

# Autism and the Beneficial Effects of Far Infrared Energy

By Corey Daniels

Research has shown a link between heavy metals and autism. Particularly mercury and lead. These metals have become more common place in our environment. The good news is that Far Infrared saunas offer a non-invasive way of safely detoxing from heavy metals.

Here is a quote from Dr. Sonya Daugherty;

“A ground breaking study in 2009, done by researchers at the University of Texas, revealed startling evidence of the environment’s role in autism. The objective the study was to determine if proximity to sources of mercury pollution in 1998 were related to autism prevalence in 2002. The findings showed that for every 1000 pounds of industrial release, there were a corresponding 2.6% increase in autism rates and a 3.7% increase associated with power plant emissions. For every 10 miles from industrial or power plant sources, there a decrease in autism rates.

An earlier study released by the same group of investigators revealed an association between environmentally released mercury and autism rates in Texas. For each 1,000 lb of environmentally released mercury, there was a 61% increase in ASD. The same study showed an increase of 43% in the rate of special education rates.

Toxins affect every aspect of our body. Renowned medical doctor and researcher Dr. Needleman has shown the detrimental effect of lead on cognitive development. Lead levels have been linked to autism, PDD and ADHD and learning disabilities.

A study by the Environmental Working Group (EWG) in found an average of 200 industrial chemicals and pollutants in umbilical cord blood from 10 babies born in U.S. hospitals in 2004. Tests revealed a total of 287 chemicals in this small group of children. The umbilical cord blood collected by Red Cross after the cord was cut, identified pesticides, consumer product ingredients, and wastes from burning coal, gasoline, and garbage.”

**Heavy Metal Toxicity elimination both through the sweat and through the urine.**

The Relax Sauna is getting a reputation for being one of the best ways to get rid of Heavy Metal Toxicity.

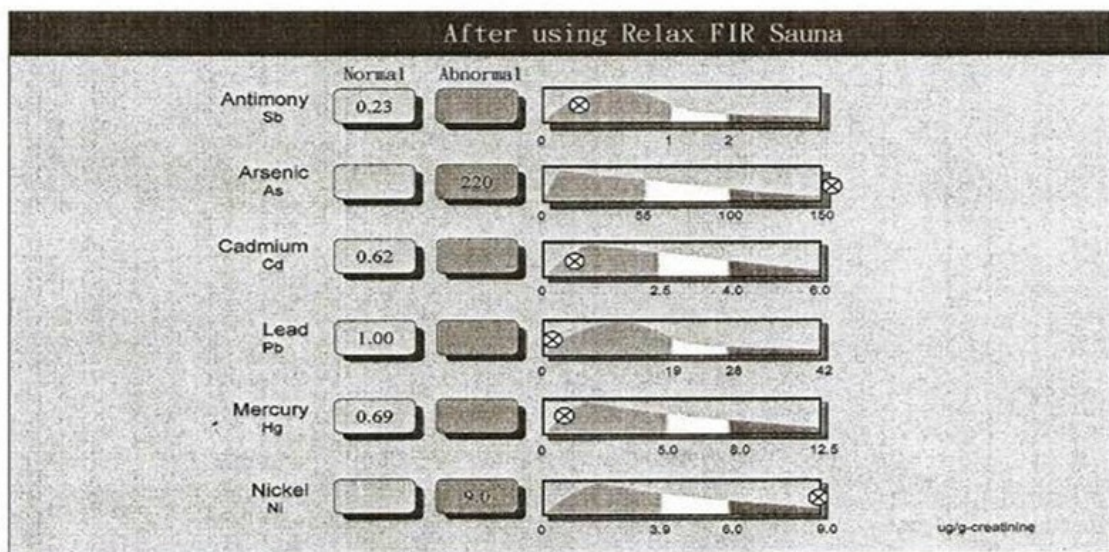
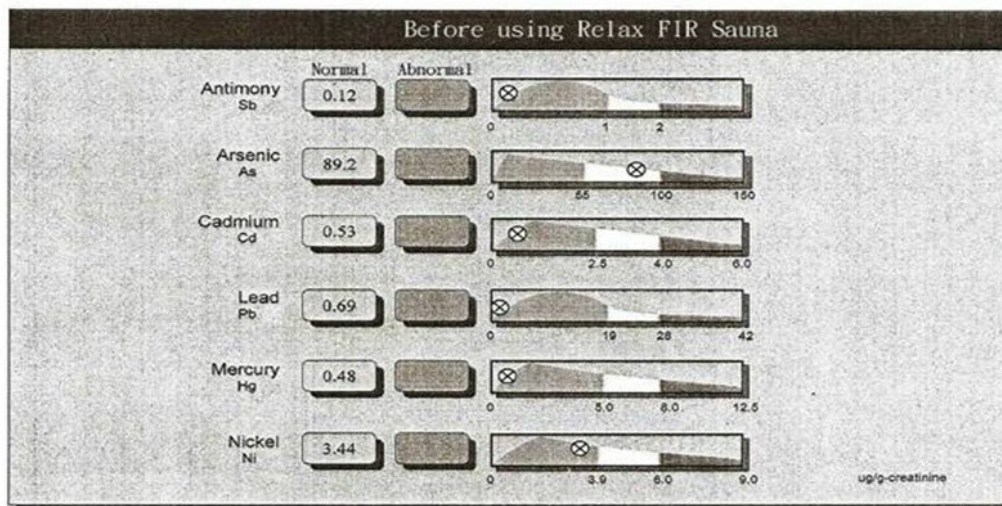
Karen Russell purchased a sauna from us and reported tremendous success with getting rid of her heavy metal toxicity problems. (see below)

We are also happy to report that after we let the company in Taiwan know of Karen Russell's experience in getting lab reports that her heavy metals were normal for the 1st time in 2 1/2 years, after using the Relax Sauna only 1 month.

[Read Karen Russell's letter to us Feb. 2009](#)

The Taiwan Relax Sauna office did some experiments of their own. They reported to us:

One man provided urine to them Before and Again, After using the Relax Sauna.



For those who could not read these charts above, we have compiled this information below:

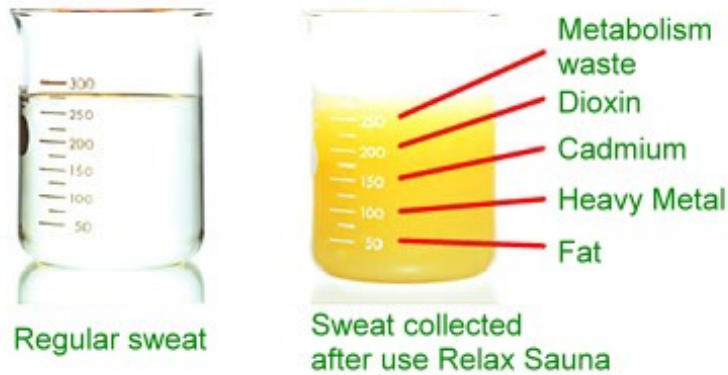
Urine Before Using the Relax Sauna		Urine After Using the Relax Sauna	
Heavy Metal	amount in units	Heavy Metal	amount in units
Antimony (Sb)	.12	Antimony (Sb)	.23
Arsenic (As)	89.2	Arsenic (As)	220
Cadmium (Cd)	.53	Cadmium (Cd)	.62
Lead (Pb)	.69	Lead (Pb)	1.00
Mercury (Hg)	.48	Mercury (Hg)	.69
Nickel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

This demonstrates that the Toxins go NOT ONLY into the Sweat but also are released through the body through urine also!

**Notice that there was more than twice as much arsenic in the urine after being in the sauna than before.**

We interpret this: Basking in the FIR Rays produced by the Relax Sauna helped the body get rid of a lot more arsenic than normally excreted. And as you can see, from the other heavy metals for THIS PARTICULAR PERSON who probably had arsenic and nickel toxicity, more heavy metals were released after being in the sauna than is normally released through the urine.

Many years ago, We did a Study in Japan, and measured the sweat after Someone was in the Relax FIR Sauna, and after someone was in a Regular (not FIR) Sauna.



## A Case of Heavy Metal Toxicity



2007- 2008 Before picture of Karen Russell



2007- 2008 After picture of Karen Russell

Karen reports that after 2 1/2 years of struggling with heavy metal toxicity (mercury, lead, etc.), although she had had moderate success with a number of other products, her symptoms still persisted, and her lab reports all showed too much mercury and lead. After 5 weeks of using the Relax Sauna, Karen felt so much better. Her lab reports also for the 1st time showed normal levels of mercury and lead.

Note: Karen had already lost some weight before getting the Relax sauna. However, after using the sauna, she reports to us that in the next 2 months, her skin texture dramatically changed, her cellulite decreased 65-70%, her skin was no longer dry, & her fat content went from 38% to 20%.

### **Far infrared increases mitochondrial function.**

**Mitochondrial dysfunction is the most common metabolic abnormality associated with Autism Spectrum.**

When far infrared light hits the mitochondria of the body's cells it increases energy production by up to 10 times. Dr. Harry T. Whelan says, "The light is absorbed by mitochondria where it stimulates energy metabolism in muscle and bone, as well as skin and subcutaneous tissue."

Mitochondrial function is crucial for energy production in both the body and mind.

## **Far infrared increases circulation and oxygenates the body**

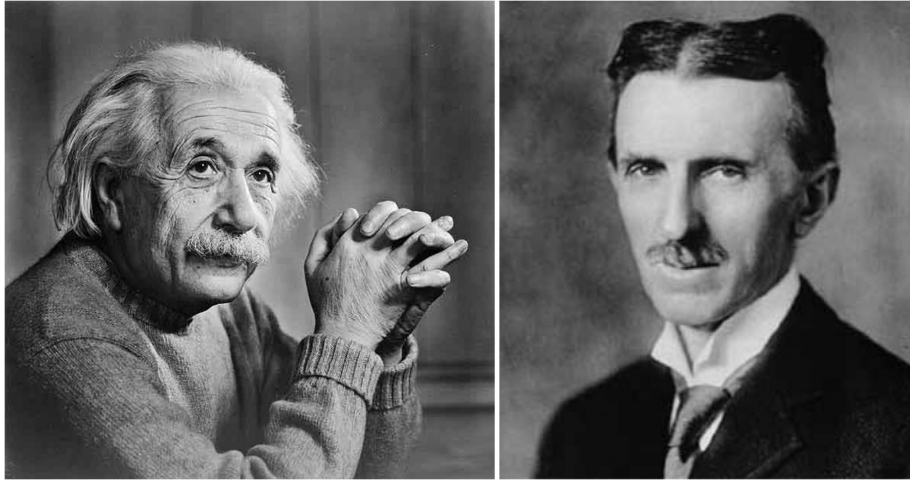
“Research indicates that regular far-infrared-sauna use increases micro-circulation, which enables blood to flow more easily throughout the body, thereby improving the exchange of oxygen and nutrients for waste products in the cells. Also, individuals with autism can have diminished blood circulation in certain areas of the brain. This is known as hypo perfusion. Extrapolating from research done on FIR and congestive heart failure, and research on FIR sauna therapy and the release of Nitrous Oxide(NO), it is likely that increased perfusion in the brain would be expected in any individual who is exposed to FIR waves. FIR waves’ ability to trigger the release of NO may also play a role in enhancing memory, learning, and behavior modification along with improving neurotransmission and immune functions,” -Jill Harrison

## **Recommendations**

- Use an [infrared sauna](#) for 20-30 minutes per day
- Install a [water filter](#) for your sink to remove heavy metals and toxins from your water
- Take mitochondrial enhancers such as [PQQ](#), [resveratrol](#), [Alpha Lipoic Acid](#) and [CoQ10](#)
- Exercise to increase production of mitochondria
- Find creative output to focus on. Autism can bring a gift of Genius.

## **The Gifts of Autism Spectrum**

Many geniuses throughout history such as Einstein and Tesla are thought to have had autism spectrum. Many people who have autism have creative talents, are very intelligent and have the ability to stay focused on creative endeavors. This combination has led to many great works by mankind.



Find and make use of the creative output. The area of the mind which had increased capacity will vary from person to person. An autistic person will naturally gravitate toward that which they are good at. The key is to recognize this talent, give it attention and time to grow.

Thanks for reading. You can find more information at [momentum98.com/autism1.html](http://momentum98.com/autism1.html)