

The FIR Hot House Benefits

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What are Far Infrared Rays (FIR)?

Within the magnetic spectrum some rays, such as light, can be seen by the unaided human eye. Most however, are totally invisible to us. Far Infrared rays are well beyond the ability to the naked eye to see. FIR gently and delightfully provides a warm, comfortable feeling. FIR can also generate a feeling of well being throughout the body. FIR is the most beneficial ray produced by the sun and when it penetrates our bodies, it is converted into the appropriate energy. This activates the self-regulating systems in our body's living tissue and alleviates the bodily imbalances. The Hot House releases an 8-10 micron of FIR into the body, creating a vibration, allowing your body to work more efficiently. These vibrations allow toxins to be released back into the bloodstream and be removed naturally by your body.

Most people wake up daily with muscle inflammation and soreness from common activities. They also want a way to reduce the effects of the pain before it becomes unbearable. The Hot House produces its unique effect through the heat of Far Infrared and enhances the effect of the thermal heat within the targeted area.

- Increases blood flow by promoting expansion in the capillaries
- Decreases muscle spasms and soreness
- Reduces swelling and inflammation by improving lymphatic flow
- Removes toxins

FIR aids in expanding blood capillaries, stimulating blood circulation, increasing metabolism between blood and tissue, promoting tissue regeneration and reducing cramping. It is also effective in adjusting the autonomic nerve function and reducing the over stimulation of sensory nerves. Therefore, FIR can be not only a beneficial health therapy, but can also be a substitute for other therapeutic modalities. It can promote the elimination of such things as poisonous, carcinogenic heavy metals, toxic substances from food processing, lactic acid, free fatty acids, and subcutaneous fat associated with aging and fatigue, excess sodium associated with hypertension, and uric acid which causes pain.

Summarizing the Role of FIR in the Human Body

First: FIR penetrates 4-5 centimeters into the dermis; from muscles into blood vessels, lymphatic glands and nerves. It affects every living cell and produces warmth. In other words, through cell tissue "micro-friction" and the vibration of molecular resonance, chemicals within cells are activated

Second: The human body is warmed internally through molecular resonance. Capillaries expand activation blood circulation throughout the whole body to enhance metabolism. As a result, metabolic disturbances are ameliorated, tissue regeneration is promoted, and there is markedly enhanced growth potential.

Third: It plays a comprehensive and compensating role in living things. The warming effect can be very helpful in elimination of such things as the waste

products generated by aging, heavy metals, toxic substances secreted by the sweat and dermis-layer fat glands.

The FIR Hot House is Excellent for:

- Chronic disease and regeneration of unhealthy tissue
- Rheumatism, arthritis, gout, and reducing the density of uric acid
- High blood pressure; reduces blood pressure and improves circulation
- Chronic nephritis (inflammation, degeneration of the kidneys)
- Relieves back, shoulder, neck and muscle pain
- Sciatica, neuralgia, paralysis and abnormal nerve functions
- Aging skin, chapping, chilblains, and acne
- Helps excrete through sweat and oil glands harmful substances such as heavy metals, lactic acid, fatty acids, etc.
- Chest colds, bronchitis, viruses
- Toenail fungus and poor peripheral circulation
- Stomach aches, earaches, asthma, insomnia
- Skin aging ... and much more!

**To experience the many benefits of the FIR Hot House
call Terri at (780)418-8346.**