

## Health Benefits



### The difference is the Infrared Heat!

Your Clearlight Far Infrared Sauna is completely safe and produces the same far infrared heat produced by the sun. The Far-infrared heat is required for all living things for optimum health. The radiant heat from your Clearlight Far Infrared Sauna surrounds you and penetrates deeply into your joints, muscles and tissues, speeding oxygen flow and increasing circulation. Using your Clearlight Far Infrared Sauna helps to remove impurities from your cells, specifically the cells inside our fat where our body stores waste and harmful toxins such as cholesterol and heavy metals. When used properly, your Clearlight Far Infrared Sauna will help provide a lifetime of healthful living.

Completely harmless, we feel far infrared heat from such sources as the sun (without the harmful ultraviolet waves that the sun gives off) and fires. Just as visible light has a range of wavelengths (running from red to violet), so does infrared light: longer wavelength infrared waves are thermal, while short or near infrared waves are not hot at all, in fact, you cannot even feel them. It is the far infrared energy that is most beneficial, penetrating the skin and increasing circulation to help rid the body of harmful toxins.

Toxins are all around us, in the containers that carry our food, in the carpet we walk on, in the food we eat and in the air we breathe.

### › Increase Metabolism, Burn Calories and Lose Weight

As you relax in the gentle far infrared heat, your body is actually hard at work producing sweat, pumping blood, and burning calories. As your body increases sweat production to cool itself, your heart will work harder to pump blood at a greater rate to boost circulation. This increase in your metabolism will burn calories. According to the Journal

of the American Medical Association, "Many of us who run do so to place a demand on our cardiovascular system, not to build big leg muscles. Regular use of a Sauna imparts a similar stress on the cardiovascular system, and its regular use may be as effective a means of cardiovascular conditioning and burning of calories as regular exercise." Day Spas and Medi-Spas around the world are using Infrared Saunas more and more to help eliminate cellulite. Since the far infrared radiant heat of the Clearlight sauna warms three times as deep as conventional saunas, it is significantly more effective at reducing cellulite. Read an Interview with actor Jeremy Davies in the New York Times describing how he lost 33 lbs. for the movie "Rescue Dawn" using an infrared sauna.

### › Relieves Muscle Pain

The deep heat of your Clearlight sauna helps peripheral blood vessels dilate, bringing relief and healing to muscle and soft tissue injuries. Increased blood circulation carries off metabolic waste products and delivers oxygen-rich blood to oxygen-depleted muscle, so they recover faster. Muscles relax most readily when tissues are warm, for greater flexibility and range of motion. Far Infrared heat relieves muscle tension and thereby helping your body to make the most of its intended healing abilities. Infrared heat reduces soreness on nerve endings and muscle spasms as muscle joints and fibers are heated.

### › Improves the Immune System

Your Clearlight Sauna's deep heating True Wave II™ infrared heaters will raise your core body temperature, inducing an artificial fever. Fever is the body's natural mechanism to strengthen and accelerate the immune response, as seen in the case of infection. This enhanced immune system, combined with improved elimination of toxins and wastes via intense sweating, increases your overall health and resistance to disease.

### › Remove Toxins

Infrared Sauna heat increases your blood circulation and stimulates the sweat glands, releasing built up toxins in the body. Daily sauna sweating can help detoxify your body as it rids itself of accumulated highly toxic metals (lead, mercury, nickel, and cadmium) as well as alcohol, nicotine, sulfuric acid, and other organic and inorganic compounds. "Traditional wisdom has suggested that saunas work largely by promoting detoxification through the sweat... Saunas also stimulate cells to release toxins which can then be eliminated by the liver and bowel. Several published studies have now shown that this hypothermic therapy can bring about the rapid removal of a wide range of toxic substances from the human body." John C. Cline, M.D., B.Sc., C.C.F.P., A.B.C.T., Medical Director of the Cline Medical Centre and Oceanside Functional Medicine Research Institute, Vancouver Island, British Columbia, Canada. "The best way to get rid of heavy metals and pesticide residues? The infrared sauna. It has been known for decades that sweating is a wonderful way to get rid of stored chemicals, including heavy metals. In fact, sauna is one of the detoxification procedures used in the Environmental Units in Dallas (Dr. William Rea) and North Charleston (Dr. Allan Lieberman) where the sickest of folks go to heal. But many people, myself included, never could tolerate a sauna. We felt weak, sick, fast heart rate, faint, dizzy, headachy, or just miserable.

Thanks to improved technology, the infrared sauna is tolerated much better, because it uses a heat energy that penetrates the tissues better, allowing an overall lower temperature to be used." Dr. Sherry Rogers, Total Wellness, May 2000

### › Improves Appearance of Cellulite

Cellulite is a common term used to describe superficial pockets of trapped fat, which cause uneven dimpling or "orange peel" skin. It appears in 90% post adolescent women (almost all women over the age of 20 have cellulite to some degree) and is rarely seen in men. Common but not exclusive areas where cellulite is found, are the buttocks, thighs, and the abdomen. Contrary to popular belief, cellulite is not related to obesity, since it occurs in overweight, average, and thin women. The appearance of cellulite is not always reduced by weight loss. Cellulite occurs in the subcutaneous fat layer just beneath your skin. Your skin is connected to the underlying muscle by vertical strands of tissue. The combination of this connective tissue pulling in on your skin and fatty deposits and fibrosis pushing out against your skin cause the dimpled appearance of cellulite. Since the far infrared radiant heat of the Clearlight sauna warms three times as deep as conventional saunas, it is significantly more effective at reducing cellulite. There is a direct link between the slowing of metabolic rates and the storage of toxins in fat cells. Sauna use and infrared heat can increase heart rate and localized blood circulation, which essentially reverses the above-mentioned trends towards the accumulation of liquids in the fat cells to reduce the appearance of cellulite

### › Eases Joint Pain and Stiffness

In many countries radiant heat therapy is widely used to treat patients suffering from many forms of arthritis. Radiant heat has also been effective in the treatment of sprains, neuralgia, bursitis, muscle spasms, joint stiffness and many other muscular-skeletal ailments. Much of the stiffness, aches and soreness that comes with aging is reduced or eliminated.

### › Reduces Stress and Fatigue

Relax in your Clearlight sauna as the stresses and tensions of every day life melt away! Just a few minutes in the gentle warmth of your Clearlight sauna and you'll feel relaxed, rejuvenated and renewed. Many of our customers comment on how much they look forward to their Clearlight Sauna session daily as it's a great time to get away. It's like having a day spa in your home.

### › Improves Skin

The profuse sweating achieved after just a few minutes in your Clearlight sauna carries off deeply imbedded impurities and dead skin cells, leaving the skin glowing and immaculately clean. Increased circulation draws your skin's own natural nutrients to the surface. You'll see improved tone, elasticity, texture and fresh color. Increased blood circulation has also been shown to relieve acne, eczema, psoriasis, burns, lesions and cuts. In addition, open wounds heal more quickly, reducing scarring.