

# Benefits of Infrared Sauna

<http://www.sunlighten.com/infrared-sauna-health-benefits.html>



## Detoxification

Sweating is the body's safe and natural way to heal & stay healthy. Far infrared sauna benefits the body by heating it directly causing a rise in core temperature resulting in a deep, detoxifying sweat at the cellular level, where toxins reside.



## Relaxation

Unlike traditional saunas which operate at extremely harsh temperatures, infrared is a gentle, soothing and therapeutic heat that promotes relaxation and improved sleep. Infrared sauna benefits include therapy that helps you relax while receiving an invigorating deep tissue sweat, leaving you fully refreshed after each session.



## Lower Blood Pressure

**Infrared saunas** induce a deep sweat to make the heart pump faster, which in turn increases blood flow, lowers blood pressure and helps circulation. Scientific evidence shows the infrared sauna benefits using an infrared sauna a couple times a week lowers blood pressure.



## Anti-Aging & Skin Purification

The near infrared wavelength (sometimes referred to as Red Light Therapy) is the most effective wavelength for healing the epidermis and dermis layers of the skin. **Near infrared treatments** stimulate collagen production to reduce wrinkles and improve overall skin tone.



## Cell Health

Near infrared therapy stimulates the circulatory system and more fully oxygenate the body's cells. Better blood circulation means more toxins flow from the cellular level to the skin's surface to improve cell health, aid in muscle recovery and strengthen the immune system.

## (Continued) **Benefits of Infrared Sauna**



### **Weight Loss**

Studies have shown that benefits of an infrared sauna session can burn upwards of 600 calories while you relax! As the body works to cool itself, there is a substantial increase in heart rate, cardiac output and metabolic rate, causing the body to burn more calories.



### **Pain Relief**

Infrared heat penetrates tissue, joints, and muscles to relieve anything from minor aches and pains to chronic pain conditions such as fibromyalgia. Pain management professionals incorporate infrared heat therapy into treatment plans to decrease pain and muscle spasms and to speed up recovery time.



### **Improved Circulation**

Heating the muscles with infrared rays produces an increase in blood flow similar to that seen during exercise. Regular infrared sauna use—especially in the **mid infrared** range—can significantly stimulate blood flow up to twice the normal rate.



### **Wound Healing**

Scientific research has concluded that near infrared therapy greatly enhances the skin's healing process by promoting faster cell regeneration and human tissue growth. Human cell growth increases to repair wounds and prevent infection.

# Benefits of Whole Body Vibration (WBV)

<http://www.vibra-trim.net/benefits.htm>

**Whole body vibration (WBV) has been researched for more than 100 years and has been proven to have the following benefits:**

1. Increases flexibility, range of motion and mobility (decreases muscle tightness and increases mobility - the abilities to walk and stand)
2. Improved balance and coordination
3. Provides benefits of both anaerobic and aerobic exercise
4. Increases physical strength, dexterity, and endurance
5. Reduces arthritic pain, joint and ligament stress
6. Improved pelvic floor function (this can help to reduce bladder problems or incontinence)
7. Relieves menopausal symptoms
8. Increases the “happiness” hormones serotonin and neurotrophine, substances that support our thinking process (this helps to reduce
9. Decreases the stress hormone cortisol
10. Enhances strength and fast twitch muscles (reduces spasticity and increases smoothness of muscle function)
11. Enhances conventional training results
12. Speeds training recovery
13. Enhances pain reduction
14. Improves collagen production (joint repair)
15. Relieves tension and chronic pain in ankles, knees, lower back and neck
16. Posture is enhanced and strengthened overall
17. Enhances critical blood flow throughout the body (oxygenation and lymph drainage) (increases how well your body can detoxify and helps with brain function, since the brain is getting more oxygen to help it to function better).
18. Diastolic blood pressure decreased
19. Increases secretion of hormones that are important in regeneration and repair processes, such as HGH (Human Growth Hormone), IGF-1, and testosterone
20. Decreased Cortisol levels (stress hormone)
21. Enhanced athletic performance due to improved muscle strength and tone
22. Important muscle groups are worked
23. Using simple adjustments in posture and body positioning, produces the effects of 80 different exercises
24. Decreased recovery time after workouts
25. Increased tendon strength
26. Increased basal metabolic rate
27. Accelerated weight loss
28. Increased bone strength, density and fights osteoporosis

## *(Continued)* **Benefits of Whole Body Vibration (WBV)**

29. Increased lumbar proprioception
30. Reduced back pain and stiffness
31. Positive results seen on neurological conditions such as Parkinson's
32. Reduced effects of stress and stress incontinence
33. Rehabilitates injuries and ailments
34. Stimulated lymphatic drainage
35. Reduces appearance of cellulite (reduces weight gain and helps to tone the body)
36. Tones and tightens skin
37. Improved collagen production

### **Oscillating Movement**

- Generates a stimulating massage movement that makes the more difficult areas of the body work without any effort.
- Helps eliminate body fat
- Offers an extremely natural training method (the same mechanics as walking)

### **Spiral Movement**

- It produces a smooth elliptical motion in the horizontal plane.
- Highly recommended for recovery and for people who cannot do intensive workouts.

### **Dual Vibration Movement**

- Add orbital motion to the traditional oscillating motion that vibrating platforms produce
- The muscles are worked not only longitudinally but also transversely. It generates motion in the 3 spatial planes (tri-axial) which is vital for:
  1. Working the muscles more thoroughly
  2. Fighting more effectively against cellulite

# Benefits of Ionic Foot Detox

...to Reduce Everyday Toxins in our bodies!

<http://www.betterhealthcompany.com>

- 1. HEALTHY WEIGHT LOSS:** which will increase your metabolism, reactivate the body's fat burning mechanisms, release the fat cells that hold toxins, reduce cellulite & easily maintain the weight that is correct for you.
- 2. MORE ENERGY, BETTER STATE OF MIND:** think more clearly, feel lighter, and have energy which will boost your well-being.
- 3. RESTORE AND REGAIN HEALTH:** create a stronger immunity for yourself. Have fewer aches and pains, reduce allergies and flu symptoms, help activate the body's NATURAL intelligence to heal itself.
- 4. RID YOUR BODY OF TOXINS:** eliminate the discomfort of detox, remove heavy metals, chemicals & toxins easily & comfortably from your body.
- 5. RECEIVE RELIEF:** of discomfort from sore and aching joints, which are symptoms of arthritis and bursitis.
- 6. MAINTAIN GOOD HEALTH:** Obtain high energy levels and long term wellness.
- 7. UNBURDEN YOUR BODY:** of herbicides, pesticides, colorings, additives, preservatives and other untold chemicals that reside our water, food and air.
- 8. QUICK, EASY AND AFFORDABLE SOLUTION:** The more toxins we maintain, the faster we age & the faster our bodies breaks down. The immediate benefits are an increase in energy & overall well-being, a healthier disposition, a better state of mind, weight loss, an increased metabolism, improved digestion which will help in restoring balance to the body & its organs & lessening the body's symptoms of discomfort. The aging process is slowed & the skin is able to rejuvenate itself correctly, THE WAY NATURE INTENDED!
- 9. SLOW THE AGING PROCESS AND LOOK YOUNGER:** Clear skin, remove rough discolored areas, smoothen dark areas under the eyes, lighten our skins color & NATURAL beauty will immediately radiate through. The aging of our skin slows & we are able to gain a more youthful appearance.
- 10. REJUVENATION:** look & feel great, inside & out, beautify skin & hair.

DISCLAIMER:THE SYSTEM DOES NOT CLAIM TO CURE OR TREAT ANY DISEASE OR INJURY. IT ASSISTS YOUR BODY TO RE-BALANCE ITS BIO-ENERGY FIELDS AND STIMULATES THE BODY FOR SELF-DETOXIFICATION. THE BODY'S ORGANS WILL NATURALLY FUNCTION BETTER WHEN THE ELECTRO-MAGNETIC FIELDS ARE CHARGED. THE ION ENERGY CHARGED FOOT-BATH WILL HELP YOU FEEL YOUNG AGAIN.

# Health Benefits of Hot Tubs

