

Toxic Cleansing With Far Infrared (FIR) Waves: "One of the reasons FIR has beneficial results in a variety of illnesses is the ability of FIR waves to remove toxins, which are often at the core of many health problems. Toxins that cannot be removed immediately after they enter the body are encapsulated by clusters of water. Blood circulation becomes blocked and the cellular energy impaired where these toxins accumulate. However, when a 10-micron FIR wave is applied to water molecules containing toxins, the water begins to vibrate. This vibration reduces the ion bonds of the atoms that are holding together the molecules of water. As the breakdown of the water molecules occurs, encapsulated gases and other toxic materials are released. One study done by American researchers showed that the sweat released by users of a FIR sauna was different than the sweat of people using a conventional sauna or doing normal exercise. The non water portion of sweat released in a FIR sauna was cholesterol, fat soluble toxins, toxic heavy metals, sulfuric acid, sodium, ammonia and uric acid." - Dr. Kyuo, Japan.

Toxic overload has been implicated in many health conditions, from fibrocystic breast disease (FBD) in women to attention deficit hyperactivity disorder (ADHD) in children. Symptoms of toxic overload include fatigue, headaches, joint or muscle pain, frequent colds and flu, signs of allergy and hormonal imbalance, chemical sensitivity, sinus congestion, psoriasis and other skin conditions, loss of dexterity, insomnia and more. Psychological symptoms include poor concentration, memory loss, mood changes, mental confusion and changes in behavior. - www.balancedlives.net

A great overview on FIR history and its therapeutic value is available in an article: 'Warming Up to FIR' published in the Jan. 2001 issue of Alternative Medicine Magazine by Dr. D.J. Fletcher. Here is an extract:

Detoxification from fibromyalgia and chronic fatigue syndrome: Randy Gomm in Vancouver, became a distributor of FIR saunas after his life was turned around by detoxification. As a firefighter, his health had begun to deteriorate until he was no longer able to work. He was diagnosed with fibromyalgia, and eventually it was realized that the root of his problem was toxic overload from occupational exposure. During the eight years he was ill, he says, he had a lot of time to research alternative modalities to regain his health. "I discovered that leading researchers in fibromyalgia and chronic fatigue syndrome stated that their patients had high toxic loads," says Randy. "When their loads were reduced, their symptoms often improved dramatically. It worked for me. Detoxing really helped put me back on my feet."

JAPANESE RESEARCH - FAR INFRARED BENEFITS: Aging and Far Infrared Heat Therapy.

The following health challenges have been reported in Japan to be alleviated or reduced by the use of far infrared therapy:

- Asthma, bronchitis (cleared up).
- Rheumatoid arthritis (7 out of 10 cases resolved in one clinical trial).
- Benign prostatic hypertrophy (reduced).
- Cancer pain (greatly relieved pain in later stages).
- Cirrhosis of the liver (reversed).
- Chrone's Disease (gone).
- Cold hand and feet (a physical therapist discovered 20-50% improvement was maintained).
- Cystitis (gone).
- Duodenal ulcers (eliminated).
- Compression fracture pain.
- Gastritis (relieved).
- Hemorrhoids (reduced).
- Hepatitis (gone).
- High blood pressure (in the case of a diabetic a systolic decrease from 180 to 125 + concurrent weight loss).
- Keloids (significantly softened and, in some cases, completely gone).
- Leg ulcers (healed when previously static and resistant to other care).
- Menopause.
- Pain preventing sleep or limiting sleeping positions (relieved).
- Post-surgical adhesions (reduced).
- Radiation sickness (relieved signs and symptoms).
- Sequel of strokes (Herniparesis relieved over time).