

RADIO ONE INTERVIEW

Relax Far Infrared Saunas

Patrick My name is Patrick Timpone of One Radio Network, live radio focusing on health, wealth and well-being. Today, we will be speaking to Phillip Wilson. Phil Wilson, are you there?

Phillip Hello, Patrick.

Patrick Phil, you've been in the health industry for how long?

Phillip I've been in the industry since 1976.

Patrick You've always been on the cutting edge. We will be speaking about far infrared saunas that I am really jazzed about, Phillip Wilson. I purchased one and, man, these things are really good! So there are infrared saunas and there are far infrared saunas?

Phillip What's important when you look at a far infrared sauna is what are the guts and bolts of it? It's not the shape of the vessel or the shape of the tent or the wooden cabinet. It's what's creating the healing light. The Relax sauna, out of Taiwan, has a patented semi-conductor chip which makes sure that the light and energy generated is 100% pure.

Patrick What does that mean, Phil, 100% pure?

Phillip Well, as you know, human beings vibrate at 9.6 or 9.4 microns. I forget what it is exactly, but it is a certain energy wavelength. And when you look at the sun you've got visible light. We have ultraviolet light. We have microwave light. We have X-ray, cosmic rays, gamma rays and we have infrared, which includes far infrared, and includes the small band of light called absorbable far infrared. Now absorbable far infrared is another name for human energy light, the light we shine. I was reading the book called **The Complete Master Cleanse** and one of the chapters says we are light beings. We shine 75 watts of light and it's an invisible light and that light is the light that we shine and so when we look at the sun, all of these different kinds of light energies are emanated and that includes the human energy light, which is another name for absorbable far infrared light.

Patrick Absorbable far infrared light, that is the light that we emit, Phil?

Phillip That is the light we emit and that is the light we resonate with and that is the light that we merge with when it is shined upon us, that they say in the technical manuals that we resonate with, that we absorb but in actuality we merge with it because you can't tell the difference. It's like, when you meet a good friend, that you think alike. You can't tell the difference between their thoughts and your thoughts because you've merged.

Patrick I see, so the absorbable far infrared is on the same frequency of the light that we emit?

Phillip Yes, like in astrology, when your sun is conjunct with another person's sun, it's the same energy so we can't tell the difference. It's like we are 9.4 absorbable, between 4 and 14. It's real close to our energy but it is close enough that we don't see a distinction.

Patrick I see.

Phillip Like a cousin, like having a cousin. They are close enough to you that you say you are related.

Patrick So the absorbable far infrared light, that is what we have in the sauna we are offering. And this does what, then, to the body? What happens when it touches the skin?

Phillip It doesn't touch the skin. It is absorbed through the skin and it starts pulsating the water molecules. The light waves that are generated, the energy light waves that are generated by the generator go in and they pulsate your water molecules. They start dancing with your water molecules. They resonate with them and that causes your core temperature to increase. Your water molecules get smaller, so do the blood cells. The blood cells get smaller; it's like you've got motorcycles going through your arteries instead of semis.

Patrick OK, so let's see, you're pulsating the water molecules in the cells.

Phillip Yes.

Patrick So you're not heating them up. You are pulsating.

Phillip No. This is not microwave.

Patrick What do you mean when you say pulsating?

Phillip Well, the light waves start dancing with the water molecules. You know, I meditate and when I do I feel this buzzing and I feel all this emotion and negative junk leave and dissipate. And that is sort of what it does. It gets rid of negative energy. It purifies and cleanses it, not just the water molecules in your body, but also all the mental and emotional junk in your mind and emotions. And all of this stuff seems to be cleansed. And that is my experience and it seems to be verified by many others. They say that it feels like a warm blanket of love has just covered them.

In Taiwan, they say that being in the Relax sauna is like being in the presence of a Chi Gong master because you really feel uplifted. It's like you close your eyes, you look at the sun, and you feel all this warmth inside your body. You feel real nice and warm and toasty and comforted. All these things that I've described, it's what people experience inside the Relax sauna. It's a very special light that other saunas, other far infrared saunas don't have. Some of them are almost as

good as this but many of them are quite lacking just because of the structure of how it is set up.

The Relax sauna has a very intense healing light that you can feel because of the reflective tent. See, the tent is made like a mirror. The whole tent is like a mirror because there is silver embedded in the nylon cloth and so it is not like other portable saunas because the wooden saunas don't reflect light.

Patrick The wooden saunas don't reflect light. So, if you're in a wooden far infrared sauna, then if the light doesn't hit you, you're not getting the same benefit? But in the Relax sauna it's bouncing all over the place?

Phillip You're in the middle of a light box. It's like a round robin of Row, Row, Row Your Boat. It's more effective than just one song.

Patrick That's pretty cool. So, this was invented by a fellow in Taiwan?

Phillip Yes. The Japanese government actually commissioned this Taiwan company. The Japanese government said, "We have hot springs in southern Japan and that is where ancient warriors went after battle to get healed. You create something that can have this same kind of energy." And it actually took 10 years to invent the particular semi-conductor chip that can accomplish this. It has a far infrared chip. It has heat components and it's very technologically advanced and none of the other saunas seem to have the technology that we have in this sauna.

Patrick When was that invented?

Phillip This was invented about 30 years ago and it has been in the United States about 7 or 8 years now.

Patrick And you're the sole distributor?

Phillip Right, exactly, I've distributed this sauna at about 150 expos the last 5 or 6 years now.

Patrick No kidding. I've always thought of far infrared energy as actually heating up the cells on a deep level but you say it's pulsating the water. Is that right?

Phillip Yep, it's in every cell in your body – your body is around 80% water.

Patrick You're in Columbus, Ohio? How long have you been there?

Phillip 40 years, 41 years.

Patrick Man, oh man. Let's take this email. This is from Randy. "How long can one of these Relax saunas last with regular proper use? Do any parts need to be replaced regularly?"

Phillip Well, the Relax sauna lasts between 15 to 20 years. We haven't had enough of a track record yet but we have discovered that in Taiwan one of the Relax saunas has been going 24 hours, 7 days a week, for 7 years now. And nothing has ever gone out on it. Plus, in the United States we have 110 current and, in Taiwan, they have 220 so it's been going on double the current that it needs and it is still working fine.

Patrick So, they're just doing this just as an experiment?

Phillip Yes, exactly and we have no reason to believe it won't last 15 to 20 years like a refrigerator or a stove. They just seem to last for a long time.

Patrick Uh huh, uh huh. How long have you had yours?

Phillip I've had mine for 7 years now and it is still going strong. No problems.

Patrick Yeah, they are pretty cool, folks. They really are cool. They are portable because you can take it down in about 5 minutes, right/

Phillip About 2 minutes, actually.

Patrick Yeah, but you are an expert, right?

Phillip Well, once you get used to it can take 1 or 2 minutes to tear it down. And it fits in my suitcase.

Patrick That's amazing. So, the whole contraption that makes all the juice is pretty heavy? Does that go into your suitcase as well?

Phillip Yeah, it will fit in my suitcase plus the tent folds up. And when I fly when I travel, I leave the chair. It's a really quality chair. I leave that in Columbus. I put in 35 lbs of clothes, the radiator, the very special radiator that creates the healing light, and the tent which folds into a 2 inch diameter oval, a round circle about 2 inches high and it all fits in the suitcase.

Patrick And what's the material made out of?

Phillip The semi-conductor is very strong chip, very strong and it's a ceramic one and the tent is made of nylon with silver embedded in it so it acts like a mirror.

Patrick And that's what makes it bounce around.

Phillip Yeah, that is what makes it bounce around. Again, if we think of it as heat we miss the point. It's light energy. That's why, when you sit in a wooden sauna..... A friend of mine told me he has a 2 person wooden sauna and not once has more than one person been in the sauna in over a year. And when you sit in it you can't sit in the middle because you have to sit in front of a light panel.

When you take all the panels out of a wooden sauna and put them on a table and then put the Relax sauna generator on a table you can see that the quality of the

power of the Relax sauna is so much stronger than all the panels of the wooden sauna. You can understand that when you buy a wooden sauna you are paying for a lot of pretty wood. Plus, a lot of the time the wooden sauna has a 10 or 20 minute warm up period. And some of the wood saunas are good but the good ones are usually around \$3500 and the Relax sauna is closer to \$1100 to \$1000.

We were in a show in New York, Patrick, and there was this little kid about 9 years old and had been in the hospital for about 2 weeks and the hospital had no clue what was wrong. Someone told her mom, "Take her to the expo and they are going to have a far infrared sauna there." She came with her daughter on her back because her daughter couldn't walk. And she got in the sauna and she was able to walk out of the sauna after being in the sauna for about 10 or 15 minutes with her clothes on.

Patrick What was going on?

Phillip Well, it was the light. It was the healing light. There's magic that goes on when you get inside the Relax sauna. And again, it gets rid of negativity. It gets rid of dross. It gets rid of a lot of pain. Everyone who goes in is totally amazed at how it gets rid of his or her pain.

I know someone who has one in Oklahoma and the lady was just raving and raving about how, in 5 minutes, all her pain went away. We were in Chicago and a lady got in and in 5 minutes she said, "Oh my God! I cannot believe this! My husband gave me \$1000 for my birthday and I know what I am going to do with it."

Patrick OK, so I can't imagine getting into it with your clothes on because you do sweat a lot.

Phillip Well, it takes about 10 minutes to sweat and then sit for about 5 minutes. This company has a companion product, a Sky Eye Radiator, which the government has listed as a medical device with the FDA, and we can make claims that it gets rid of a lot of pain. It will help with range of motion. It will get rid of inflammation remarkably fast. It is healing light.

Patrick So, if you jump in for just 5 minutes you can actually get just a tune up thing if you don't have time to sit there and sweat a little bit.

Phillip Yes, all the time, all the time, you can just get in with all your clothes on and it just tones your day.

Patrick I've had mine for about a month and I can really feel it with this baby. Something is going on with it. Obviously, there's more going on than just the lights.

Phillip We're not putting down wooden saunas. And there are some really good far infrared saunas out there but you also pay a lot of money for these and

this is something you can get into for under a \$1000 that you would have for a very long time.

Patrick And the sweating and detoxification is something we will talk about with Phillip Wilson. Who invented this thing, Phil?

Phillip It was invented by a man in Taiwan who was commissioned by the Japanese government to create a special kind of energy that would have the healing effect of their hot springs where the warriors in ancient days would go after battle to be healed.

Patrick And they are different from most of the ones we see out there, for those of you who are just tuning in, because?

Phillip Well, it uses a semi-conductor chip. You know, a lot of the people in the industry fight with each other. They say, well, we're ceramic and we're better than the other people. Or we're carbon or we're charcoal but they are all at a similar level. The relax sauna uses a ceramic semi-conductor chip and the semi-conductor chip is at a level far advanced of any other sauna in the marketplace.

Patrick It's far advanced because?

Phillip Because of the technology. Because the electricity goes through the semi-conductor ship. The semi-conductor chip is able to transform all that electricity into a pure 100% healing light between 4 and 14 microns and so you have no distracting energies that cannot be absorbed by the body. The near infrared ray hits the skin and that causes the skin to get hot. And the ultraviolet is so strong that not only does the skin get hot but the friction and tension creates suntan and/or sunburn. So all these energies are filtered out.

It's like you are listening to really good music that you really like and you don't have any static. You don't have any other music playing in the background. You only have pure music, or in this case, you have only the pure far infrared light that is in harmony and that resonates with the body and is absorbed by the body. So you don't have to resist anything. You can just be totally open to it. And when you are totally open to it you can absorb more and have that experience.

I love lying out in the sun and closing my eyes and feeling the warmth of the sun. Wave and wave after wave just warm my whole body and the Relax sauna is that times a hundred because you don't have any of the distracting energies.

Patrick So then how do we sweat so much? If you are in there for 20 minutes you sweat like crazy.

Phillip You're core temperature, the temperature of the cells in you body gets warmer. That's why the Mayo clinic says the far infrared sauna is very, very therapeutic to heart patients and yet the heart patients should never go in a regular sauna because the heart has to race to find equilibrium between the core temperature of the body and the outside temperature. But, because the core

temperature throughout the body is increased by the Relax sauna you don't have that problem.

It turns out that one lady, who is a colon therapist in Columbus, will put people with high blood pressure in the sauna for an hour and then measure their blood pressure and find that it is normal.

Patrick But, it does get hot in there though.

Phillip It gets very hot. It gets up to 140 degrees f. to 150 degrees f. but, if that is too hot after sweating a bit, all you have to do is unzip the zipper about 6 inches and let the heat out. The light keeps on working and you are not hot.

Patrick You have also two radiators and you can switch one of the off and use only one of those if you want to.

Phillip You can always turn one of them off. The new model of the Relax sauna, which was made in 2008, has a switch for each of the two radiators, which is so much better than the old model which had only one switch, because sometimes, when I'm meditating, it gets too hot for me to meditate and I don't mind because I'm sweating like crazy after 10 minutes. If I want to meditate for 25 minutes, I'll just turn on one of the switches and bask in the warmth and it is heavenly, just heavenly.

Patrick Let's talk a minute about the benefit of sweating.

Phillip Well, Patrick, it's not just the benefits of sweating. We have tested the urine after having been in the sauna for 15 minutes and found there is 50% to 300% more heavy metals in the urine so you get rid of toxins through breathing out the air, through the colon and through the kidneys and the urine, and through the sweat. And when you test the sweat you find dioxin in there. You'll find chlorine in there. We've discovered that about 5% to 9% of the sweat is not sweat. It is lymph flow and that is why the sweat is more oily than your normal sweat when you are lying out in the sun.

Patrick I noticed that. What I wanted to say, Phil, is that my dentist, Dr. Stewart Nunley, had severe mercury poisoning because he was putting in mercury fillings years ago and his main source of detoxification, once he got all that taken care of years ago, was vitamin C IVs and sweating. So this will take the stuff out of the lymph, Phil?

Phillip Yes, the lymph gets excreted by being in the sauna and a lot of the toxins, heavy metals, metabolic waste and dioxins get eliminated in the sweat. They've measured that.

Patrick Dioxin, you mean dioxins, dioxins, dioxins?

Phillip Yes, like the chlorine bleach, all the chlorine. It clearly cleanses the cells and purifies. It's amazing what it does. There are a lot of portable saunas out there and they use a very primitive technology.

They have a piece of cloth and a hot plate and they have 3 different panels on two sides and on the back and, sometimes they have a different footpad. Now, if you would take all of these hot plates, and hotplates are worth about \$5 or \$10 apiece probably, and you take the three pieces of cloth and you put them on a table. People would say, "Well, this looks like one of those \$300 saunas." Well, yes, and when you take the inside, the guts out, and you compare what looks to be \$30 or \$40 worth of hotplate and cloth to our \$800 far infrared there is a great difference. Our radiator, alone, is worth \$800.

Patrick Yeah, I know. Since I've been talking about it the last month I received emails and people say, "Well, I found this one on the internet and this one is \$500 and why is it better?" And I don't have the skills to convey all of these things, Phil.

Phillip It's not the outside. It's the guts. It's what creates the healing light that makes it so special.

Patrick If you would like to read more, go to Phil's website, Momentum98.com. Phil has so much stuff on there, just mountains of material on these because it's a significant purchase. If you are going to purchase one, read and read and read and do some research and see what is going to be best for your money. Emily wants to know what is the difference between sweating in a sauna or steam bath and sweating in the far infrared sauna that you are selling. And that is a good question.

Phillip Yes, it is. And it's the healing light that's generated by the Relax sauna that goes in and pulsates the water molecules, increasing your core temperature, increasing your circulation and increasing your lymph flow. That does not happen in a steam room. All you do is heat the air and get hot.

Patrick OK, let's go over that again. This healing light, which is pure far infrared, pulsates the water molecules.

Phillip Yes. It heats them up. It increases your core temperature, tremendously increases your circulation and increases your lymph flow. These increases are unique to the Relax far infrared sauna light. Heating the room does not have any of these benefits. When you sweat in a wood/rock sauna you do not get anywhere near the toxins released like the shaking of the water molecules in a Relax sauna.

In Taiwan, they say that it is like shaking a crab. You have to shake it off to get it let go of you so, likewise, you have to shake and this gets the heavy metals to be released. Otherwise it is very hard to release heavy metals. It is very difficult.

Patrick So, as good as saunas or steams are this is a step further.

Phillip Yes, it's more than sweating. This is why a person who had a diabetic ulcer and who had been in the hospital for a year and a half, after we used a medical device, the Sky Eye radiator, on it for 20 minutes a day, in 7 weeks the 2 ½" size ulcer was almost completely gone, reduced to the size of a pencil point.

Patrick You used what on it?

Phillip The same radiator that's used in the Relax sauna. We put one of the radiators on a stand and it has wheels on it so it can move and you can put it directly over the back, over the stomach or the ankle, where the ulcer was, and with no sweating at all, it healed the ulcer that was 1 ½ ' tall and 2" wide. It healed it in 20 minutes a day for 7 weeks and it did what the hospital was not able to do in a year and a half. So, it's not the sweating. It's the healing light,

Patrick So, the sweating is just a symptom or a result of the healing light on the core temperature.

Phillip Yes, when the healing light is going in, you can release a lot of toxins through the urine, through the colon. Through the breath and, of course, sweating is another great avenue and I sweat like the dickens when I am in the Relax sauna.

Patrick Yes, I guess you have to be careful how much water, how much moisture, you are consuming.

Phillip Yes, just listen to your body and drink water whenever you feel like it. The only contraindication of being in the Relax sauna is dehydration. A lot of the times, I'll be in the Relax sauna and I will stop sweating and I'll drink a 16 ounce glass of water and it looks like in the next 2 minutes I've lost 8 ounces of it through my head, through sweat and drip.

Patrick So, what's neat about this, folks, is you can do this with your head out, real comfortable, or you can actually put your head in there if you want to get the whole top of your head and all of that juiced up, too.

Phillip I like to jokingly say we are pro-choice for putting your head in or out and the wooden saunas don't give you a choice.

Patrick And, actually, they have some holes there, with zippers, so if you want to put your hands out and if you want to hold a book and read you can.

Let's take this call.

Caller My question is about losing the good minerals when you are sweating so much. I find, when I try to use me wooden sauna, it causes a charley horse. I really want to use it to get all the heavy metals out but I'm afraid because maybe I'm losing magnesium and other minerals and I don't know how to balance the whole issue.

Patrick Do you think that in the sauna, that is the reason that you are getting the charley horse?

Caller Absolutely.

Phillip That is a good question, a really good question. There are many good formulas, liquid mineral formulas that will replace some minerals. Trace mineral formulas are good. Most people will not lose that many but, occasionally, we find people who do and all they need to do is supplement with good trace minerals or good liquid minerals.

Patrick Have you been able to determine why some do and some don't lose more.

Phillip I haven't researched that yet. It's a rare instance but it does happen.

Patrick Caller, is this something that's been going on for a while with heat?

Caller Well, I avoid it. I spent around \$5000 on the unit and then never used it when I found out what was happening. My husband uses it all the time and never has that effect. And I'm wondering what is it about me?

Phillip If you take the trace minerals it shouldn't be a problem.

Patrick Have you tried taking trace minerals?

Caller Yes, but that tends to be a problem. I have to be careful of anything that contains iodine because my hypothyroid problem gets worse. I've done some research on that because everybody is so big on that.

Patrick Yes, don't be just taking iodine just willy-nilly.

Phillip Sometimes people will get the Relax sauna as an upgrade because some people have problems with the wooden saunas and they will get the Relax sauna and it works great for them.

Caller I would love to take these trace minerals but they all have iodine and they all set me off. I feel like I'm between a rock and a hard place because the thyroid not functioning, probably a result of too many heavy metals, and the sauna would eliminate these if only I could use it.

Phillip Give Patrick your email and I will get some more information on this. We could give you a money back guarantee. In her case, because she already has a wooden sauna, we are so confident that the Relax sauna is so special and that it could really work that we would do this.

Patrick Good luck to you, caller.

Caller Thanks, Patrick, and thank-you, Phil.

Patrick Here's a question. "Could the frequency of the far infrared light structure this water of the body? Is that why it is healing?"

Phillip Again, what it does is that it goes in and takes the two hydrogen atoms in the water molecule (H₂O) and causes them to get closer and closer and closer and that causes the water molecules to get smaller. So you can imagine a highway and all of the blood cells getting smaller. You can get twice the amount of blood cells through it. That is why it is extremely helpful to people with diabetes because it goes through the tiny capillaries that the thicker blood cannot get through. And that is why it is able to heal and get rid of inflammation and help people with gout and get rid of all sorts of aches and pains and stuff like that.

The healing light pulsates the water molecules causing them to get smaller and, since the blood cells are comprised mainly of water that causes them to become much smaller so you can basically have an artery highway. And the blood vessels dilate; because the cells of the arteries are also made of cells full of water, they too get smaller. So you will have a wider highway and you will have smaller blood cells. It's like instead of mini-vans you have smaller sports cars going through a wider road.

Patrick I thought heat constructs the veins and the arteries and stuff.

Phillip Again, It's not the heat that's doing the heating. Also, you can unzip the zipper if it gets too hot and be cool as a cucumber and still be sweating like crazy because it's not the heat that's doing the healing it is the healing light.

Patrick Here's an email from Ryan in Portland, Maine.

Ryan Are you supposed to put your head in this machine?

Phillip When I gave a talk in Las Vegas, a person who came up after said, "A lot of people will not get into saunas because they have trouble breathing and a lot of people feel that the head should not be on the sauna. I like to put my head in and, if I feel I am breathing in my own toxins, I will put my head out and breathe them out.

One lady at a raw foods festival took off all her clothes and got in the sauna with her head in and did yoga for half an hour inside the sauna and she bought one.

Patrick You sell a lot of these at trade shows when people experience them.

Phillip We were in New York last weekend. We sold 2 saunas to people who already had bought the cheaper saunas that had the panels. They paid \$600 to \$700 for them and they just don't work. They get in the Relax sauna and they say "My, God, this is a real sauna. I can't believe the difference!" And they get them even after they've paid 4 or 5 or 6, \$700 for them. The less expensive ones that have the panels, they are saunas that look like the Relax saunas from the outside, but when you look at the inside all they have is a piece of cloth with a

hotplate on each of the 3 sides. They don't have a generator. They are probably about ¼ to 1/10 the potency of the Relax sauna. The Relax sauna tends to be almost like a medical device.

Patrick Well, you said it was a medical device, right?

Phillip It's the technology. They use the same radiator that is the Sky Eye radiator and that is the medical device by definition. No sauna, by definition, is a medical device but this one uses medical device technology, while the other saunas do not.

Patrick And that is why you can get away with making claims?

Phillip Well, I don't make claims on the sauna. I make claims on the Sky Eye radiator that uses one of the Relax sauna radiators. It has 20 chips in it and that is the one that generates the healing light. The FDA has a 510 number and that is the medical device and we use 2 of these generators in the Relax sauna but generally we cannot make any claims on the Relax sauna. But I can still tell stories about all the benefits and I can make claims on the other device we are allowed to make claims on.

Patrick OK, Phil, we are out of time. Thank so much. We'll stay in touch and, once again, you can do research to your heart's content if you go to Phil's website and that is Momentum98.com.

Phillip Yes, there are good testimonials on the testimonial page, the urine report and much more. The package comes Fed Ex and weighs 32 pounds, which is 4 pounds for the box and the chair weighs about 9 pounds. The whole sauna fits in a carrying case that you can carry around on your shoulder and that only weighs 17-18 pounds. It's got the radiator and the tent and you can travel with it all over the world.

Patrick. And the chair is a really nice chair. It's really well built. The light bounces off of it too, right?

Phillip Well, yes, it is insulated and it is made out of nylon and the far infrared light is so strong, it goes right through it. It goes right through nylon. It hits the back wall and hits the silver and bounces back so you can imagine yourself being in an invisible light box where the light is bouncing off all the walls, constantly, being absorbed by your body and going through it. It really feels wonderful. It feels almost like being bathed by divine love going through every pore, every cell of your body. It just feels wonderful.

Patrick Phil, thanks for being on and being with us. And take care.

Phillip Thank-you.

