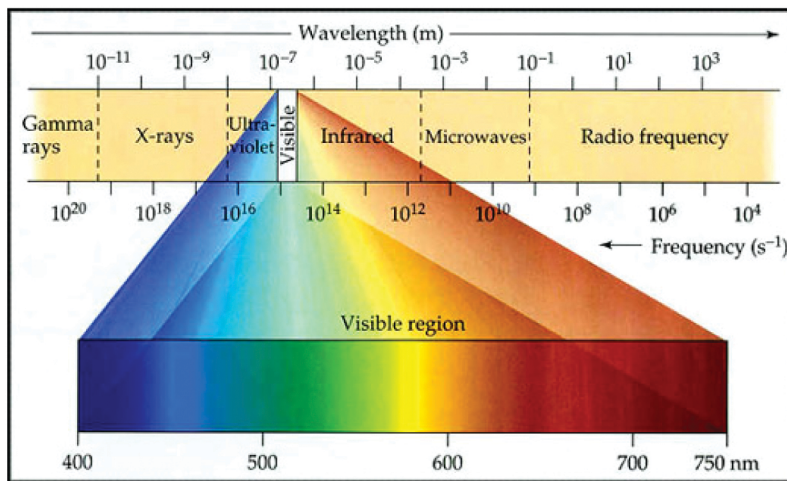


What Are Far-Infrared Rays?

Infrared Wave lengths accounts for over half of the energy emitted by the sun. The remaining energy is emitted in the form of visible light.



Infrared Light Spectrum comprises wavelengths from 1 millimeter to the longest wavelength of visible light, from 5.6 microns to 14 microns wavelength. This range, also known as radiant heat; was discovered by the English astronomer Sir William Herschel in 1800. Herschel found, by putting a thermometer at various points in a prismatic spectrum, that ordinary light transmits some heat but that the effect is even more marked beyond the red end of the spectrum (Far-Infrared).

Infrared heat is readily absorbed by many kinds of matter and is thus effective in warming the substances on which it falls. Because it is more penetrating than visible light, such warmth lends itself to many kinds of practical application, one of which is drying.

Far Infrared Heat (FIR) and Health.

As for infrared's outstanding effect on caloric consumption and weight control, we find that burning from 600 to 1,500 calories in a 45 minute session. The infrared thermal system might then simulate the consumption of energy equal to that expended in a 4 to 6 mile run during only a single session. This would be invaluable for those who don't exercise and those who can't exercise yet want an effective weight control and fitness maintenance program.

Evidently the flushing of toxins from the lymph areas and from the largest organ of elimination, the skin, are the source of many these health improvements. Toxemia has been targeted as the number one reason so many of us are ill. With the elimination of these poisons from deep within the body, the organs can then do their job unhindered.

The list of health enhancements through the use of infrared therapy is impressive and it includes: relief from all forms of arthritis, increase in the extensibility of collagen tissues, relieves muscle spasms and joint stiffness, increases blood flow, assists in resolution of inflammatory infiltrates, edema and exudates, weight control, hypertension, arteriosclerosis, coronary artery disease, blood circulation, ear, nose and throat conditions, skin conditions (including cellulite) and all-around beauty treatment.

Far infrared Heat Therapy may:

- **Help improve blood circulation**
- **Strengthen the cardiovascular system**
- **Ease joint pain and stiffness (without toxic side-effects)**
- **Burn hundreds of calories without hours on the exercise bike or treadmill (or without having to get dressed and leave your home to go to the health spa)**
- **Relax muscles and increase flexibility**
- **Relieve pain**
- **Deep cleanse skin**
- **Remove toxins and mineral waste**
- **Burn calories and controls weight**
- **Improve the immune system**
- **Reduce stress and fatigue**

Unlike environmental temperature conditions, or even visible light rays or close-infrared rays, FIR rays have the ability to penetrate deeply (up to 4.5 inches) and permeate thoroughly into the hypodermic layer of a person's skin. Thus, it is possible to revitalize human cells and tissue by warming the body from the inside. Again, this warming is made possible by the heat energy transfer of the far-infrared deep penetrating heat.

Other effects of Far-infra-red rays on our human body are:

- **Activates water molecules in our body**
- **Improve oxygen level in our body**
- **Warming and eliminating fats, chemicals and toxins from our blood and thus smoothening the flow of blood.**
- **Elimination of other waste from the body**
- **Reducing the acidic level in our body**
- **Improve nervous system**
- **Improve perspiration system**
- **Prevention of bacteria growth**
- **Softening of hard water**
- **Relieving of pain**
- **Purification of water**
- **Eliminates bad odor**
- **Maintain warmth and better sleep**
- **Enhance and maintain freshness**
- **Purification of hair for Beauty care**
- **Improve strength and health**
- **Speed up repair of body cells**
- **Balance of the acid level in our body**
- **Normalization of blood cholesterol**
- **Prevent mold**
- **Help plants to grow better**