

Relax FIR Energy

14. I used to suffer from migraines and after I started using the Relax FIR Sauna, this problem is starting to plague me again! I am very much distressed. Why has this happened?

The pain is a result of poor/restricted circulation in the head. Medication taken in the past did not eliminate the root cause of your discomfort but has numbed your nerves such that you no longer feel the pain. What the Personalized Sauna does is to improve overall blood circulation and activate cellular renewal thus helping you to recover from the numbing of your senses. This is a transitional period and will pass quickly if you make use of the Relax FIR Sauna diligently. You will recover fully even without the help of medication when both *qi* (internal energy) and blood circulation improves.

15. Why do I feel very relaxed after even a short sauna session. Is this normal?

FIR energy helps dilate the body's blood vessels but because the quantity of blood remains unchanged, the head experiences a short temporary lack of oxygen and blood thus the passing relaxedness. This is similar to how some people feel after exercise. Use the Relax FIR Sauna everyday to help the body in its process of 'making' blood and curb the problem of relaxedness at its root cause. As for those who already suffer from ischemia (inadequate blood) or anemia (poor blood), lying down on your back and raising your legs can help induce blood flow backwards thereby relieving the problem of headaches.