

## ***Relax FIR Energy***

(a) Systolic Blood Pressure (SBP) is the pressure in the vessels when the heart is contracting or delivering blood outward from the heart.

(b) Diastolic Blood Pressure (DBP) is the pressure in the vessels when the heart is expanding or collecting blood back to the heart. When both SBP and DBP are higher than the normal level, an indication that the body is not getting sufficient oxygen from the circulation, the heart has to pump (contract and expand) harder. This increases the burden on the heart. But if sufficient oxygen can be supplied through blood circulation, blood pressure will be normalized. Regular use of the Relax FIR Sauna improves blood circulation by vasodilation (expansion of blood vessels) and reduces the size of water molecule clusters (more than 90% of blood plasma is water). Deep, slow and long breathing during sauna sessions will also help to increase oxygen in the blood.

(2) From the traditional Chinese medicine (TCM) perspective, chronic diseases such as diabetes, depression, manic depression and work-related stress are caused by inadequate blood flow and nutrient deficiency. The basic effective solution is to ensure good blood circulation that delivers sufficient oxygen and nutrients to the body.

### **24. How does the Relax FIR Sauna help sufferers of dialysis, uremia (kidney disease), rheumatoid arthritis, joint aches, inter-vertebral disc protrusion-related complications and osteophytes (small abnormal bony outgrowths) etc.?**

(1) Our kidneys contain millions of nephrons (which consist of capillaries and tiny tubules) that function as filters to 'clean' our blood. For people with kidney disease or degenerated kidneys, the filtration capability is poor because the nephrons are damaged. They are advised to at first limit the pre-sauna intake of water. The Relax FIR Sauna supports kidney function by increasing excretion of uric acid, urea and toxins through your perspiration. Increase your intake of water as you gradually increase the duration of your sauna sessions. Patience and endurance are necessary for long periods of therapy.

(2) Rheumatoid arthritis is caused mainly by the malfunctioning of the immune system (auto immune dysfunction). Our body's immune system can