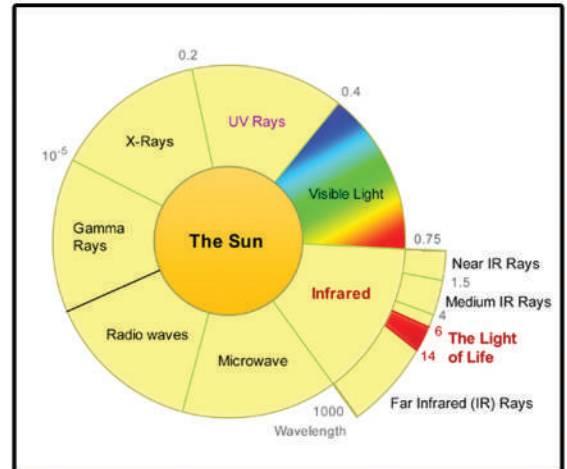
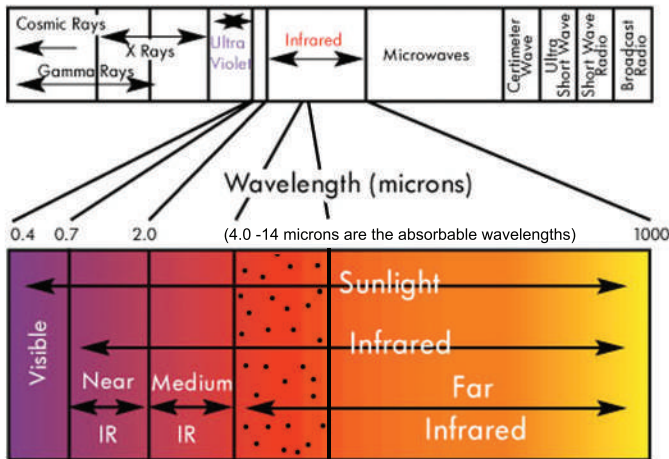


Saunas Improve Results for Heart Patients

by Patricia Palmer

Frequencies between 4-14 microns is called **ABSORBABLE Far Infrared Light** & resonates with the cells of the human body



For centuries, people have enjoyed saunas to sweat their way to health, but the extreme heat of traditional saunas was never considered safe for heart patients because they make the heart work harder to cool the body. Now scientists have discovered that one type of sauna is not only safe, **but also vital to turn around the health of the most serious, end-stage heart patients.**

Over the past decade, Japanese scientists have experimented with heart patients using saunas heated with far infrared (FIR) light, and they've had surprising success. These saunas emit rays from the infrared, healing portion of the light spectrum. Also called radiant heat, far infrared light heats objects directly without increasing temperature of the air in between. This healing light is so safe that it is used to warm incubators for premature babies.

In this groundbreaking research, blood flow in 34 end-stage heart patients improved following daily 15-minute sessions in a 140°F (60°C) infrared sauna. **The study, reported in May 1995 Circulation, suggested that heat-induced vasodilation has beneficial effects even for patients with severe heart failure.**

Here is some of the research data on the FAR Infrared effects on the heart

The far infrared sauna (FIRS) has been proven by specialists at the famed Mayo Clinic to improve heart failure, even when nothing more could be done by medicine. And in Japan, clinicians and researchers have confirmed its life-saving properties when nothing else could be done (Tei, Kihara, Imamura).
from the book, Detoxify or Die, by Dr. Sherry Rogers,