

# In Their Own Words, The Sauna Doctors Recommend

For Pain Relief, Weight Loss, Detoxification, Diabetes,  
Lyme Disease, Neuropathy, Relaxation, Increased  
Energy, Better Sleep, Psoriasis, Cancer and More

Naturally Strengthen the Immune System and Fight  
Infections Naturally

Their Testimonials

**Linda L. Lamme**

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# Introduction

## Knowing the Underlying Causes of Weight Gain Creates Success

In a discussion of reflexology, Victoras Kalvinskas, MS, cofounder of the Hippocrates Health Institute, says, "Pain will persist until its cause - congestion – has been removed."

There is a way to sustain our youthful energy and the exuberance that fades as we age. People are finding that we age decades before our time, the more polluted and clogged with congestion our bodies are. We have the power to create change in our energy levels, to keep our bodies young and reach our maximum potential. Cleansing and purifying both the body and mind are extremely important for mental clarity and spiritual attunement.

To put it simply, the key is to not only, "Get the Good Stuff In", such as clean food, air and water, but to also "Get the Bad Stuff Out". Our bodies have a sewer system to accomplish this task. This system is called lymph system.

When you purify your lymph system, which is where your immune system is located, you strengthen the immune system. In addition, this is how the body fights infections naturally.

Purifying your lymph system is how you release the acidic toxic waste and pollution which is the underlying cause of so many of the problems people suffer from such as pain, Fibromyalgia, weight gain, chronic fatigue, diabetes, Lyme disease, neuropathy, stress, low energy, psoriasis and cancer.

In this book, you will see and hear what these doctors recommend so highly to correct these problems.

This way eliminates toxins, strengthens the immune system, gets rid of inflammation, reduces pain, causes weight loss, and lowers cholesterol and high blood pressure. It Improves blood circulation, promotes cellular renewal and increases metabolism & wellness. It also reduces the burden on the kidneys. People report more energy, more beautiful, softer skin, clearer thinking and deeper, more restful sleep. It does all of this

by activating your sewer system to release the pollution that interferes the quality and enjoyment of your life.

# Acids are Stored in Fat Tissue, Lose the Acid, Lose the Fat

Let's take a look at acids.

Did you know the body stores acids in fat tissue to protect you from damage? When you release acids, your body releases the fat. More on that later.

## So first:

**"Toxins are like driving through life with your brakes on. They weaken the body. If you want optimal functioning you have to get rid of the toxins and clear the load to put less stress on the liver and the immune system**

- Dr. Gabriel Cousens, Director Tree of Life Rejuvenation Center

Like battery acid burning and damaging skin, acids in the body eat away tissue, corroding and debilitating the body. Bacteria, viruses, fungus, spores and parasites are scavengers that feed on this decayed tissue, breeding and multiplying like crazy.

According to Donna Zaken, RN, MSN, APRN, Integrative Center for Chronic Diseases, LLC in Providence, RI, **"Heavy metals and chemicals deplete your immune system, which makes it a perfect breeding ground for infections,"**

# Bacteria Eat Toxic Waste

This is their natural function. They are "Nature's Undertakers." Their role is to eat up damaged tissue. This is one of Mother Nature's most important ways of keeping herself clean.

[https://bodyecology.com/articles/microbes\\_clean\\_toxic\\_waste.php](https://bodyecology.com/articles/microbes_clean_toxic_waste.php)

<http://abcnews.go.com/Technology/story?id=119914&page=1>

Don't be taking these tiny microbes out to lunch every day by turning your body into their own private dining room. Best not to feed them!

The larger the quantity of acidic waste in the blood the more rapidly germs multiply. This forces the immune system to defend the walls of the arteries and veins by triggering the growth of tumors to encapsulate germ colonies. Antibiotics, vaccines, and strong anti-inflammatory drugs are frequently given to eliminate bacteria-induced infections and prevent the growth of plague but this does not address the cause of the infection and the inflammation. This cause is the acidic, free radical waste flowing through the arteries and veins, Unfortunately, these pharmaceutical drugs, themselves, contain toxic acidic chemicals.

In addition, they almost ALWAYS upset the necessary-to-good-health balance of friendly good bacteria and unfriendly bacteria that will interfere with your ability to digest your food and keep you full of vim and vigor. It's important to know that there are more bacteria in our bodies than we have cells. These friendly bacteria digest our food for us, digesting nutrients and converting starches into useful fatty acids and other energy, regulating your blood sugar and manufacturing vitamins and minerals, as well as, keeping harmful bacteria in check.

On the other hand, an overgrowth of the bad bacteria contributes to the over production of harmful toxic substances (exotoxins) secreted by bacteria from within the body. This pollutes your body from the inside, much the same way constipation does.

## Friendly Versus Unfriendly Microbes

Your body is made up of around ten trillion cells, but you harbor a hundred trillion bacteria. For every gene in your genome, there are 100 bacterial ones. This is your 'microbiome' and it has a huge impact on your health, your ability to digest food and more. <http://discovermagazine.com/galleries/zen-photo/m/microbiome>

Beneficial bacteria fight harmful foreign substances that enter the body by detoxifying them and easing their elimination. According to A. Venketeshwer Rao, MSc, PhD, professor emeritus in the department of nutritional sciences at the University of Toronto, "[The gut microflora] accomplish this via several mechanisms but primarily by

metabolizing our dietary constituents to either detoxify them or activate them into toxic forms.” Friendly bacteria prevent the growth of harmful bacteria.

<http://www.todaysdietitian.com/newarchives/060112p58.shtml>

## **Did you know you even have some viruses in you that actually protect you and that are essential to life?**

Mucus-covered surfaces protect the lining of the gut and other surfaces, such as the lungs and in the mouth. Mucus is also home to phages, viruses that infect and kill harmful bacteria. Mucosal surfaces are a main entry point for pathogens and the principal sites of defense against infection. Phage abundance protects the underlying epithelium from bacterial infection. - National Academy of Sciences of the United States of America <http://www.pnas.org/content/110/26/10771>

Infections can occur anywhere in the body because germs (bacteria, parasites, viruses, etc.) feed on acid waste and toxins. That is why bacteria can be used to clean up toxic chemical spills and oil spills these days. It is when we become overrun with toxins that we are vulnerable to being overrun with germs. That is why even with the same exposure, some people are infected and some people are not. In Europe, people are realizing that it is actually best to let a cold run its course rather than treating it with medication because that is how the body cleans toxic residue from the lungs to keep them clean.

## **Here is One of the Ways the Sauna the Doctors Recommend Protects You**

We all know that cooking pork, for example, kills the parasite trichinella spiralis. There are many meat dishes such as sushi and steak tartar, which are served raw and are safe when organic, fresh, well-raised and well-handled. Commercial meats are best cooked to kill germs.

When you cook above 130°F, salmonella bacteria are unable to grow, as are all other common bugs. The sauna heats to 140°F, perfect for killing bad bugs.

<http://www.yourdoctorsorders.com/2013/06/dont-overcook-healthy-cooking/>

Borrelia burgdorferi <http://www.organiclifestylemagazine.com/issue/15-lyme-disease-holistic-protocol-to-completely-rebuild-the-immune-system>

## **To Sum Up**

Toxins are acidic free radicals and steal electrons from the atoms from which the cells are made. This damages them and, when the tissue dies, the body's protective response,

inflammation, sets in to clean up the debris bringing in immune cells and molecular mediators. The swelling that results puts pressure on the delicate nerves that send the pain signal and pain appears.

As Dr. Tony says in his testimonial below, “The root cause of most illness and disease in this country is systemic toxicity and poor nutrition.”

Eating highly nutritious food is essential for the vitamins, minerals, phytochemicals and the antioxidants they contain. It’s important to know, however, that one antioxidant neutralizes one free radical and then it’s used up. In this day and age, we have a lot more free radicals coming in than we have antioxidants.

It has been estimated that you would need to consume the antioxidants found in 375 oranges or 11 lbs. of blueberries or 31 lbs. of strawberries or 87 glasses of red wine or about 120 vitamin C tablets (500mg) a day to neutralize the number of free radicals your body has to deal with every single day.

It’s good to know there are other ways to reduce the burden.

## The Solution -

# The Incredible Healing Power of FAR Infrared Technology

Estrogen and testosterone, both acid-forming hormones, can cause weight problems because

Regular, effective whole body detoxification is the solution to removing these harmful waste products and toxic substances. The body has a self-healing ability which is dependent upon sufficient nutrition, oxygen and effective detoxification to create healthy cellular function.

Research has shown that far infrared therapy is perhaps the most effective method of removing both chemicals and heavy metal toxins from the body. It increases circulation,

including microcirculation in the tiniest capillaries, especially important for diabetics, thereby releasing toxins and bringing nutrients, hormones, oxygen and other substances to all body tissues. This can lead to lasting and significant health benefits.

Sunlight generates a vast array of frequencies. What we see as color, as well as microwaves, x-rays, radio waves, gamma rays and near infrared rays are all frequencies of light. Sunlight also generates ultraviolet rays which cause sunburn as it creates a kind of resistance and friction. The near infrared rays from appliances such as space heaters, toasters and hairdryers are also very harsh. The far infrared ray is between 4 and 14 microns and is the absorbable, deep penetrating energy of the spectrum. We and the water molecules in the body vibrate at 9.4 microns, right in the middle there, so our bodies resonate with the far infrared energy. We merge with it and there is no friction or resistance. Far infrared lamps are so safe they are used in incubators for premature babies so they can survive and thrive.

We, ourselves, generate about 75 watts of far infrared energy which is how energy healing using the hands works.

The Relax sauna computer chip, used to create the far infrared energy which it radiates, took 10 years to invent. Scientists were asked by the Japanese government if they could duplicate the energy of the hot springs in southern Japan that warriors in ancient days used to heal after battle. Taiwan is where they make 94% of all the computer chips in the world. They transform electricity into the exact frequency of around 9.4 microns frequency (give or take 2 to 5 microns) that heals the human body.

When you are in the sun and you bask in the warmth of the heat penetrating into your body on a chilly day, that is the far infrared ray of the sun that feels so good.

Far infrared is the portion of the light spectrum we experience as heat and is the wavelength that is absorbed by the human body and promotes cellular health. The far infrared rays also stimulate endorphins. Endorphins are neuropeptides, natural compounds that dull pain. Also, the vibration created by the far infrared rays reaches into areas hand massage cannot reach. These effects of these rays penetrate through the skin deeply (1-1/2" – 2"), all the way into the bone marrow, to melt fat, heal tissues and slow the aging process.

### **There are 3 Ways the Sauna Works**



Body temperature increases, micro-circulation increases and the lymphatic system is mobilized.

The water molecules in the body pulsate with a gentle massaging like the waves of an ocean. This pulsation moves the H<sub>2</sub>O (oxygen and hydrogen atoms) closer together causing the water molecules and therefore the blood cells to become smaller. The water molecules that make up the walls of the blood vessels become smaller as well. This increases the interior diameter of the blood vessels, allowing the smaller blood cells to circulate more freely. The blood flow increases tremendously.

This is why this is the greatest thing in the world for people with diabetes since the thinner blood flow allows blood to reach the furthest extremities.

The FIR wavelength stops swelling and decreases the size of water molecule clusters which gives them greater mobility and penetration of body tissue. When these energized water clusters move in and out they mobilize stored toxins that can then be excreted.

## How Detoxification Occurs

Far infrared rays detoxify cells by vibrating ionic molecular bonds, which releases the toxins into the bloodstream. Of course, the body naturally releases poisons, but these days in our modern world, the process is frequently too slow to deal with the overburdened state most of us find ourselves in. Far infrared heat technology simply speeds up the body's natural processes. For example, the increased core temperature of the body-creates a mini-fever and this mobilizes the lymphatic system.

These saunas are very effective at releasing the toxins that contribute to toxemia/pollution. By vibrating the molecular ionic bonds in the cells of the body using far infrared energy, toxins are released into the improved circulation created by the sauna and excreted from the body. Since they are released through sweat, instead of through the colon and kidneys, not so much of a burden is placed on the liver. In this way, most detox symptoms, such as headaches and fatigue are eliminated and most people find them relaxing and energizing.

The word, chelation, comes from the word, claw. Our cells have receptor sites that heavy metals claw their way into, plugging them. Then the metals are in there, instead of

what is supposed to be in there in a healthy body. The mercury, the lead, the arsenic, the fluoride, the chlorine deposited there are impediments. These poisons get in the way of us being free, mentally, emotionally, spiritually and interfere with our bodies physically. This causes our bodies to not be able to move freely and be productive. These poisons are trespassing and do not belong in the body. The vibration of the water molecules removes these poisons from the body and when these toxins are removed, the inflammation goes away, the pain goes away. This is why they work so well for pain relief. It is one of the best things for pain management, including such conditions such as Fibromyalgia.

The vital energy that the body has is called the chi energy. When this vital energy is increased, your body then has the strength to regain its health

Karen Russell, a gerontologist, was plagued by heavy metal toxicity for 2 1/2 years. She tried chelation therapy and many other methods but only with limited success, especially with lead and mercury. She used the Relax sauna an hour a day for 30 days. She'd then got a blood report that showed her lead and mercury levels were normal for the first time in 2 1/2 years.

She also said that she felt better, that she had lost weight and that 65 to 70% of her cellulite was gone. She also said that her skin looked prettier and that her fat content went from 38% to 20%.

Here are three chapters of a book by Sherry Rogers, called Detoxify or Die. In it she says that the sauna is the best way to remove heavy metals from the body and the only way to remove plastics, which accumulate in the body from such sources as plastic drinking bottles. Go [here](#) to see the amounts of toxins and fat released in the sweat collected after using the Relax sauna as compared to sweat released when using the type of sauna that has the rocks, which hardly shows anything being released at all. The far infrared Relax sauna shows huge amounts of metabolic waste, dioxins (chlorine), cadmium, heavy metals and fat which were released into the sweat. The sauna emulsifies fats which allows the toxins which were stored in the fat to be released. Without the heavy metals, you do not need to fat to protect you. This is one of the reasons why people who use the sauna lose weight.

Phillip Wilson, who interviewed the doctors here, had this to report, "A lady was in a hospital for a year and a half with a diabetic ulcer. When one has diabetes. the blood gets thicker from too much sugar. The energy from the far infrared energy interacts with the water molecules in the body and causes them to vibrate faster and shrink in size, promoting better blood flow. After using the far infrared Relax radiator for 7 weeks - 20 minutes a day, the 1-1/2" x 1" ulcer was reduced to a pencil point. If the

Relax radiators can do that, imagine what they can do for us if we just want to become healthier or have fibromyalgia or have indigestion from eating the wrong foods or have hangovers, arthritis, Lyme Disease or any sort of inflammation that we can get. This is where the miracles take place.”

## **Safe and Beneficial for Heart Patients**

The Mayo clinic recommends the far infrared sauna for use by their heart patients. They caution them, "Do not go into a regular sauna or a hot tub." When the heart has to race to maintain equilibrium between the interior of the body and the outside, this is dangerous for heart patients who use regular saunas or hot tubs. Because the Relax sauna heats the body from the inside out, equilibrium is maintained and is safe for heart patients to use. The Mayo Clinic says this is extremely therapeutic for heart patients and because the far infrared ray affects only the water molecules of the body the sauna is safe to use for people with implants, stents, titanium rods or pacemakers to use. Sherry Rogers explains this in her book, *The Blood Pressure Hoax*.

## **Promotes Weight Loss**

Calories-burned charts show that you burn more calories when your heart beats faster. The "Harvard Heart Letter" study shows that a 155-pound person exercising on a stationary bicycle for one hour burns 782 calories exercising vigorously and 520 calories exercising moderately. On the other hand, increasing the heart rate safely using the Relax sauna still is able to burn 600 calories per 20-min. session. How great is that for weight loss?

The doctor of a woman who has MS warned her not to not get into the sauna because of the heat. When she tried the sauna anyway, she discovered that she loved it and that it did not cause any problems. There are some things that doctors are not aware of and it is important to get advice from multiple sources and follow your own inner guidance when making decisions. Great discoveries in life have happened when people move beyond prevailing thinking.

# Relax Sauna Compared to Cheaper Saunas and Wooden Saunas

The Relax Sauna has a much more powerful motor than that of other saunas making it more effective. Many of the cheaper saunas that you can find online for \$300 or even less, generate about 20% FIR energy and are made of plastic. It can take about 18 minutes to start to sweat and 55 minutes to complete the session. Whereas, when using the Relax sauna, many people start to sweat within the first eight minutes and are finished after 20 minutes. Wooden saunas, in particular, may look beautiful but they are not as technologically advanced and many people who have wooden saunas in their homes say they have not used them for years because they take too long to heat up. They also don't have the reflective inner surfaces of the Relax sauna to bounce the far infrared rays around to hit you from every angle so you have to sit directly in front of the radiators, thus receiving less of the healing benefits of the far infrared energy.

The high levels of far infrared energy, 95% to 100%, which the Relax sauna generators emit and which other FIR saunas do not emit at those high levels, neutralizes the EMF energy.

Conventional saunas are only 1/4 as effective as these innovative Relax Far Infrared Saunas.

Relax Saunas are 1/3 to 1/4 the price of wooden saunas and more effective. Relax Far Infrared Saunas are the only saunas on the market with the breakthrough technology that delivers 98% far infrared (FIR) energy. Other infrared saunas can deliver as little as 10% far infrared rays and still be legally classified as far infrared saunas. Others on the market emit between 20% and 60% far infrared energy and the rest is "filler" such as the near infrared ray which does not penetrate deeply.

In Taiwan, the definition of a far infrared sauna is that it has to be at least 95% far infrared energy.

The saunas in gyms that have hot rocks have been found to generate only about 5% far infrared energy and heat the air, not the inside of the body. The hot air inside of the Relax Sauna is a byproduct of the heat given off by the radiators similar to how

computers give off heat. The fans inside of the radiators keep them from overheating. That heat is not what does the healing. It is the interaction of the far infrared light and the water molecules in the body that does the healing. The increased core temperature of the body-creates a mini-fever and this mobilizes the lymphatic system. A book called, No Sweat, Know Sweat, explains the powerful results of sweating and how around the world, people have been using saunas for centuries.

These saunas are very effective at releasing the toxins that contribute to toxemia. By vibrating the molecular ionic bonds in the cells of the body using far infrared energy, toxins are released into the improved circulation created by the sauna and excreted from the body. Because they are released through sweat, instead of through the colon and kidneys, not so much of a burden is placed on the liver and most detox symptoms, such as headaches and fatigue are eliminated. Most people find them relaxing and energizing.

Because it is so effective the FDA has classified, as a medical device, the Relax far infrared radiator that is in the Relax Sky Eye far infrared lamp. This is the same radiator as the two in the Relax far infrared sauna.

## More Benefits

Many people use the sauna for about 15 minutes in the morning and 20 minutes in the evening and report they sleep much better.

Also, since it is the light energy that does the healing, and not the heat, you can unzip the sauna about 8 inches if you feel too hot.

“it is really an exciting tool that we have here.”

These powerful saunas only take up 2'-9" square's worth of floor place, are easy to set up in a few minutes and require no installation. They are the only Professional Grade portable saunas on the market because of their revolutionary patented technology. They require no water or hot rocks and use about the same amount of energy as a hair dryer, which makes them quite affordable.

There is a one-year warranty. They are very durable and and they typically last around 20 years at least.

Prevention is the Way to Go

Based on several studies, the current medical focus is on treatment rather than prevention. All kinds of drugs exist to treat diseases rather than being designed to prevent them.

Far-Infrared Energy is truly the medicine of the future. If you are spiritually-inclined, want to improve your mental state, get your body functioning and reach your optimal potential, using a Far-infrared Sauna is a no-brainer.

## Hear What These Doctors Have to Say

>> Since not all devices play video, there is a link after each video where you can watch it and all the rest of them there as well. <<



## NASA Doctor Recommends the RELAX SAUNA (Best Quality Infrared Sauna!)

[Go Here to View His Video Testimonial](#)

Dr. Rodger endorses the Relax Sauna. He and his patients use it regularly for health and detoxing.

Dr. Rodger D. Billaca, MD has a functional integrative practice in Fort Collins, Colorado. He got his Relax sauna two years ago at the Best Answer to Cancer Show in Dallas, Texas and says, "We've been very happy with it. I'm very committed to dealing with environmental toxicity because I think it is a huge issue with the health of our nation and I'm a doctor who thinks every house in the country ought to have a far infrared sauna in it.

And I find that this one is the easiest to use, one of the best ones out there, very effective, very cost effective and it has become very popular in our practice and with our patients. I love the warmth. It's very relaxing and, even though it is a portable sauna, it's a great total body experience. I now have one in my basement and every morning when I get up, not every morning but most mornings, once I get up and do a little bit of exercise and spend a good 20 to 30 minutes in the sauna to start my day, I think it's fantastic.

He had been using and selling other far infrared wooden and portable saunas before but now feels that the Relax sauna, "is of a much higher quality and, I think, a much more effective infrared experience.

The real breakthrough is with patients that are so toxic, burdened and they don't sweat. And initially, they get in there and say, nothing's happening and they've got their fatigue, multiple chemical sensitivities. They've got their mitochondria toxicity and you just say hang in there, keep following the protocols - hydration, electrolytes, exercise, and the sauna.

And I tell them when you start sweating in the sauna there will be a breakthrough. That happens and sure enough when they call...a guy - I had one just the other day, a professional golfer, who is out on the golf course all the time, exposed to these chemicals, who had multiple rashes. He had lupus, chronic fatigue, and he was so excited when he finally started sweating. And when the sweating starts, their phase angle comes up on their mitochondrial function, they feel better. Stuff starts happening.

So, we really are excited for those sorts of patients when they finally start sweating. So, we've seen some major breakthroughs with people."

In reply to the question of whether he's used other saunas, he goes on to say, when he uses the Relax sauna, "I've tried to take good care of myself. The sweating comes faster and it's more a total body experience. I find that after I exercise, before the sauna, I usually am sweating within five or ten minutes after being in the sauna, where with other saunas you have to be in there 20 minutes before you really start sweating, again more time efficient. So I don't have to spend this much time in the sauna to get the good sweating I need.

I was the Chief of Medical Operations for the NASA Space Program. I have my own functional integrative practice, Tri-Life Health. I have an eight-month waiting list for new patients. We've got patients from all over. "

Phil comments that he appreciates him for loving the Relax sauna and Dr. Billaca replies, "It's our pleasure.



Doctor, Author, Lectures on TV and Radio - REALLY LOVES the  
Sauna

[Go Here to View His Video Testimonial](#)



Tony is "a natural doctor, an herbalist. I have a doctorate in clinical psychology, the author of 15 books and own a superfood line." He is very aware of holistic health.

He got a Relax sauna about a year ago because, "Well obviously, I'm into health! I want to stay as healthy as possible. And I do a lot of lecturing, a lot of radio, a lot of television. And I want to live as good as possible and stay lean and fit and I started to use it and I could not believe the reaction I got. When I started using it, I sweated like crazy for the first 25 minutes. That's what I started off with. I've done up to an hour on various other saunas but I didn't see the benefits as much as I felt by using this. This is quite remarkable. I just close it right up. I love it. And I sweat. I feel better. I sleep better. I have less discomfort.

I've had an injury a couple years ago, where I fell 5200 feet in Sedona in Arizona and I hurt my hip. And I've been using natural remedies, rather than going the medical route, rather than using medication, rather than using and taking excessive amounts of drugs, being a natural doctor. And so, I use the sauna a couple of times a week. Now one of your staff members told me, I think maybe it was your wife, use it every day. So, I'm going to start doing that.

I sweat. I'm leaner. I'm fitter. I'm healthier and my skin has improved dramatically! So, it's making the liver work much more effectively and it's making your whole lymphatic system work much more effectively. It's improving your health. It's getting those toxins out. And, that's what we all need to do, get the toxins out, get the lead out, get the mercury out, get the waste matter out of our body and in so doing - that's when true health really happens."

He had used other saunas in the past but, "I've tried other saunas. You don't really feel that much, though many of them are good. They take longer to heat up. This just heats up in an instant. That's what I like about it. It's portable. I can take this with me anywhere in the country and that's what I really like. And it's light, portable. It's effective and it really does the job."

He grew up as a farm boy in a family of 11 in Ireland, lost a lot of family members to cancer and heart disease and realized, "there's got to be a better way." He turned to organic farming and is helping people to discover what quality living is all about. He now teaches, "the true essence about - you are what you eat and you become what you think about all day long. And, you've got to make better choices."

He is at the Answer for Cancer Conference in San Diego with doctors from all over the world and the room is filled with cancer patients. "We know that there is something

abundantly wrong with our food and the choices we make on a daily basis. Our food is not like it was 40, 50, 60, 70, 80, a 100 years ago. Organic farming is almost nonexistent in this country with exception of some farmer's markets and a few organic farmers around the country. We live on boxed foods. We live on genetically modified food. We take in copious amounts of drugs. We don't exercise enough. We don't drink enough water. We don't have enough fiber. We take in too much soft drinks. We're a mess. We smoke. We're a disaster really - a certain segment of our population. So, it's time that we become more mindful and more aware of the choices that we make on a daily basis.

And this is why I really believe in detoxification. It's nothing new, by the way. Detoxification has been written about for thousands of years by various cultures, ethnicities from around the world. And, more so in Europe than in than in this country. The Native Americans Indians use the sweat lodges. In Germany, you go to Baden Baden. You go to all those sweat lodges over there that are quite remarkable. "

The Relax sauna is, "quite remarkable because it heats up the body. It creates a level of sweating that allows you to to get rid of those toxins. And when you get rid of those toxins, your body starts to breathe. Your body can't breathe when it is filled with toxins and full of debris, excess water matter. And the root cause of most diseases and ill health in this country, as we know, is systemic toxins and poor nutrition. So, what this does, it's a simple way for you, in the comfort of your own home or if you're traveling in your hotel room, to bring it with you, plug it in, turn on the timer and you're ready to go, 20 minutes, 25 minutes, a half an hour, or whatever length of time you feel is comfortable for you.

What I always tell patients is make sure that you hydrate before, during and after. You will sleep so magnificent. You will feel better and you'll definitely see a difference in your hair, your skin and your nails. Why? Because it is providing oxygenation. And bacteria and viruses cannot survive in an oxygen-rich environment. The Nobel prize was won for that way back in 1939, 1941 and Otto Von Warburg and Joanna Ludwig.

So, we know this is a simple way. It's an easy way. It's an affordable way. It's a safe way and It's a non-invasive way for you to get healthy, get lean and get fit and also to allow yourself a better quality of life. And that's what this is all about. That is what detoxification is all about. That is why I love this system. I really do."

He had mentioned that he does a lot of television and "the producers tell me, you don't have to wear any makeup because your skin is flawless. And I really like that because this is why I do what I do. I eat healthy. I make good choices most of the time. And I use

the sauna at least a couple of times a week. And I do yoga and I do Pilates, push-ups, sit-ups and live organic, raw superfoods, which you will find on my website: [www.radiantgreens.com](http://www.radiantgreens.com). You'll find all my books there." Phil comments that he loves promoting people who love the Relax Sauna.

"You know, we get to pass this way but once and we got to do meaningful, purposeful things, not only for our own lives, but also for the lives of other people, to pay it forward, give back, help each other out, help each other live a better quality of life. Share information so if you like something, you enjoy it and it really works for you, then why not tell other people? That's exactly what I'm doing and I don't generally endorse anything unless I really believe in it, so that's why I really believe in this particular sauna.

I get compliments literally, from men and women on a daily basis about my skin. What are you taking? What are you on? I tell them, I really do. I use the sauna. I eat. I juice. I cleanse. I do the things I just mentioned."

He lost his fiancée and many family members to cancer and it breaks his heart to see so many people losing their health due to lack of understanding, dysbiosis and not eating the right food. "We think our food is good for us when in fact it is not. Because a lot of our food is now tainted and many people say there is more fiber in the box than there is in the actual food itself. We gotta to get back to the basics of the food group. That means making better choices, eating more fresh fruits and vegetables. And really being mindful and, of course, not forgetting meditation and prayer and connection and joy and health and happiness and laughing! Laughing is good! So, I really love this system."

He says when you use the sauna on a continuous basis, "you'll get a great glow to your skin. Many people tell me, have you been in the sun? And I say, no, I've been in the sauna. So, what it's doing it's oxygenating the blood." After repeating many, many of the benefits and actions of the Relax sauna, he goes on to really recommend it and to demonstrate how easy it is to use.

"There is no excuse for not being healthy in the greatest country in the world, the United States of America. We have abundance. We have choices. Make sure that you make really good choices after viewing this video. Thanks for watching. Bless you and stay healthy."



## Doctor Uses Infrared Sauna to Heal a Scar. Skin Cells Regenerated Themselves

[Go Here to View Her Video Testimonial](#)

Does infrared heal scar tissue?

Shelly, a doctor of natural medicine has a miracle healing of scar tissue after using the sauna for 12 days. An old scar completely goes away after using the Relax far infrared sauna.

She feels refreshed after 20 minutes per day in her sauna that she's had for one year. The Relax sauna has also helped her detox from pesticide exposure.

"I was very thrilled. I had a healing miracle. On my hand, I had a scar here and I'm slightly scarred for 25 years. I hit my hand on a pressboard. And it was very unsightly with layers of scar tissue and it was bright pink and I was always a little bit embarrassed by it. And after taking your sauna for just 12 days, it completely disappeared and new skin grew over that area. And the cells regenerated themselves and I had a perfect healing. So it was a miracle of healing. So, I just want to thank you, Phil, for the sauna. It's been truly changing my life and I was so happy to experience a healing miracle. So, thank you for that."

Phil commented that the Relax sauna heals scar tissue, that far infrared is known for getting rid of scar tissue.

"I have a perfect testimony that it is very healing from the inside out. And it's helping the cells, at every level, to regenerate more healthy cells and get rid of cells that don't belong in your body.

I use it every day, 20 minutes in the morning. And I find it perfect for my body. I do sweat after about the first seven or eight minutes. And I take minerals to help that. I'm more refreshed. I feel better. I notice that it's healing me on many different levels from some chemicals I was exposed to in childhood. I lived by a field where they were spraying pesticides and things as a young child. So, I think even at that level, it's helping my detoxification process. So I feel more energetic and I feel more clean inside. My cells feel like my immune system has recovered since actually since using the sauna.

Every once in a while. I do miss a day. I feel definitely better on the days I use it. Much better. I want to go in every day."



## New York Medical Doctor - Every Home Should Have a Relax Sauna

[Go Here to View Her Video Testimonial](#)

"My name is Lauren Child. I am a doctor practicing in New York. And I bought the sauna last year. I use it every night, five nights a week myself. I even have a cedar sauna in my home. That's for the weekend. That's an event. But for every night before I go to bed this is...it helps me sleep. It helps my joints sometimes. It helps sometimes when I go and do an Ashtanga yoga and my muscles are killing me (but I know it's good for me). It

helps my muscles. And the biggest thing, it helps my mental health and my emotional health so I can do the same thing the next day.

And my kids; I have three small children, they all love it. 11, 12 and 16, they all go in with me."

She travels and has taken the Relax sauna with her all over the world. When she was in Jerusalem, she set it up in their Airbnb. She will be taking it with her to Brazil in 2 weeks with a group of volunteer doctors. She always uses an electrical adapter when in a different country like she does with her electric toothbrush.

"I love it. I love it." Asked if her children like the sauna, she says, "They go in with me naked. We're all in together naked and they pop their little head out. And if I have work to do or a paper to read or, unfortunately, text somebody, I put my hands through. "She says she usually keeps the arm slots zipped closed because it's warmer inside when she does that.

She laughs and says she feels that if people feel they don't have room, they should throw away a chair and have guests sit in the sauna instead. "You can eat dinner in this. I have brought a glass of wine. I have been known to have a little glass of red wine and I have my hands out.

My husband had looked on all the websites and found them for, you know, like a \$159, but you know what? It wasn't the same. The technology is completely different. It's a couple of dollars a day, for a year and it's paid off."



## Dr. Tony Uses Far Infrared with Cancer Patients & Arthritis, Diabetes, Neuropathy

[Go Here to View His Video Testimonial](#)

Dr. Tony describes the use of far infrared with cancer. He is a clinical nutritionist and has a PhD in molecular biology and molecular pharmacology. He bought a Relax sauna at the same IAACN Conference last year. "I put it in my clinic and most using it for the cancer patients because it can raise the temperature of the body up to around 138° F. A normal cell can tolerate that temperature but a cancer cell cannot.

I use it myself every day for around 10 minutes. It feels like energy raised up and then also relaxation. And also, the circulation has become much better. The patient feels good too, especially those people with arthritis, rheumatic arthritis, also osteoarthritis and also some kinds of autoimmune problems, diabetes, and people they have peripheral neuropathy. Then once they get in and the neuropathy gets much lighter."

He confirms that he loves the Relax sauna and recommends it. He has had good results with people. "No bad results."



## THE RELAX SAUNA IS THE BEST FAR INFRARED SAUNA ON THE MARKET

[Go Here to View Her Video Testimonial](#)

A Doctor, so Impressed with Her Pain Relief and That of her Firefighter Patient. She is Replacing Her Wooden Sauna with the Relax Sauna

"For several months, I've had a joint in my right hand and I'm right hand dominant, that has been painful 24/ 7 and it actually has been interfering with my work. I use my hands. I've been a physician for over 25 years and I was slightly skeptical but, while talking to Phil, I held my finger by the Sky Eye lamp for about 10 minutes and the pain was gone by the time I left the booth. This is the next day, it's been almost 24 hours and my finger's just as good as ever. It's like the others. It doesn't hurt now.

It was several months. Most intense for the last three months to the point where I was considering doing something radical because I'm a natural healthy physician. I don't usually use antibiotics or do anything like that but I was at that point. It was aggravating enough that I thought maybe I had an infection in the joint or it was starting out to be some kind of arthritis and I was getting worried.

So really amazing. So, I came back and bought everything Phil had.



I want to say for the record, that I spent several thousand dollars on a very large wooden medical sauna and I am much more impressed with this little box I am sitting in and I am going to replace, in my clinic this little silver box. And I am impressed with the integrity of Phil and the company and I've looked at a lot of products."

Speaking of her firefighter patient, she said, "She is a firefighter and EMT responder and some years ago she was trying to keep a woman from falling off a stretcher who was quite large and wrenched her back. She has been in chronic pain ever since. So she actually traveled halfway across the country for me to work on her back. We were having some success, albeit slowly, and she just re-injured it moving several sacks of sand. She got in the little sauna and, actually, we weren't thinking in terms of some of the toxic things she was exposed to as a firefighter so she initially got a little bit of pain relief but she had a healing crisis and detoxified last night after being in the little sauna for five minutes yesterday.

She is better today. As her physician, I am impressed!"



**MEDICAL DOCTOR RECOMMENDS THE RELAX SAUNA - Use It on  
a Regular Basis!**

[Go Here to View His Video Testimonial](#)

"Three years ago, I was at a conference and purchased two of these wonderful relaxing saunas and I also got one of the lamps.

I use it all the time. They work all the time. They look brand-new. They are easy to clean. They are low maintenance. All you do is turn in and enjoy.

It's very good for your health and I recommend that people use this on a regular basis. It's the truth. It's the truth.

If I need another one, I'll be giving you a call."



## Doctor Uses Relax Sauna - Wound & Injury Healing, Lyme, Arthritis, Weight Loss, Detox

[Go Here to View Her Video Testimonial](#)

A Doctor Discusses Infrared Sauna Health Benefits and Why She Loves the Relax Far Infrared Sauna

Dr. Jill has owned the Relax far infrared sauna for a year and uses it with her clients daily. She loves it and it has increased her practice greatly. The doctor uses Relax sauna daily in her practice for wound healing, Lyme disease, arthritis, losing weight, for detoxing and to speed healing of injuries.

"I love this machine. I use it every day in my practice. I use it for multiple different reasons, multiple different people. We use it for wounds. We use it for people who have had Lyme disease and the ill effects of Lyme disease and have been diagnosed with it from medical doctors and they didn't know how to help them. I have people, they have R.A., it helps them. They have been diagnosed with rheumatoid arthritis and it helps them move freely. I also found that the byproduct is, the wonderful thing is, it helps people lose weight and helps them feel so much better and they feel great. And they are detoxing. They are not feeling sick and sluggish and having dullness in their thinking. And they are also feeling emotionally and spiritually healed through this machine. I love it."

They work every day with it and I use it myself. I have a tendency to have arthritis and my joints hurt. When I get in the machine, I feel 100% better. Oh, I love the Relax Sauna. I don't like the Relax sauna, I love it. It works great."

She uses it almost every day in her practice. "I use it at least 3 times a week when I can get in it and not anybody is in the seat."

Her clients love it. "They are telling other people who are coming in for foot injuries and they're using it for knee injuries. And they're using it... they love it. It is the greatest machine. I'm glad I got it. "

She goes on to describe her appreciation for Phil's availability and assistance. "You have increased my business huge. I am a huge fan of yours."



## Relax Sauna Review - Dr. Ernest A. Earhart, Improves Nerve Conduction and Neuropathy

[Go Here to View His Video Testimonial](#)

Dr. Ernest A. Earhart - truly beneficial for diabetes, foot problems, fungus, neuropathy, sores and bedsores, weight loss, detoxification, relaxation, energy and psoriasis.

Dr. Earhart from Besting Ridge, New Jersey has had his Relax sauna for a little over two years. Five of his patients have also gotten Relax saunas after sitting in them for about five minutes and after he spoke to them about it.

He says that when you sit in the sauna, "you feel that there is microzenation occurring and you feel so much better sitting in it. Your nervous system improves. Your joints feel as they move more fluid. And everything when the human body needs to communicate, I can feel that, neurologically, I feel so much better. It relaxes me just like the name. But more than anything, it really does give a good detoxification. It excretes sodium. It excretes toxins, metals. If the nerve conduction is improved, which I say it is all day long it's probably also burning a great deal of fat. It makes you feel better."

As he is sitting, perspiring, in the sauna, "It feels good. It feels like my frequencies are being put together. It feels like my nervous system, it's got congruence and I feel warmed up and ready to be mobile as possible. It's a great, great feeling."

He has used the sauna in conjunction with his patients and thinks it is truly beneficial for people who have diabetes and problems with their feet, fungus, neuropathy, sores that were not healing, bedsores and a host of other problems, including psoriasis. "It has many, many uses." He treats a lot of diabetics who also have had psoriasis. He had a 71-year old patient, who's left arm was rampant with psoriasis, experience good results by using the sauna in conjunction with controlling his blood sugar.

He has had obese patients with BMI's in the low 4's, so they were grossly obese. A patient of his who weighed well over 300 pounds uses the sauna. He weighs her each time, before and after, that she gets out of the sauna. Each time she loses .5% of fat and loses 1.4 lbs. "Quite impressive."

"I think the Relax sauna is, we'll call it, hygienically superior. That's exactly what it is. There's a potential of me opening up a spa and putting in several of these with some autonomic response tests and a number of other good ways of stimulating the nervous system. but then looking at the before-and-after with people that are in the process of losing weight."

He had a 13-year-old girl who was a Type 1 diabetic who was gaining weight, which is not usual for Type 1 diabetics. "When a person is a Type 1 diabetic their pancreas stops secreting insulin and glucagon and they start to lose weight. In this particular instance, she was a clandestine eater and when I put her in the sauna, she would start to feel better and when a 13-year-old gets a better mood that's a lot of good work."

"It's awesome. Wow."

When you look at dry-heat saunas and the saunas with the rocks, again, you're sitting in a wooden, call it cabana, a wooden box. As you sit in that box, it's very good. It is heat energy but it's certainly not as clean. It doesn't give as much perspiration. It's not as healthy. It's not helping your cells to be micronized and to communicate. Because, basically, that's what this is doing. It's micronizing the system, allowing the cells to communicate. It enhances the humoral immunity. If you're in a regular sauna, it might loosen up your muscles a little bit and might do some other things but they don't do what this does.

Phil comments that a lot of people who go to the gym and use the sauna two to three times a week; it's not the same. "The resonating light does something that heat does not do. This is not a heat sauna. This is light, far infrared light."

Dr. Earhart goes on to say, "By micronizing and allowing the interstitial fluid to communicate, I think what's happening is the body has a chance to have nerve pathways that are communicable amongst one another. Then the body goes into the proper frequency. So, if it goes into proper frequency, it means the ions are transporting enough electro-chemical energy so that the body can fire, speed up and slow down, appropriately." He agrees that that does not happen when you're just heating the air.

Comparing the Relax sauna to wooden saunas, he says, "In terms of efficiency, there is no comparison." He says the Relax sauna is more efficient. "This is convenient. It's easy. You can pick it up and take it someplace. You can do many, many things with it. It is not an expensive bulky apparatus. It's 40 patented semiconductors and it heats up immediately. And it gives you a good prominent detoxification and it's extremely empowering, relaxing. It's magnificent for anyone that has...if you have a good nervous system. If you feel you want to take good care of yourself and you respect your health and you want to maintain a steady, balanced state of energy, this is what you want.

I use it every day, 20 minutes in the morning. I have two in my office and people go in that. I have one at home. So, there are times when I can do it in my office or I can do it at home." He uses one during the day sometimes with his clothes on. "It's especially good for me because, you know, one of the reasons I have to do it is because I have a laboratory and I have to process urine and saliva and sometimes feces and things like that. So, I will go in and out of a toxic environment and I'm covered and covered. And I know what I'm doing, implementing practical procedures in the laboratory. I will, sometimes think okay, I'm smelling too much ketosis and ketoacidosis and things of that nature so I need to clean myself out."

He has 3 graduate medical degrees, three in Integrative Medicine, another in Biological Dental Medicine and another in Naturopathic Medicine. He has a master's degree in nutrition and has gotten honorary awards for that. He was a TA at Rutgers University and has done a lot of teaching.

He confirms that the Relax sauna energy helps the communication between the sympathetic and parasympathetic nervous systems by optimizing interstitial-fluid communication and nerve pathways are enabled to communicate with each other better.



## Doctor Uses Far Infrared Sauna for Diabetic Ulcers, Detox and Nitric Oxide Release

[Go Here to View His Video Testimonial](#)

Dr. Nathan Bryan got a far infrared sauna for his father who has diabetes. It helped him to detoxify and heal his father's diabetic ulcers. He and his family use the Relax far infrared sauna every day.

He also discusses nitric oxide. Far infrared can help release nitric oxide.

"I've had it for about two years. Obviously, I appreciate and understand the therapeutic benefits of infrared sauna, the Relax sauna. I like saunas. I like the portability and the convenience of it. I use it at home. My wife and kids sit in it every day.

But, the main reason I got it was for my paraplegic, 69-year-old dad. We put him in it, He's prone to ulcers, diabetic ulcers, so we started putting him in the sauna at least two or three times a week. It seemed to facilitate wound healing but it really just helped him to detox. He's wheelchair-bound and doesn't really sweat a lot or detoxify. So. It's been a great product. Like I said, I use it every day. I recommend it for people for the portability and just the overall health benefits of infrared sauna."

About his father, he said, "It has helped. There seems to be an acceleration of the wound healing. We've done stem cells and a number of other things, modalities, but the wound's completely healed now.

I get the benefits every day. I actually use it in the evenings. I try to stay in it 20 minutes.

I've been studying nitric oxide for about 20 years. Developed and invented a formulation that generates nitric oxide gas. I have nine issued patents on this technology called Neo 40. And really what we're finding what the technology does, if your body can't make nitric oxide, we make it for you. Then, too, we fix the reason the body can't make nitric oxide. We couple some enzymes. So, we've learned over the last 15 years, that certain wavelengths of light can actually release or liberate nitric oxide from preformed stores. So, the infrared sauna, if you're deplete in nitric oxide and you get in the sauna, you can actually release, with the infrared, release nitric oxide and liberate it. Part of the health benefits of the therapy and the benefits of the sauna may be related to nitric oxide. But, importantly, I think in what we're finding is, if there are people who are going to sit in an infrared sauna, if you take the Neo 40 nitric oxide prior to, you can get better benefits from the infrared sauna as it relates to nitric oxide.

People can get a lot of information from his website [www.humann.com](http://www.humann.com)  
Or just Google his name, Dr. Nathan Bryan, and contact him there.





## Relax Sauna Effective for Autism Detoxification - Wood Infrared Sauna Comparison

[Go Here to View Her Video Testimonial](#)

Karen describes the energy of Relax Sauna - Wood infrared sauna comparison

"I have used far infrared saunas in the past and whole packages at a local yoga studio where I live. So that I can go every couple of days or once a week if I want for a period of time and they had the larger model that I believe was cedar. It had containment with windows on it and I felt it was effective during other detoxification that I was doing but not to the degree of this one. I did this last night and I felt it was much more effective. The way I feel today, the energy and even my gut feeling more balanced. I was a little bit bloated yesterday. I'm not bloated at all. I have tons of energy. I feel this one is much stronger and much more effective. And when I say stronger, in a gentle way. not in a harsh way.

I love that it is also portable. I think it's great for parents. Especially if you have a child who is on the autism spectrum. You need to take it around for detoxification. You could fit it in any home, in any space. You could take it down if you're not using it if you want or you could travel with it. So it's actually day really, really great product. I would highly recommend it." She is at the Autism Conference in Chicago.

"My name is Karen Thomas and I have a website which is NaturallyHealingAutism.com with a lot of information there for parents as well. And I have a book called Naturally Healing Autism which is a step-by-step guide to the complete process to help a child heal from the symptoms of autism. And that's based on what I used to heal my own son from his symptoms. And I also have a radio show at AutismOne.org and it's also released on my website as well. And I can be reached at Facebook/NaturallyHealingAutism.

They're great for detoxification and great for Lyme and great for just lots of various reasons. Detoxification issues are really big and they are really, really helpful for that and way differently than I can describe. I actually sleep with a far infrared comforter because it works with your body's natural healing processes to turn the heat around to internalize it. Your body's own innate healing processes work with it.

I absolutely like this product the best. Of all the infrared saunas I've seen, I would say this one is by far the best choice. I just want to say I am not being paid to say this. Absolutely, this is a really great product."



## EXCELLENT for Her Patient's Detoxing - "Best Investment I Ever Made"

[Go Here to View Her Video Testimonial](#)

Elizabeth purchased a Relax sauna "about a year ago, using it both in my clinic as well as personally. And I do have another sauna, the walk-in sauna, so this was just an extra boost. And it is the best investment that I have ever made!

It's wonderful to use. It's quick and easy. It is so fantastic in that it reaches the temperatures instantly. You have a wonderful relaxing sauna. It's far infrared, so it gives you all of the benefits of what far infrared does to the cells, to the body and I use it personally about three times a week.

The heat is so dramatic that your body takes time to get used to it and it truly is the very best investment that I have ever made.

I use it with my patients and because I use it for detoxing and cleansing personally in my clinic, this has been a wonderful opportunity to raise the levels of detoxing at even at quicker rates than I've done before. And so, it truly is one of the most wonderful things to use. What's great about it is that you can strip down or you can even your clothes on. And so my patients love this. I find that, when I do prolonged hydrotherapy, as the next stage of detoxing, it works even better. It opens up the bowels. It releases the toxins so much quicker. It literally hydrates the body as the cells are now open. Organs and systems are now releasing at a much quicker rate. I've actually found that patients who have done the sauna before we do hydrotherapy, we've had even better results

So, what an exciting machine that you have. And it is wonderful for both personal use, as well as in your clinics.

I use it for all patients because it really doesn't matter what the disease is. Ideally, what you want to do is, you want to get that system open. You want to get waste matter out. You want to release congestion. And you want to be able to get oxygen and nutrients into the body. And, perhaps one of the quickest ways to do it is by bringing in sauna all the time. I've always done sauna in a detoxing program, but this machine is so much quicker. It works so much better and is a wonderful adjunctive to work with in a complimentary way that I have already used. A great adjunctive to what I already do. I wouldn't want it any other way. So, thank you for a wonderful system. Easy to use."



## Psychologist's Clients Use Relax Sauna for Pain, Anxiety, Depression and Stress Relief

[Go Here to View Her Video Testimonial](#)

Here is what the missing 50 seconds of the video has to say:

Carolyn, a psychologist, went to a talk the year before at a conference on Energy Psychology. He answered all of her 20 questions and objections very well. That sold her and she bought her sauna that year. She had tested out the sauna every chance she got that year at the conference. From sitting in the conference, she had gotten a lot of pain in her legs, which were falling asleep. It really helped and she thought, "This is really something if can do the whole body at the same time."

Starts at 50 seconds:

A lot of her clients have ordered Relax far infrared saunas. "A lot of them tried it and liked it so much. It's well worth the purchase. In just a few minutes you really can have a total body cleansing to really help with inflammation, really help with fatigue and pain and it's just been amazing. People in the medical field have tried it out and it's really something. It's convenient. It's easy to use. It's also portable."

I have used it mostly with chronic pain patients who were referred from neurology and medicine. Of course, if you have chronic pain, you are going to have more anxiety, depression and stress and the sauna use helps overall.

I start off with two and a half minutes and then go up to five and then up to 7, for some people up to 10. But usually, they want more than that. "She confirms they get benefits. Phil commented, that in a wooden sauna, it takes 20 minutes to just to heat. Carolyn said the Relax sauna heats up right away.

She and Phil talk a lot every time she calls and orders another sauna for another client. When she told Phil that she is 74, he could hardly believe it! She is quite youthful looking!



## Sweating - VITAL TO HEALTH, Eliminate Toxins with the Relax Sauna

[Go Here to View His Video Testimonial](#)

"My name is John Malanca and my company is United Patients Group." He relates that he met Phillip, at a trade show a year ago, walked by past his booth a few times and listened to a talk by a woman, a federal judge who lived in Texas with stage IV cancer, who had been told to go home and get her affairs in order, since the amount of chemo

and radiation they would have to administer would probably be a fatal dose. She then learned about the importance of sweating. Living in Texas, she was always in air conditioning and never sweated.

"To make a long story short, she rid her cancer via sweating. She did not do chemo, radiation. She is alive today. And after hearing her lecture I walked back into the trade show and my wife and I bought two Relax saunas. It's a year later. We still use it on a regular basis. We gave it to another friend of ours who is battling liver disease and they use it on a regular basis. We have shared the success we've had with the Relax Sauna and, unfortunately, another friend of ours has pancreatic cancer and he and his wife went out and bought a Relax sauna as well. So, I am a fan of it. I think it's important to sweat, to rid the body of the toxins. It's very healing."

"Once you know sweat as your teacher and your healer, life is no sweat." - from the book, No Sweat, KNOW Sweat by Dr. Bill Apkinar.

"Especially looking into this Relax sauna, it's a portable unit. You can take it with you. You know, it's light. It's not a big, clunky machine that's going to sit in your room or in your house. We have it in our bedroom. We use it about five nights a week. I do it before I go to bed. I sit in the sauna. There's a chair that comes with it. I layer it with bath towels. I do sit in it nightly for about 20 minutes. After I get a good sweat, I literally get up, get into the shower, take a nice shower, get ready for bed and I sleep like a baby.

Phil comments that he came by the booth raving and raving about how much they love the sauna and how much his friends love it and that it's helped them. "It's helped them and they use it every night as well.", says Dr. Malanca.

He goes on to say, "I go, go, go and ending my day I like to relax. I slouch down and put my head, completely engulfed, into the sauna. And I have my iPhone sitting on top, but on the outside, and I listen to music for 20 minutes, just breathe and get a good sweat on, but I like to end my evening that way. My wife thinks I'm crazy that I engulf myself completely into the box, but - big fan of it.

Vital, exactly. I'm pretty darn healthy. And, I drink a lot of water so I really sweat. I just think it's good to flush your body out, stay healthy as well. So, yeah, it's something I plan on doing, to travel with it. It's like working out. You miss a day of working out and you think, 'Goodness. I've got to get back to the gym', same thing with this. I enjoy getting outside and going for a run and getting a sweat on. And, this way I do it at night, finish my night off, you know, after a long day at work."

He's a big fan of the sauna and wants to send as many people to Phil and the Relax sauna as he can.



## Buying Four Relax Saunas for her Practice - Lots of Reasons!

[Go Here to View Her Video Testimonial](#)

"It is not only really comfortable but I can breathe. I don't feel like I am suffocating like I do in the wooden saunas. And I feel that the medicinal benefits outweigh the wooden saunas tremendously. I am convinced and I am going to buy four, if not more. I'm definitely, now, going to have it at my actual practice whenever I open my doors."

Asked why, Carmen said, "Not only the way that it made me feel but the fact that it's easy to clean. It's self-cleaning. It's easy setup and breakdown. It's a portable and it's better. If you look at the documentation as far as it's being a far infrared sauna and that it meets the credentials that Japan sets as far as using the word 'far'. Yes, I'm sold."

She confirms she's been in wooden saunas for years. "Yes, I have and I have to keep stopping. I can't breathe in them. I've seen the benefit and things like that. But if you have someone who's claustrophobic, closing the door on someone or maybe they won't even come and get the benefits because they are claustrophobic. Here, my head is out

and I can breathe cool air. And, if I wanted to, I could go in for a short period of time. I can come back out without having to open the door. I love that.

As soon as you sit in it, you can kind of already feel the warmth. As soon as you close it, it heats up immediately. And the fact that I do mixed martial arts and I'm always sore, leaving the first time (At the Expo) I felt the difference. Because we have stairs here, my side's been bothering me and my back where I got kicked. Coming out, I felt a difference so now I'm back for the second time. And if they were going to be here tomorrow, I'll be back in the morning."



## Naturopath's Patients are FREE of Lyme Disease Using Relax Far Infrared Sauna

[Go Here to View Her Video Testimonial](#)

In this spontaneous Relax Sauna testimonial, Dr. Catherine recommends far infrared saunas for Lyme disease because bacteria dies at 104 degrees body temperature. By using the Relax sauna to increase your body's core temperature you can fight Lyme disease. Infrared saunas are great for people with Lyme disease.

Dr. Catherine has had her Relax sauna for over eight years. "I love my sauna. It works very well with all of my patients that I have, my clients that I have actually, and especially



the ones that have Lyme disease, because bacteria dies at 104 1/2° core body temperature. If used repeatedly and regularly it will open your body temperature enough so that your body temperature can raise to a 104 1/2° and kill off the bacteria and parasites also, and fungus and things in your blood and you will feel better after you kill all of that off and get it all out of your body.

I have many clients who have Lyme. And the extreme cases and an extreme protocol, that actually worked on several of my clients that are now Lyme free, has been this sauna, the Relax sauna. And what we do is, we put them in every four hours. We let them sleep all night, of course. Every four hours to five hours we put them in here for at least a week. And that opens their body up."

In this video, she lays out the protocol that she uses with her clients and goes on to say, "That's the easiest protocol I know of to get rid of Lyme, get your Lyme down, get yourself feeling better, get yourself looking better, get the toxins out. Use the sauna. The Relax sauna is great. I have hundreds of clients. I've been doing this since 2000. In eight years, there's a lot of people who go through my office. I love this. I would recommend this to anyone.

I use this every day, morning and night, twice a day, for maintenance. I'm in here for 20 minutes in the morning and 20 to 30 minutes at night and I get a good sweat. I like it. It's good. It gets out all the toxins and all the things that happen to you during the day. It's the easiest thing to do because I love to read so when I can catch up on my day's work, my reading material and when I come out, using the sauna is great."

Phil comments that the Lyme Conference they attend every year is the best show they do every year since it has proven itself so successful with Lyme.

Dr. Catherine goes on to say, "You can do a lot of other things but that is why God gave us fever and heat. It's the most natural way to get rid of so many things, not only Lyme but just so all the other parasites and fungus. It keeps virus... oh, my god, viruses do not like heat at all! So, this will keep the virus down. All of you herpes people out there, and I know there's a ton of you, this keeps the virus down, all the different types of herpes, herpes 6, herpes 8, herpes 12, herpes simplex, all of it."

Phil comments that Hippocrates said, "Give me a chance to create sweat and I can cure disease." Dr. Catherine exclaims. "Absolutely. They knew. They knew."

She goes on to describe how monitoring people's temperatures when they do the sauna is part of her protocol, as it gives her and her patients a scientific gauge as to how it is working. She also discusses how the program is tailored to people's individual needs.

At the Lyme Conference every year, people there say that the spirochetes do not like heat. The spirochetes leave. "They die."

Dr. Catherine: "The healthier the person, the better we are to each other, the more humane we are to each other, the better humanity is."



## Constipation Completely Gone! Using a Relax Sauna/ Niacin Flush

[Go Here to View Her Video Testimonial](#)

Kris is in the natural food business, has had her sauna for a little over two years, and says. "I love it. I use it daily unless I have to get out of the house really early. I bought the sauna primarily for sauna for detoxification. I like sweating in the sauna. I do and I like the feeling of detoxifying. We have a lot of environmental pollution right now. I think it's in the air and the water and anyway we can get rid of it is a good way and this is a very effective way, I believe, to get rid of these pollutants."

She thinks that using it is a very significant way "for a healthy person to maintain their health. I don't use any pharmaceutical drugs. If I have an issue that needs to be addressed, I'll always look for a natural alternative. I won't use, I won't use a pharmaceutical drug. That may be why I'm healthy." She says that, due to her practice of natural health for many years, she finds that she has no significant health issues. Phil, who has also been doing this for 40-plus years, says he has always experienced a high level of health, as well.

"I did recently do a niacin detox. I heard someone on a One Radio Network, a woman named, Anita Warren," recommend that people do niacin flushes as described in L Ron Hubbard's book, *Clear Mind, Clear Body*. "I plowed through that book, it was fascinating."

She said, "Well I already had a sauna and I have niacin, too, so why not try this, so I did. We harbor toxins in the fat cells so if those cells are opened and start releasing the toxins you never know what's going to come out." She describes meeting and working with Anita Warren and learned that people might release drug residues or even chlorine from swimming in swimming pools. A man released so much chlorine that the smell was overpowering. She recommends reading about the niacin flush or finding someone who knows what they are doing if you decide to do a niacin flush in conjunction with the sauna, especially if things come up.

"I was a competitive swimmer. I did it for three weeks, I was absolutely thrilled that I did it.

My niacin levels did go up as I started flushing at lower levels. I did go up to over 2000 mg. Some people go a lot higher than that. I started 500. I think they recommend starting at 100. I happened to have a 500 capsule so I just took what I had.

When I finished this, my whole life I had a problem with constipation - completely gone! Absolutely gone and I had done many things to try and help that problem." She says, according to Anita, "for some people, when you are detoxing like that, you might need to really wipe down the inside of the sauna when you are done because you're not sure what's coming out of your skin.

Boy, did I sweat when I did that! And you need to get out and you need to drink water and maybe take sodium. You need potassium. Those things are important to have around. You have to do this and know what you are doing. I don't recommend people do it without reading about it before they do it."

L Ron Hubbard used his wooden sauna for five hours. Kris used her Relax sauna "for an hour. You exercise for 20 minutes, get that heartbeat going, get the blood flowing and then you sit in the sauna after that." Phil commented that the Relax sauna is at least about five times more powerful than the regular old saunas so this is why you don't need to use it as long. Kris said, "I think that there are people who would verify that, too. I know Anita had mentioned it."

She heard Dr. George Yu, on the Radio One Network, say he worked in surgery and, although he had never received anesthesia, he administered it. "When he sat in the sauna, he could smell the anesthesia. You could smell it. It was coming out of his skin.

Because so many people have overload from toxins they don't even know why or what they are. To me, if you are going to try and clean up, this is a good way to start. Diet, of course, is a part of it but let's clean up what's there and add these things in altogether, I think people are going to come away renewed."

A woman that Phil knows did an intense 9-day Relax sauna cleanse. Residues from different childhood illnesses came up every day and on the 5th day it was so intense, she had to wait an extra day because it took her an extra day to work it out.

Kris chose the Relax Sauna because when she sat in it, "I thought - this is great - and the nice thing about it is, I couldn't just sit and do nothing. and I can get my hands out of here and read while I'm in a sauna. Whereas, if you are in a big wooden sauna, and you are really perspiring, it's hard to hold something and read it when you are sitting completely soaked. So that was a big factor for me.

And the other thing is that it is so portable. I can just pick it up and move it from one room to another. It works great. Yeah, it works great. I have used it almost daily for over two years and I have not had one issue with it at all."

This is another valuable expanded use for the Relax far infrared sauna so people can have one in their home and experience wonderfulness. Kris says, "I recommend it."



## Dr. Oz, Dr. Christiane Northrop and Now Ingrid - Proud Owners of Relax Saunas

[Go Here to View Her Video Testimonial](#)

Ingrid wanted to sit in the sauna and just relax and warm up. She sat in it for about 8 minutes and started to feel really, really good. Now she no longer feels the pain in her shoulder and rib and feels energized. After walking around the expo for 20 minutes, she says she still feels really good. She has been going to a gym, swimming about every other day, and says by using the sauna, "for me this feels really good."

She says the pain in her shoulder was at about a level 5 or 6 and now it is at a 0 level. She also discusses some of the recommendations from Dr. Oz and Dr. Christiane Northrop and how the sauna addresses those issues. Phil had mentioned them as well in his talk and says they have also bought the Relax sauna. She says, because she knows them personally and has spent time with them, that when Phil brought them up, she felt like here is someone who knows what he's talking about.

She likes how the feet are in a raised position in the sauna, especially since Dr. Oz discussed how the body naturally releases whatever you have inside when it's in a curved position.

She is getting a Relax sauna for her home, arriving on Tuesday. She is looking forward to it.



## Sauna Eliminated the Inflammation of Ulcerative Colitis, Bleeding Stopped

[Go Here to View Her Video Testimonial](#)

"My name is Lynn Bennet and I am in Long Beach, California attending the National Association of Nutrition Professionals Conference. I am sitting in here in this amazing Relax Far Infrared Sauna. And, I purchased one three years ago from the same company and I'm back to purchase another one. As a nutritionist, I find that it is so comforting for my clients to use, especially with ulcerative colitis.

I had a young lady come stay with me. As a nutritionist, I did her food, her supplements. I've been working with her for a long time. She was in a terrible chronic outbreak. Now, what does that mean of an ulcerative colitis person? That means that they were really bleeding, not being able to hold in any of their food and having a lot of rectal pain with the bleeding. So, this person stayed with me for the weekend. She was in and out of the sauna several times during the day. She felt so good, she said by the second day she was leaving, she felt so much better and she had no bleeding! And she believed for

herself that it was from the far infrared heat healing the ulcers and shrinking them down and her stomach. And I believe that, too.

I use it every day. I use it as part of my sleep hygiene to help me get to relax, to get to sleep at night. You should try it yourself, check it out, go to the website, read the information and start getting in your own relaxing sauna. They are awesome!

I recommended that her to get one herself. I recommend it because, it was so therapeutic, that she needed to have one on her own, you know, property so she could get in it and have it as a daily part of her hygiene in terms of getting the inflammation down, taking care of the daily inflammation, inflammation along with the food and diet. And I highly recommend it and I am here to buy another one."

Asked if she has had good results with others, she said, "good results with other people with, inflammation and pain and sports inflammation and being able to go back into exercising. I am also a yoga teacher and a lot of times people overuse and stretch and they can't get back to yoga the next day which could translate into any sport really. We can get inflammation when we overuse our muscles and this just really helps to heal you and get you back going faster.

So, it has so many uses. I would go to the website and check it out. I know you are going to love it. And besides the fact, it's relaxing and it's all about good health, sweating and getting the inflammation down."



*Another Relax Sauna Doctor Review Best Product She Has Ever Bought at Any Show*

[https://www.youtube.com/watch?v= IOJhtv\\_rwQ](https://www.youtube.com/watch?v= IOJhtv_rwQ)

[Go Here to View Her Video Testimonial](#)

Melinda is a doctor, has had her sauna for about 2 years and says, "Well, it's been great. We use it after exercise to help relax our muscles. I especially love it like if I feel like I'm getting sick because I feel like the infrared supports my immune system and I always feel much better. I just feel so much more clean afterwards because I feel like all the sweats and the toxins in my body gets cleaned out. I feel great.

I love this. It is the best product I have ever bought at any show."





## Acupuncturist Says Relax Sauna's Far Infrared Energy Moves Chi Like No Other Sauna

[Go Here to View His Video Testimonial](#)

Wei is an acupuncturist attending the Acupuncturist Convention

**Wei says, "Right now,** I'm feeling really warm under the sauna here. My hands feel like it feels like when I do Tai Chi. It's swirling and pulsing and it just feels like things are moving, like the blood is circulating. The Chi is moving, exactly how I feel after I do Tai Chi." Wei has been doing Tai Chi for about 10 years. **Being in the sauna, he says, "You get the same sensation, very similar.**

It feels really good, especially on a cool day in Houston. I feel the warmth on my skin and the muscles. And I can feel things moving. **I'm relaxed."**



## *Autism Expo - Relax Sauna Combats Toxicity. "a Great Step in Human Detoxification"*

[Go Here to View His Video Testimonial](#)

"So, I've been in kind of the health and wellness industry for several years now. Our specialty, I consider, is combating global toxicity. And from our research, even before I met you, we knew how critical infrared saunas were. You know, with your standard sauna you know, there's points per million of detoxification, correct? (Yes.) I've been looking for one. Logistically, I don't have the space in my house since it's littered with toys. "

He feels the wooden far infrared saunas take too long and he appreciates that he can be in the Relax sauna for a few minutes with his clothes on, experience benefits and not have to towel off. He says that it's the little things that add up during the day that interfere with our ability to take care of ourselves "So when I saw this I was immediately drawn to it just because it is so compact and we can literally set it up in our walk-in closet away from anyone. And with three kids and a full-time job and just life, I don't have the time to wait for a traditional unit to heat up so, I mean the fact that I've been in here for less than a minute and I'm feeling better. I'm feeling great. It's absolutely awesome. I was in it yesterday for about 10 minutes and for the rest of the day I felt great.

I was super happy to be here to release our new book and just kind of meet with the up and comers and see how fascinating... to finally feel that we're on the right path. It was like love at first sight to walk into this room and see you guys set up. I knew without even talking to you, Phil, that I would be finding a way how to get one of these shipped back to Colorado. I thank you for what you guys are doing. It's another great step in just human detoxification. Just it's so critical. People don't even realize, you know, what we ingest on day to day basis from food, air, water. To have a unit like this to help with detoxification is as important as any supplement program or anything else out there. We lose track of how to take care of ourselves, so something that's this easy, this compact, I mean It's a no-brainer in my opinion. I feel great.

Even though he was having a blast running around meeting people all day about the release of their new book, it was also stressful and, "I was a little bit achy. I actually had a headache and I'm feeling really good." Having used the sauna for 10 minutes the day before as well, he says, "I slept better last night than I probably have in months."

Drew co-wrote their book "with his father, Peter Greenlaw and we had the privilege of working with Dr. Marco Ruggiero, who just moved to the states from Firenzia, Italy. He is really on the cutting edge of healing the body through, I would say some old school techniques, immunotherapy. But, with a little luck which I think everyone needs, you know if we can get the information that Dr. Ruggiero is presenting to the world, we could change the medical and the scientific community forever." Dr. John Gray, Women are from Venus, Men are from Mars, wrote the forward to the book. "He's been a close friend of my father's for years and he's been one of my dad's mentors.

We are all on the same page obviously and, you know, it's humbling to come here and work with some of those people. I mean I feel really fortunate. And like I said, to walk in here and meet people like you who have this same vision, It's just awesome. I look forward to a bright future with you, Phil.

**The Energy from the Relax Sauna - a "GLOW" that Radiates  
from the Inside Out**



[Go Here to View Her Video Testimonial](#)

Millie, an acupuncturist, was at the World Acupuncture Convention in Houston. When she first got in the Relax Sauna, she thought it was moist heat but then found out there was no moisture in it whatsoever. "And we have infrared heating lamps at our school and it feels very different from this one because, like if you're in a wooden sauna what I feel is just, you're sweating through the skin and you just get hot. And from this one, I'm not only feeling it in my muscles, but I'm feeling it warming my bones. I feel it all the way to the core. And, that's how this feels very different than a sauna, the wooden sauna. It feels moist in here but that's just the dampness coming out of my own body.

We went to all the exhibits on the second floor and, when I went to my car, the whole time I was still feeling that warm glow. Like it's almost like you're baking from the inside still and you felt that. You're radiating that deeply the entire time. It was over 40 minutes after we left here that I kept feeling that warmth. You know what I really think, that this would be wonderful if you have to travel a lot and do a lot of lectures. This would be the perfect, you know, treatment for yourself after you've been at seminars all day long."



**Dr. Marilyn Joyce RELAX SAUNA REVIEW, Benefits Cancer,**  
[Go Here to View Her Video Testimonial](#)

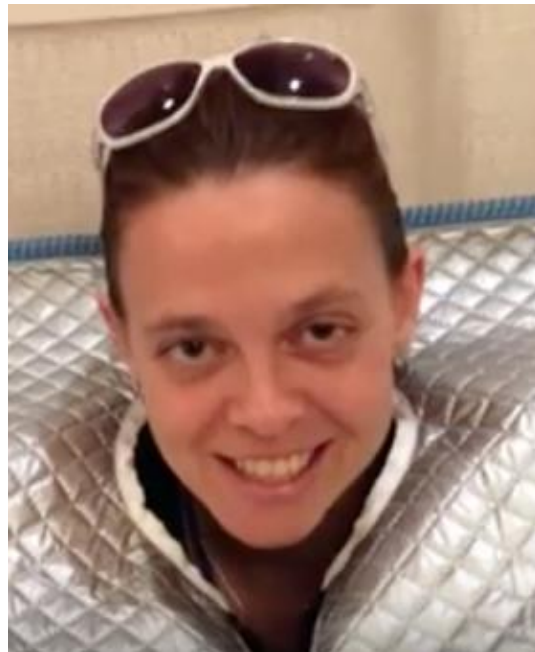
Dr. Marilyn Joyce says that last year, when she tried the sauna at the Cancer Control Society Convention, she got in the sauna and exclaimed, "Oh My God! I'm relaxed completely!" She had been reluctant to get into the sauna because she thought, "What is five minutes going to do?" She had been in a lot of saunas before, especially far infrared wooden saunas that were in the homes of friends, and it took hours for her to really feel an impact. That day, she was very stressed out, her shoulders were very tense and she was really very upset because it was a Cancer Control Society Convention and looking at all of the people who were dying from cancer was very upsetting. Within five minutes of sitting in the sauna she started to feel the stress melting off of her body. As she came to realize the benefits of the Relax sauna, she began right away after that to use it with her with her patients with cancer and the people who were taking care of loved ones with cancer and, at the same time, still taking care of their families. She says they feel the sauna has really transformed their lives.

She has a radio show called the Dr. Marilyn Joyce Radio Show and she had done an interview with Phil on the show a year ago and posted on there. People were amazed and she had calls and e-mails beyond compare. All (but one) of the patients, who then got the saunas, now a year ago, are still here today. They say, "Thank you for transforming our lives." They got great results and she feels like she has done a service

for them by providing them with something that cost a third to a quarter less money and does not have to be installed in the home, like a wooden sauna.

She is glad that it is completely portable because she likes to travel a lot and she can take it with her. Her clients also feel this way because, now that they feel mobile again, they don't want to be in one place. She feels that the immediacy of the sauna was what was so powerful. She didn't have to wait. She jumped into it and immediately was immersed in it. What she loved about it was that she didn't have to put her head in! She said that it was very convenient because you could put your head in only if you wanted to and you didn't have to take your clothes off.

When she first sat in it for 5 minutes at the Cancer Control Society Conference last year, the pain in her shoulders, which is where she carries stress, was completely eradicated. It got rid of the pain even though she had been carrying heavy bags on her shoulders all day. She felt a new sense of mental clarity and a new sense of ease and calm without any effort and says that is the key. She loves to meditate and notices that, sometimes when one is really stressed, it can take a long time to relax and have the meditation take full effect. She felt that the sauna speeds up the process.



*Sensitive to Heat but Comfortable in the Relax Sauna Her  
Doctor Recommends*

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Juanita's doctor recommended that she use the Relax sauna. Her doctor said that it was very efficient, that it is heated up quickly, that it was very convenient and portable so that she could take it with her on the road. She said the fact that it was so efficient was the biggest benefit. She owns several other types of saunas, including a wooden one, but that this one was her favorite.

Juanita read Sherry Roger's book, *Detoxify or Die*, and was definitely inspired to get a sauna. She didn't get a wooden sauna because she wanted a sauna that was portable since she could not stay in her home for a while, during which a mold problem was being cleared up. She says that the sauna is really calming, relaxing and comfortable and that she sleeps like a baby at night and doesn't seem to need as much sleep. She is very sensitive to heat and does not feel uncomfortable at all when she's in the sauna and able to keep her head out. Her husband uses it and she said that it's a cleansing feeling for him which is very satisfying.



### *Relax Sauna Testimonial – Dr. Wayne*

[Go Here to View His Video Testimonial](#)

Dr. Wayne Whiteman bought his sauna at the American College of Alternative Medicine show about a month ago and gives his testimonial. "I use it three or four times a week

about 20, 25 minutes. I just feel better. The first couple nights I did it I slept incredibly well and I've just been feeling better. I'll continue to use it.

I told about 6 of my patients to use it now."



*Relax Sauna is a Perfect Addition to Any Home, Her Kids use it on Their Own*

[Go Here to View Her Video Testimonial](#)

Alicia is a medical director at a spa where they use the sauna to double the benefits of the other weight loss devices they use. In her home, she has had the Relax sauna for one year. Alicia uses it herself for about 20 to 25 minutes each time to help her lymphatic drainage.

"I love it. I keep it at home, in an office at home, for me, and myself and my children, to detoxify them mostly. My kids use it by intuition whenever they feel sick. They go there to warm up when they don't feel good. I don't push them, they do it themselves. They usually do it for about 10 minutes. I do it for 20 to 25. It penetrates and helps the drainage."

One time her daughter was sick and, "She was just coughing like crazy and she, usually when she's sick, she comes to my bed and I told her, just go to the tent. She went to the



tent for, I don't know, about five or 10 minutes. She came back, fell asleep. She was not coughing after. We call it the tent."

Asked how often she uses the sauna, she says it varies. "I use it every day for like a week or so. A week, it depends. It's very hard when you get busy."



### *Far infrared Sauna Relieves Pain, Detoxifies - thus Reversing Autism*

[Go Here to View Her Video Testimonial](#)

Sarah is at the AANP Naturopathic Doctor Medical Show in Phoenix, Arizona, August 2011

"The first experience I actually had sitting in the sauna (after 5 or 6 minutes) - I actually woke up this morning with pain in my back and in my ankle. I have an injury in my ankle. And right away I started sweating in both those places, my ankle and in my back in places I had never sweat before. The purpose of sweating is to get rid of toxins, to detoxify your body and erase heavy metals from your body that you're getting all over the place because of the food that we eat, what's in our air and what's in everything that we use now. I can really already feel some of the pain that I had earlier release! It's really amazing!

I have an autistic nephew and a lot of research now is saying that heavy metals are a huge cause of the symptoms of autism. And I was really interested in getting one of these to share with my nephew because I think it would be very helpful with that." Phil shares that a man in Ithaca N. Y. used the Relax Sauna, which is not an ordinary far infrared sauna, to reverse a child's autism after he got a shot and instantly became autistic. Sarah comments, "Absolutely. I definitely think it would be extremely helpful in the treatment of autism, the treatment of detoxifying anybody.

It feels really great. It gives you this very, this full warm feeling. It's homey, definitely. And definitely, I would use it on a regular basis. Pure infrared is like a chi or a life energy. It feels much more effective (than the single standing lamps.) It's almost as if you are bathing in one." Phil comments that the radiators in the lamps are classified by the FDA as medical devices because they're so effective and goes on to describe how these same radiators, two of which are in the saunas, are so beneficial for many different problems and illnesses that people have and in creating health, educating people that they can be well.

Sarah says, when she opens her Naturopathic Practice, she will be using the sauna for her patients. "I definitely think I'm going to need to get one for my family. I think it would be really beneficial for all of us.

She says about Naturopathic Medicine, which is holistic, mind/body healing, "It's definitely going to be this new wave, a new form of medicine coming into a reality for the masses. I think conventional medicine has been political and overtaken by money in medicine and pharmaceuticals. I think that they are losing sight of actually bringing wellness and health and lifestyle choices. And, naturopathic medicine is definitely where it's coming in."



## *Registered Nurse Feels Energized, Pain Gone and Ready to Run!*

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"It is awesome. I sit in it for about eight minutes and that was about five or 10 minutes ago. And, I've been standing talking and I can still feel it like vibrating through my body. I went into it. My shoulders and my lower back and my legs were bothering me and now they just feel so energized. And I feel like I could go for a jog and run. I feel so wonderful.

I did not expect it to be this amazing! I'm sold. Like I said, I feel like I'm vibrating on a cellular level. I can just feel everything moving around and kind of adjusting." Phil comments that it is energy medicine. "It's incredible. I really like it."

Asked if she had ever been in any wooden saunas, Stacy says, "I tend to feel like I'm getting really dried out and like all the moisture's being sucked out of me. And this, I don't that way at all. I love it. I love this."

# A Note on Plastics and Far Infrared Sauna Use

Plastics are endocrine disruptors. They cause symptoms such as diabetes, dementia, lower IQ, thyroid conditions, low energy and vitality, infertility, weight gain, cardiac disease, breast cancer, ovarian cancer and prostate cancer and more. Hormones from our endocrine glands are signaling chemicals and control every function in the body. When they're out of balance, so is everything else! FIR saunas are the only way to remove plastics (which are estrogenic) from the body.

This is according to Sherry Rogers, M.D., Northeast Center for Environmental Medicine – internationally known expert in environmental medicine and author of *Detoxify or Die*, and *Tired or Toxic?* She says that high tech pollution requires high tech solutions.

*Detoxify or Die*, has over 700 scientific references by leading environmental medicine authority, Sherry A. Rogers, M.D., ABEM, ABFP, FACN, FAAAAI.

Sherry A Rogers, MD is a Diplomate of the American Board of Family Practice, a Fellow of the American College of Allergy and Immunology and a Diplomate of the American Academy of Environmental Medicine, has been in private practice for over 26 years.

She has published 17 scientific articles, 10 books, and was the environmental medicine editor for *Internal Medicine World Report*. The common goal of her current research projects is to help people adapt naturally to the modern hazards of the 21st century, so they may be able to reverse chronic disease.

Most all of us are a toxic cesspool of the lifetime accumulation of chemicals from our food, air and water and this steady silent accumulation over a lifetime is what produces most diseases such as cancer and even premature aging. We are the first few generations to be exposed to such an unprecedented number of chemicals. And, because medicine merely sees every disease as a deficiency of some drug or as requiring surgery, we are often told there is no known cause or cure. It no longer matters what you call your disease since the label your doctor gives you is meaningless. What matters is what caused it. Getting rid of underlying causes reverses disease and slows down aging.

There is now no question that these ubiquitously unavoidable toxic chemicals are behind nearly every symptom, disease, injury or malfunction of the body. We can reverse and even eliminate

the most hopeless diseases when we get these accumulated toxins out of the body, This is now being recognized as the greatest medical discovery of the decade.

### **Excerpted from Dr. Sherry Roger's book "Detoxify or Die:**

If you weigh less after a sauna, you did not drink enough water to compensate for the loss. A good rule of thumb is to weigh your towels before and after the sauna, drinking the difference in weight in spring water. That is, if your towels gained 3 pounds of water, drink 3 pounds of water. Also keep a little diary and document any symptoms. If you get exaggerated withdrawal symptoms, it could be magnesium or other mineral deficiencies as opposed to withdrawal symptoms from some prescription medication, recreational drug, or past chemical exposure.

Remember the average American diet only provides 40% of the magnesium a person needs in a day. So, everyone is low to begin with. Sauna will only make it worse. Magnesium is the main mineral to be lost in the greatest amount in sweat. Zinc and calcium are a close second for the most commonly lost minerals, then all the other minerals and nutrients follow. So since most people already start out with multiple deficiencies, especially magnesium, it is imperative to compensate for the accentuation of losses incurred by forced sweating.

**[You can read 3 chapters of here book here.](#)**

**To illustrate just how powerful a detox these saunas provide, [Go here for these 4 excerpts from her book:](#)**

FIRS, the Only Sauna Proven Safe for Elderly, Severe End-Stage Heart Patients - page 202

The Heart as Allergic Target Organ - page 205

How is the Far Infrared Sauna Different – page 208

FIRS Cures the Most Mysterious Cases - page 213



## The Easiest and Most Powerful Way to Detox

These little far infrared mini-saunas are professional grade and more powerful than even wooden far infrared saunas. Affordable and portable, using no more energy than a hairdryer and requiring no installation, hot rocks or water, they are a great way to jumpstart the creation of the body and the level of health and vitality you've always dreamed of.

**Re: Testimonial for the Relax Far Infrared Saunas  
2007- 2008 Before & After pictures of Karen Russell**



**Karen reports that after 2 1/2 years of struggling with heavy metal toxicity (mercury, lead, etc.), 5 weeks of using the Relax Sauna finally brought her levels of mercury and lead down to normal.**

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

**These saunas only take 2'-9" x 2'-9" worth of floor space and are professional grade.**

**>>An Easy Way to Detox<<**

**To Find Out About Even More Terrific Benefits or to Order One Just:  
[Click Here:](#)**

**To Directly Order One and Learn Even More  
Check Out These Professional-Grade Portable Saunas**

**[Go Here for the Internet Special \\$100 Discount](#)**



# My Story

I had a successful business until I was overcome by an overexposure to chemicals, solvents, fumes and molds in addition to exposure to nuclear waste at a shipyard, previously a Navy base, where I had a painting studio. Hair analysis tests showed I had high levels of uranium, cadmium, mercury and later, arsenic. A seemingly endless period of ulcerative colitis, repeated hospitalization, multiple organ failure and every side effect known to man (well, almost every one) ensued. I worked with practitioners who monitored my progress with blood tests and hair analysis tests during this period. The uranium and heavy metals are gone now, removed by the Relax Far Infrared Sauna.

Once, when I hadn't used mine in a while, I suddenly developed arthritis really badly in my hands. In a panic, I used the sauna for 40 minutes every day for a week. At that point, the arthritis was gone and has never returned. My fingers are just as limber as they ever were. I was so impressed by my results, I knew I had to share what I found and help make these powerful little saunas available to others. Over the years, I have tried every detox method I have ever heard of and, at this point, that pretty much includes them all, including I.V. chelation, Master cleanses and fasting. While I found them useful, they were either not powerful enough or had too many side effects, especially for people who are ill or weak.

Detoxification through sweat, which these saunas provide, protects you from these unwanted side effects because, although some of these toxins are eliminated through the kidneys and colon, most are eliminated through the skin.

I went on to study holistic health and nutrition by searching out the cutting-edge works of pioneering researchers in the field and am grateful to have had the privilege to have had access to that eye-opening material. I discovered the underlying principles of creating glowing health and vitality and how incorporating them into daily living can turn our lives around.

I wanted to know how to have optimal health and vitality to be able to be creative for my entire life. It is said - "Be careful what you ask for." I didn't know I would have to go through all of THAT to find out! But now that I have, I have found I have a gift to share that may prove useful and be a blessing in the lives of others. That feels pretty good to me.



Now I would like to share the blessings of robust health, vitality, clarity and renewed youth that I am coming to experience myself. I feel a renewed sense of enthusiasm as I notice how much more cheerful I feel each day. I was concerned that my previous natural state of cheerfulness and well-being was lost to me forever. Not anymore! And not only me. More and more people are experiencing these results as they embrace healthy lifestyles.

These tiny saunas sell like hotcakes at expos and health conferences around the country. There is no more valuable investment that you can make than in your health.

### **A Note about the Interviewer in These Testimonials:**

Phillip Wilson has been speaking about the healing and spiritualizing benefits of Far-Infrared Energy for 10 years.

He and his team have put over 100,000 individuals into the Relax Sauna at professional and other conferences over the last 12 years and many of these people are profoundly affected in a wonderful way by their experiences in the Relax Sauna.

Since they have exhibited at a number of these conferences for all these years, many very pleased Relax Sauna users come to the booth wanting to share how much they love the Relax Sauna, and what it has done for them in these testimonials.

At these conferences, he educates people about the sixty-five years of research that shows the specific frequency band (far-infrared) of light that resonates with and vibrates the body's water cells, increasing micro-circulation and core temperature, activating the immune system and the metabolic functioning of our bodies, hence detoxifying and purifying body and mind, reducing pain, inflammation, helping Lyme, fibromyalgia, neuropathy, diabetes, arthritis and more.

Books such as "Detoxify or Die," and "No Sweat, KNOW Sweat!" laud the health benefits of Far-infrared Saunas.

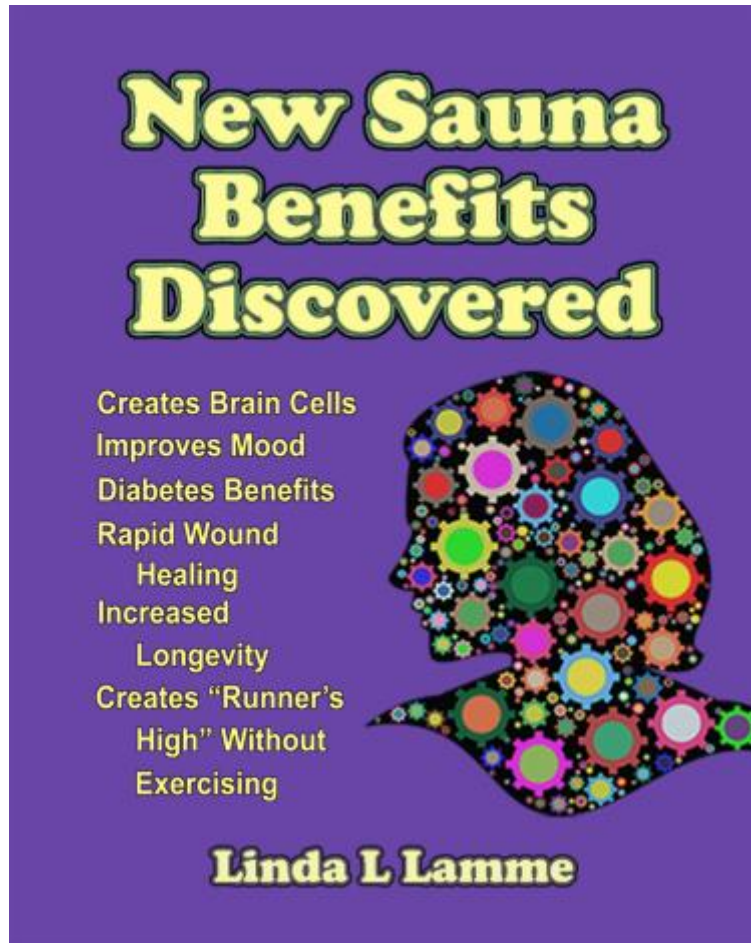
# Dedications

I dedicate this book to all the people who supported me in my journey back to health and to all who know that:

**Knowledge is Useless if You Don't Act Upon It. Health is Wealth.**

These blessings of health and vitality are our birthright, which we all deserve, in order to create a better world.

## More Books Like This



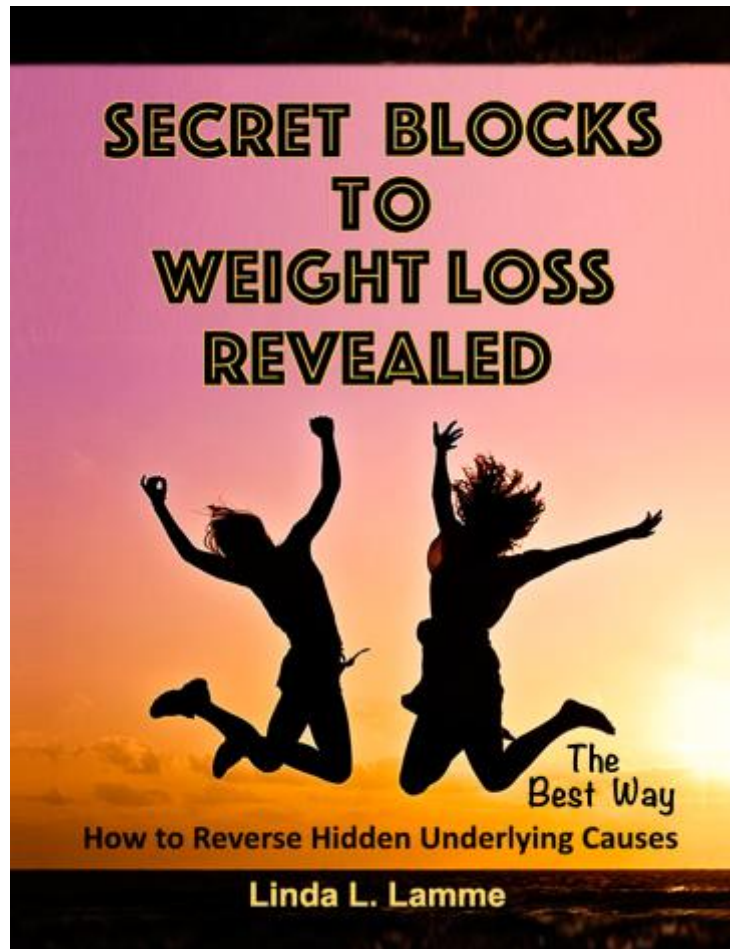
## **New Sauna Benefits Discovered**

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**Secret Weight Loss Blocks Revealed**

[Available Here on Amazon](#)

## Sources

**The Acid Alkaline Balance Diet – An Innovative Program for Ridding the Body of Acidic Waste** by **Felicia Drury Kliment**, adjunct professor at City College in New York and an alternative health consultant.

**Syndrome X – The Complete Nutritional Program to Prevent and Reverse Insulin Resistance** by **Jack Challem, Burton Berkson, M.D., Melissa Duane Smith** – Lose Weight • Stop Heart Disease and Diabetes • Clear Up Mental Fuzziness • Increase Energy

**Sick and Tired? Reclaim Your Inner Terrain and The pH Miracle for Weight Loss – Balance Your Body Chemistry, Achieve Your Ideal Weight by Robert O. Young, Ph.D., D.Sc.(in Microbiology and Nutrition) with Shelley Redford Young, L.M.T.**  
Doctor Young heads the Inner Light Biological Research Center.

**Secrets of an Alkaline Body – The New Science of Colloidal Biology by David Jubb, Ph.D. and Annie Padden Jubb.** For many years they had a weekly television show in Manhattan since 1998 and direct Jubb's LifeFood Nutritional Fasting Outpatient Clinic and Jubb's Longevity. They have authored 9 books and 5 training manuals on the anatomy of health.

**Fit for Life and Living Without Pain – Arthritis, Fibromyalgia, Lupus, Chronic Fatigue Syndrome Their Cause and How to Overcome Them Naturally! by Harvey Diamond,** world renown author of the New York Times bestseller, Fit for Life, which held the #1 position for an unprecedented forty straight weeks and has sold more than 12 million copies in 33 languages. He is a frequent guest on Oprah, Larry King Live, The Today Show, Live with Regis Philbin, and many others.

## Disclaimer

Due to the laws and rules regarding health and wellness, the law requires the following statement:

This book is not in any way offered as a diagnosis, treatment or prescription for any physical condition, disease, infirmity or illness. Any form of alternative health program or self-treatment necessarily involves an individual's acceptance of some risk. No one should assume otherwise and persons needing medical care should obtain it from a physician. Consult your health practitioner or doctor before making any health decision.

All material in this book is provided for your information only. It may not be construed as medical advice or instruction. No action or inaction should be taken based solely on the contents of this information. Readers should consult appropriate health professionals regarding any matter relating to their health and well-being.

The information expressed here is believed to be accurate, based on the best judgment available to the author. Readers who fail to consult with appropriate health authorities assume the risk of any injuries and no warranty or guarantee of results is expressed or

implied with any information in this book. In no event shall Secret Blocks to Weight Loss Revealed or its author be liable to any person or individual for any damage whatsoever which may arise from the use of the information in this book.

## **Many Types of Doctors are Available**

Functional Medicine Practitioners are doctors who receive 3 additional years of training to address complex, chronic disease. Functional Medicine addresses the underlying causes of disease, using a systems-oriented approach and engaging both patient and practitioner in a therapeutic partnership. It is an evolution in the practice of medicine that better addresses the healthcare needs of the 21st century, as are Chiropractors with a focus on nutrition, Naturopathic and Integrative Medicine doctors and Chinese Medicine Practitioners, to name a few.

And - [\*\*The Art of Detoxification and Cellular Regeneration\*\*](#) - Dr. Robert Morse

**Be gentle with yourself and make changes slowly to allow your body  
to adjust to new ways of eating.**

**Enjoy the Journey!**

**“A lifestyle is like a lover. Embrace it and it embraces you back.”**