

Relax Far Infrared Sauna

The Sauna with Integrity



Heat shock proteins

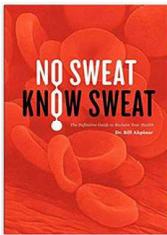
"Heat shock proteins play a critical role in keeping the immune system healthy and functional.

Along with T-cells, these have been termed the "second arm of the immune system."

These proteins help rebuild and reconfigure proteins damaged by stress, toxins, microbial factors and well as other variables. They help keep the body healthy and disease at bay. Heat is a major activator of these defensive proteins.

The proprietary nanotechnology feature of the Relax Far Infrared Sauna has been shown to activate these in a remarkable manner."

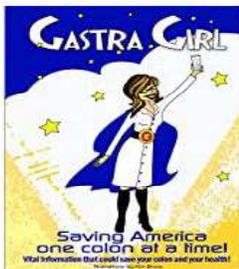
Dr. Bill Akpinar, M.D. - Voted best Cancer Doctor - NY City - 2007



No Sweat? Know Sweat!

The Definitive Guide to Reclaim Your Health

By Dr. Bill Akpinar - M.D., D.D.S., Dr.Ac., Ph.D.
Keynote speaker - 1st Intl Ozone Conf - 2006
Chi Gong Master - Author of 10 books



Gastra Girl

Vital Information to save your Colon and your Health!

Why Infrared Saunas are an absolute necessity !

Rebecca Harder has one of the nicest looking, pristine Hydrotherapy clinics in Portland Oregon, which includes hyperbaric oxygen chambers, ozone therapy, massage, etc. She gives this extremely resourceful resource guide (GASTRA GIRL, Saving America One Colon at a time!) to many of her clients, which includes about 40 articles on environmental toxicity and natural solutions, written by some of the most famous individuals in the industry.

One of the articles is entitled, "Why Infrared Saunas are an absolute necessity for Everyone," (Rebecca had been promoting wooden far infrared saunas for over 10 years.) In this article, she says "I can understand your GUT REACTION," when I tell you that the BEST Sauna is NOT necessarily the Nicest Looking or the Most Expensive Sauna.

Rebecca then shares her story of having turned her nose up at the Relax Sauna for 10 years at the health conferences she attended, until a few years ago when she finally Tried the Relax Sauna. She was sold within the first 3 MINUTES. She could FEEL the DIFFERENCE. No Pre-heating. INSTANT RELAXATION. She has been promoting the Relax Sauna to her clients ever since.

Home heat stress training & Review of the Relax Sauna

"I made a post giving my thoughts on a more systematic way to evaluate saunas for home use and quantify heat stress training, citing some existing research."

I also noted that Both the \$250 and \$500 Amazon saunas I ordered were dismal failures. After my intense disappointment I started to research the more expensive but seemingly reputable brands in this category. I went with the Relax Sauna.

I was still skeptical of the Relax Sauna but as you'll see below, the results exceeded my expectations greatly. At 25 minutes my temp rose to 101.1F. Second, my heart rate went from 90bpm to 133bpm.

I'm thoroughly impressed with this unit and even more amazed as I write this up and am comparing my numbers to those in the studies on the benefits of Far Infrared Saunas.

I would recommend sauna training and The Relax sauna in particular to anyone (especially paired with cold showers). It seems to have such wide ranging benefits.

The Relax Sauna is probably the best and only realistic option to do hyperthermic heat stress training at home that can replicate (or actually exceed based on my results) the benefits found in studies (on the benefits of Far Infrared Saunas.)
... Do not waste your time with sub \$500 units on Amazon.

see: www.relaxsaunas.com/reddit
for the complete Relax Sauna Review.

RelaxSaunas.com

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