

## **Relax FIR Energy**

### ***Relax FIR Sauna vs. Exercise & Manual Labor***

<b>Description</b>	<b>Manual Labor</b>	<b>Exercise (slow jog/quick walk)</b>	<b>Relax FIR Sauna</b>
Muscle-Skeletal (Limbs)	<ul style="list-style-type: none"><li>• Induces load</li><li>• Lactic acid accumulation</li></ul>	<ul style="list-style-type: none"><li>• Induces load</li><li>• More lactic acid accumulation</li></ul>	<ul style="list-style-type: none"><li>• <b>No load</b></li><li>• <b>No lactic acid production</b></li></ul>
Heart, Lung	Of little benefit	Strengthens	<b>Reduces heart load while strengthening lung function</b>
Blood Circulation	Moderate improvement	Improvement	<b>Improves micro and terminal circulation &amp; organ function</b>
Detoxification	N.A.	Little benefit; increases lactic acid accumulation	<b>Deep warming effect induces large amounts of perspiration that effectively purges urinal, lactic acids &amp; other toxins</b>
Perspiration effect	Depending on individual; more so for certain areas	Depends on individual; of little use to people who cannot perspire; perspiration occurs at certain areas	<b>Helps to open the sweat glands of those who have trouble perspiring; total perspiration; eliminates toxins through pores</b>
Burning of calories	Little	600 calories (1 hr / 10 km)	<b>600 calories (15 min)</b>

## ***D. Beauty and Slimming***

### **10. Does the Relax FIR Sauna help to slim?**

The natural and healthy way to lose weight is to increase a person's basal metabolic rate. Daily repeated usage of the Relax FIR Sauna, with the effects of deep warming, can help to increase a person's metabolic rate. Coupled with healthy eating habits, it is not impossible to achieve an ideal weight and good health at the same time.