

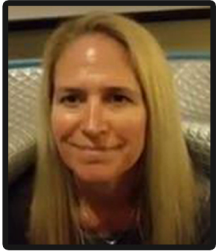
Far Infrared Energy, Autism & The Relax Sauna

Far-infrared Energy is extremely helpful for reducing depression & symptoms of ADHD & Autism. It brings Joy, purifies on all levels of existence, augments meditation & inspires creativity.

Relax Sauna



It has been well known in the Autism community that Far infrared energy generates a specific frequency of light that resonates with the water cells in the body. This increases core temperature, increases micro-circulation, and triggers the release of Nitric oxide from the endothelial lining of the blood vessels. Many articles on the internet attest to the helpful benefits of Far infrared energy for those with Autism, depression, and many other conditions affecting both the mind and the body.



The best of all the far infrared saunas I have ever seen -Karen Thomas

I have used far infrared saunas in the past. ... I felt they were effective, ... but not to the degree of this one. This I did last night. And I felt it was much more effective

The way that I feel today – the energy – and even my gut - feeling more balanced – I was a little bit bloated yesterday - I'm not bloated today at all. I have tons of energy. I feel that this one is much stronger and much more effective. And when I say stronger - in a gentle way, not in a harsh way.

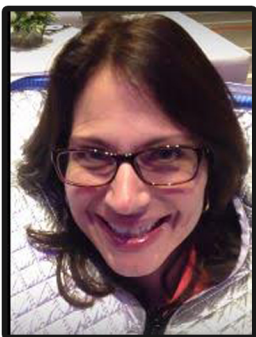
And I love that it is also portable. I think it is great for parents, especially if you have a child on the autism spectrum, or something like that where you need to be able to take it around for detoxification whether it can fit in any home or any space. You can take it down when you are not using it if you want or you can travel with it. So it's actually a really really great product. I would highly recommend it.

I have been recommending far infrared saunas for a long time. They are great for detoxification, great for Lyme, great for just lots of various reasons. But The detoxification issues are really big. And They're really really helpful with that. And Way differently than ... it works with your body's own natural heat processes to turn the heat around and internalize it so the body's own innate healing processes work with it.

I absolutely like this product the best of all the far infrared saunas I have ever seen, I would say this one would by far be the best choice. ... I was just saying... I am not being paid to say this. ... This is a really great product.

Karen Thomas is a well-known expert on Autism. She has a website: naturallyhealingautism.com and has written the book: *Natural Healing Autism (a step by step guide, to the complete process to help a child heal from the symptoms of autism - based on what she used to heal her own son from his symptoms.) Karen also has a radio show on autismone.org*

We fell in love with it. This is to me 1000 times better. We use it every day. -Maria



I happen to be in the Autism Community; I have 2 kids on the spectrum. My friend Linda told me about the benefits of the Relax Sauna. I told her, "Of course I know about Infrared Saunas. I've been using one from a health spa by me." She told me the Relax Sauna was portable, and Amazing, and ended up loaning me one for 2 weeks.

I tried it, and I absolutely fell in love with it. I like this much better than the full saunas for .. many reasons... you have to wait for them to heat up. They are a lot more expensive, more expensive to run, and - it's that half hour - When I am ready to go into a sauna, (kind of impulsive that way) I want to go in right now. I don't want to wait. A lot of times I only have 10 minutes before I need to be somewhere. If I had another full sauna, I wouldn't have the option to even get in it. ... Many times, I go in with my clothes on. I am not sweating. It warms your body from the inside.

I tried it out for 2 weeks. My husband tried it. My 2 kids on the spectrum tried it, which is a great detox for them. They have medical issues. We fell in love with it, and decided to take the plunge and buy it. I still have 15 sessions at the health place. I really don't need to go there, when I have this. This is to me 1000 times better. We use it every day. There's always one of us in it.

My kids love it. My little one. I have a 9 year old. He regularly says A lot of times in the morning on the way to school, he says, "Mom, I really need to just go into the Sauna for 5 minutes. Please mom, Can I just go in for 5 minutes." (It really helps with his anxiety issues. So it helps bring him down, and centers him. He comes down a different kid.) After school, He brings his books into the sauna, and just reads.

It definitely evens you out. I cannot tell you how many times, I am tired and wired. I will hop into the sauna, and still be wide awake, and within the 15-20 minutes, there I am, my head is bobbing, I am so asleep. My husband uses it, the whole family uses it.