



# Relax Far Infrared Sauna The Superior Sauna



## Heat shock proteins

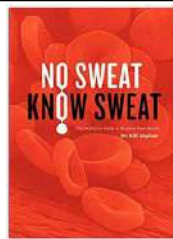
"Heat shock proteins play a critical role in keeping the immune system healthy and functional.

Along with T-cells, these have been termed the "second arm of the immune system."

These proteins help rebuild and reconfigure proteins damaged by stress, toxins, microbial factors and well as other variables. They help keep the body healthy and disease at bay. Heat is a major activator of these defensive proteins.

The proprietary nanotechnology feature of the Relax Far Infrared Sauna has been shown to activate these in a remarkable manner."

Dr. Bill Akpinar, M.D. - Voted best Cancer Doctor - NY City - 2007



## No Sweat? Know Sweat!

The Definitive Guide to Reclaim  
Your Health

By Dr. Bill Akpinar - M.D., D.D.S., Dr.Ac., Ph.D.  
Keynote speaker - 1st Intl Ozone Conf - 2006  
Chi Gong Master - Author of 10 books



## Gastra Girl

Vital Information to save your  
Colon and your Health!

Why Infrared Saunas are an  
absolute necessity !

Rebecca Harder has one of the nicest looking, pristine Hydrotherapy clinics in Portland Oregon, which includes hyperbaric oxygen chambers, ozone therapy, massage, etc. She gives this extremely resourceful resource guide (GASTRA GIRL, Saving America One Colon at a time!) to many of her clients, which includes about 40 articles on environmental toxicity and natural solutions, written by some of the most famous individuals in the industry.

One of the articles is entitled, "Why Infrared Saunas are an absolute necessity for Everyone," (Rebecca had been promoting wooden far infrared saunas for 10+ years. She now recommends Relax Sauna.)

"Now I know the Relax Infrared Sauna does not look impressive making it hard to believe that the BEST Sauna is not necessarily the most expensive and nicest looking one. Especially when you compare the Relax Sauna to the beautiful wooden saunas ... ! Understand your GUT REACTION! For the last 10 years, I have turned my nose up at the Relax Sauna every time I saw them at the health conferences until this last year when I tried one. I was sold on the Relax Sauna within the first 3 minutes! Right away I could feel the difference. No preheating like with wood saunas. I experienced Instant Relaxation."

## Home heat stress training & Review of the Relax Sauna

"I made a post giving my thoughts on a more systematic way to evaluate saunas for home use and quantify heat stress training, citing some existing research."

I also noted that Both the \$250 and \$500 Amazon saunas I ordered were dismal failures. After my intense disappointment I started to research the more expensive but seemingly reputable brands in this category. I went with the Relax Sauna.

I was still skeptical of the Relax Sauna but as you'll see below, the results exceeded my expectations greatly. At 25 minutes my temp rose to 101.1F. Second, my heart rate went from 90bpm to 133bpm.

I'm thoroughly impressed with this unit and even more amazed as I write this up and am comparing my numbers to those in the studies on the benefits of Far Infrared Saunas.

I would recommend sauna training and The Relax sauna in particular to anyone (especially paired with cold showers). It seems to have such wide ranging benefits.

The Relax Sauna is probably the best and only realistic option to do hyperthermic heat stress training at home that can replicate (or actually exceed based on my results) the benefits found in studies (on the benefits of Far Infrared Saunas.) ... Do not waste your time with sub \$500 units on Amazon.

see: [www.relaxsaunas.com/superior](http://www.relaxsaunas.com/superior)  
for the complete Relax Sauna Review.

[RelaxSaunas.com](http://RelaxSaunas.com)

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