

Relax FIR Energy

The ideal PH for body fluid, which is around 7.4, is slightly alkaline. Why does the human body's PH change from alkaline (during childhood) to acidity (in adulthood)? This is because acids are not completely discharged from our system. Relax FIR Sauna can help to discharge the body's toxins and acids through our skin pores. Relax FIR Sauna helps cleanse the body's systems and promote vibrant health.

Relaxation



Discharge of lactic acid through profuse sweating helps relax muscles. Lactic acid is one of the causes of fatigue and aging of tissues. Life Energy Sauna delivers benefits of regular physical exercise without production of lactic acid and additionally rids the tissues of lactic acid accumulation in the body. Accumulation of lactic acid over time results in chronic fatigue. Regular use of Relax FIR Sauna promotes elimination of lactic acids, prevents their accumulation and thus also prevents premature degeneration of muscle tissues.

Slimming and overall improved appearance

Gravitational force and water retention in the body cause muscle mass and organs to become slack and the skin to lose its elasticity. This causes poor blood circulation and excessive fat accumulation, especially the swelling around the waist, belly and eyelids. Relax FIR Sauna can help to discharge excessive water in the body and is a very healthful tool for maintaining firmness and body shape.

Outstanding Caloric Consumption and Weight Control

In Guyton's Textbook of Medical Physiology, we find that producing one gram of sweat requires 0.568 kcal. The Journal of the American Medical Association (JAMA) states, "A moderately conditioned person can easily sweat off 500 grams in a sauna, consuming nearly 300kcal, which is equivalent to running 2~3 miles. A heat-conditioned person can sweat off 600~800 kcal with no adverse effects. While the weight of the loss can be regained by drinking water, the calories consumed will not be." Relax FIR Sauna helps generate two or three times the sweat produced in a conventional sauna, so the implications for increased caloric consumption are quite impressive.

Relax FIR Sauna can thus play a pivotal role in both weight control and cardiovascular conditioning. This can be very valuable for those who don't exercise enough and for those who can't exercise yet want an effective weight control and fitness maintenance program which provides the caloric burn, detoxification, metabolic improvement, and especially the energetic body fluid activation benefits of regular exercise. There is of course no substitute for regular exercise to maintain health in body and mind. FIR fully supports exercise, yet provides similar benefits for the body's energetic function.