### **Kidney, and Joint Functioning:**

How does the Relax FIR Sauna help sufferers of dialysis, uremia (kidney disease), rheumatoid arthritis, joint aches, inter-vertebral disc protrusion-related complications and osteophytes (small abnormal bony outgrowths) etc.?

(1) Our kidneys contain millions of nephrons (which consist of capillaries and tiny tubules) that function as filters to 'clean' our blood. For people with kidney disease or degenerated kidneys, the filtration capability is poor because the nephrons are damaged. They are advised to at first limit the pre-sauna intake of water. The Relax FIR Sauna supports kidney function by increasing excretion of uric acid, urea and toxins through your perspiration. Increase your intake of water as you gradually increase the duration of your sauna sessions.

(2) Rheumatoid arthritis is caused mainly by the malfunctioning of the immune system (auto immune dysfunction). Our body's immune system can be strengthened and normalized by improving blood circulation and activation of cellular function.

(3) Joint aches, disc protrusion complications and osteophytes are mainly caused by stiffening muscles or poor posture. For therapy, consult a qualified chiropractor or orthopedist. However, the Relax FIR Sauna does help to enhance your therapy sessions because it helps improve blood circulation and cellular function for both the muscles and bones.

### **Cancer?**

(1) It is important to understand the role of the Relax FIR Sauna in strengthening a person's overall health (including the immune system) through effective detoxification. The Relax FIR Sauna is not meant to replace treatment and medical consultation. Cancer patients must seek proper medical treatment. However, it is likely that medical treatment will prove more beneficial if you use the Relax FIR Sauna to improve your basic health.

(2) Increased oxygen flow helps increase the growth of normal cells around the cancerous area. This is beneficial as it prohibits the spreading of cancer cells. The Relax FIR Sauna enhances oxygen delivery in the body including to the cancerous areas. Coupled with medical treatment, health improvement can be experienced.