

What is far-infrared heat?

Far-infrared heat

Infrared light is part of the Sun's invisible spectrum. One of Far Infrared light's characteristics is the ability to easily penetrate human tissue. When this happens, it creates a natural resonance, which has many beneficial properties. Remember the last time you were sunbathing with sunscreen? Were you still hot? Of course you were because the sunscreen only stops the UV (Ultraviolet) light from hitting your skin. The Far Infrared heat (Far-infrared light waves) penetrates your skin, giving you that wonderful natural warmth. You can be exposed to Far Infrared heat for hours and it will never cause your skin to burn. Far Infrared heat is completely healthy and safe for all living things.

Dr. Toshiko Yamazaki, M.D. owns a clinic in Japan where she has done extensive research on the therapeutic uses of Far-infrared. In her book, "The Science of Far-Infrared Therapies," she explains that one of the reasons Far-Infrared has beneficial results in a variety of illnesses is the ability of Far-infrared waves to remove toxins, which are often at the core of many health problems. Since humans are bio-accumulators, toxins that cannot be expelled immediately after entry are stored in our bodies.

For example, when toxic gases such as sulphur dioxide, carbon dioxide or toxic substances such as lead, mercury or chlorine meet large water molecules, they are encapsulated by the clusters of water. Where these toxins are accumulated, blood circulation is blocked and cellular energy is impaired. However, when a 7 to 14 micron Far-infrared wave is applied to these large water molecules, the water begins to vibrate. This vibration reduces the ion bonds of the atoms which are holding together the

molecules of water. As the breakdown of the water molecules occurs, encapsulated gases and other toxic materials are released

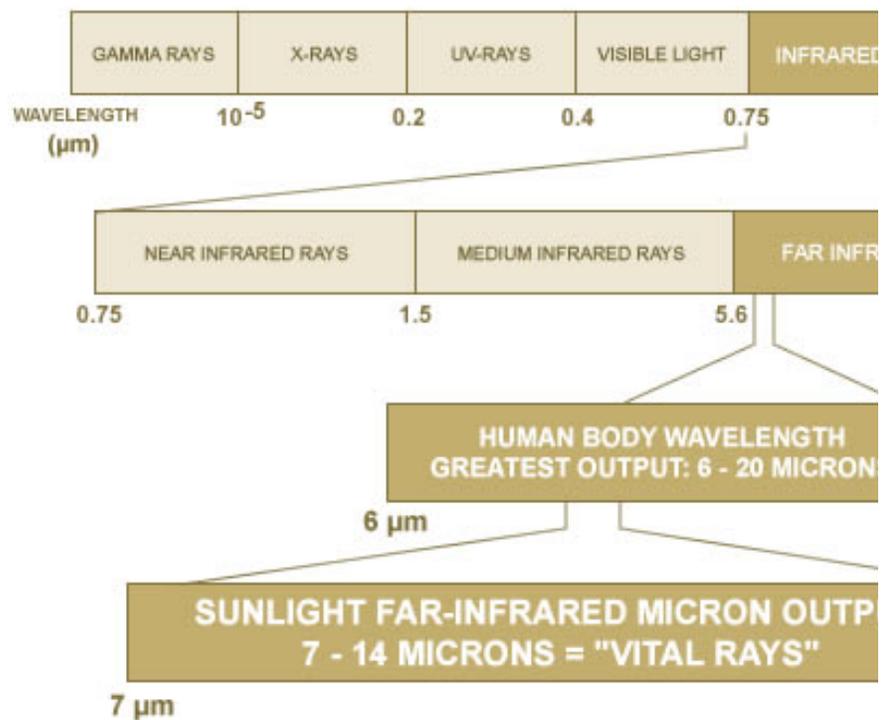
Why doctors recommend far-infrared heat

Daily Health Routine: an apple, mild exercise, and a relaxing Sunlight Saunas sauna session. FIR waves, reflected from the Sunlight Sauna to the body, provide concentrated radiant energy, similar to that from the sun. When any tissue in the body is exposed to Far-infrared waves, whether radiated by sunlight, reflected by specially coated fabrics or panels, there is a rapid increase in warmth which can be shown by thermography. This heat plus the activation of several other response mechanisms stimulates the healing processes.

For example, Far-infrared waves from Sunlight Saunas because they:

-Increase blood flow by promoting dilation (expansion) of the micro-circulatory system of capillaries

- Reduce muscle spasms as muscle fibers are heated
- Remove toxins from the site receiving Far-infrared waves
- Assist in the reduction of swelling and inflammation by improving lymph flow
- Reduce soreness through direct action on both free nerve endings in tissues and on peripheral nerves

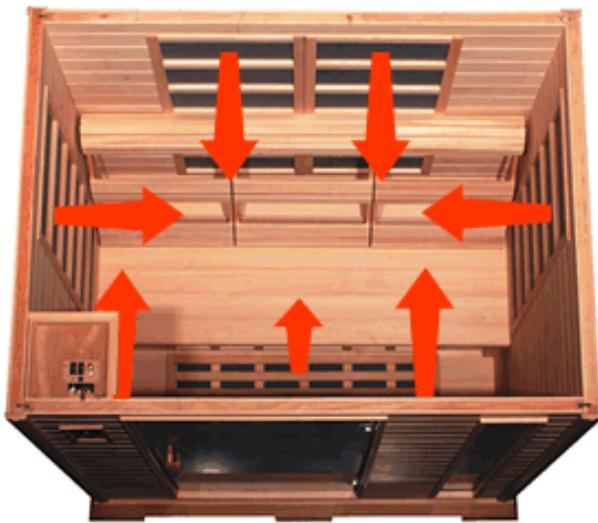


At the cellular level, researchers have discovered the Far-infrared wave lengths between 7 and 14 microns (the same as all Sunlight Saunas) Stimulate enzyme activity. Promote the adhesion and osmosis of water molecules across the cellular membrane. Attract calcium ions to the cellular membrane. Far-infrared waves of

the sun are that part of the light spectrum most responsible for the ripening of fruits which converts other carbohydrates into sugar. This process of reducing acidity can be tested by putting half a lemon in the sun for one or two days or on an Far-infrared coated plate for about one hour. The Far-infrared exposed half will be significantly sweeter than the other half.

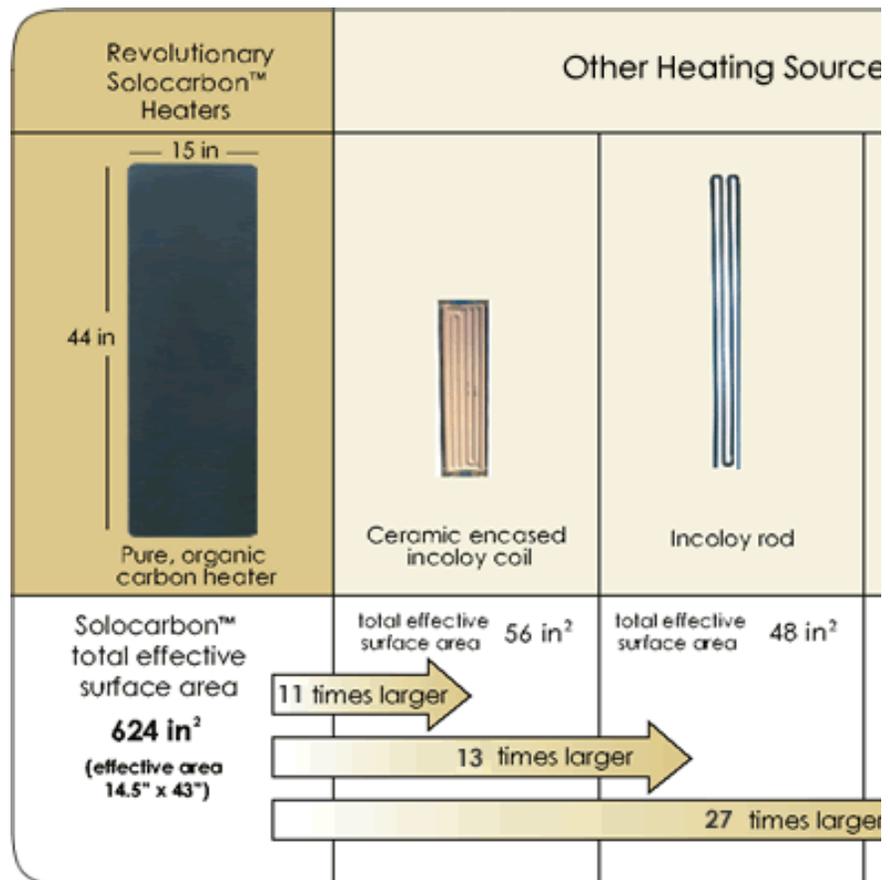
SoloCarbon™ Technology

We Have You Completely Surrounded



All Sunlight Saunas utilize SoloCarbon™ heating technology which provides the largest amount and most therapeutic Far-infrared heat available. Broader heat distribution leads to increased amount of sweat for maximum results.

Why Does Total Surface Area Matter?



Larger Surface Areas Result in Lower Surface Temperatures

Heat tries to distribute itself as equally as possible.¹ Therefore, smaller heaters concentrate the heat and larger heaters spread it out resulting in lower surface temperatures.

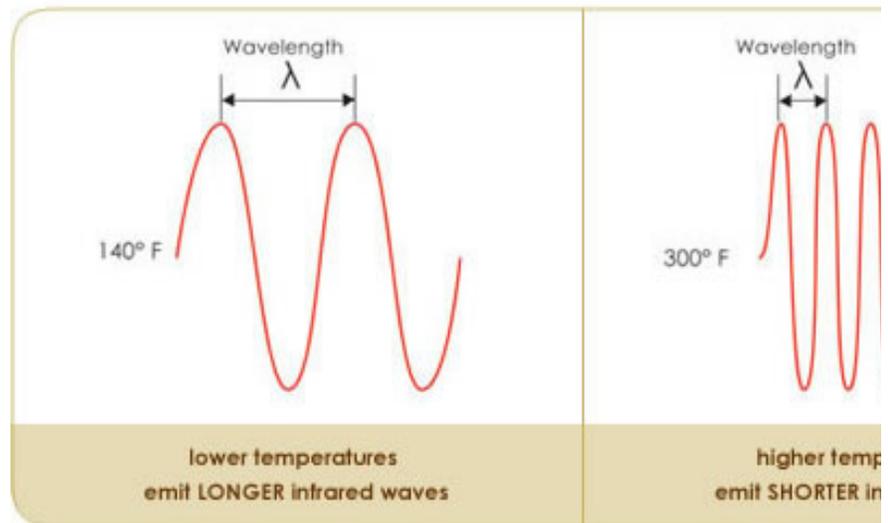
Lower Surface Temperatures Result in a Healthier Lifestyle

Wein's Law of Displacement:

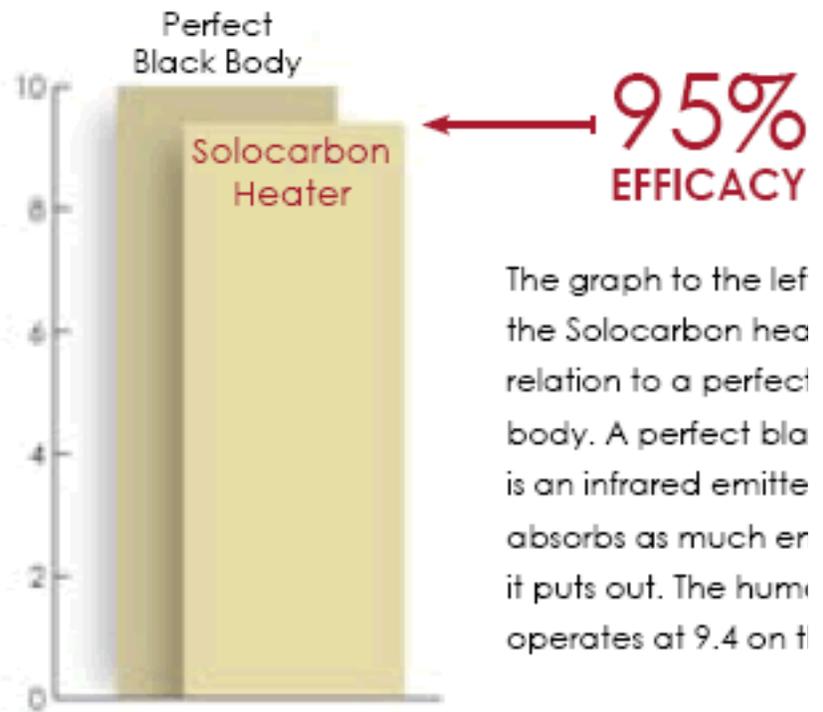
The Wavelength is inversely proportional to temperature of the source.²

Objects with higher temperatures emit shorter waves

Objects with lower temperatures emit longer waves

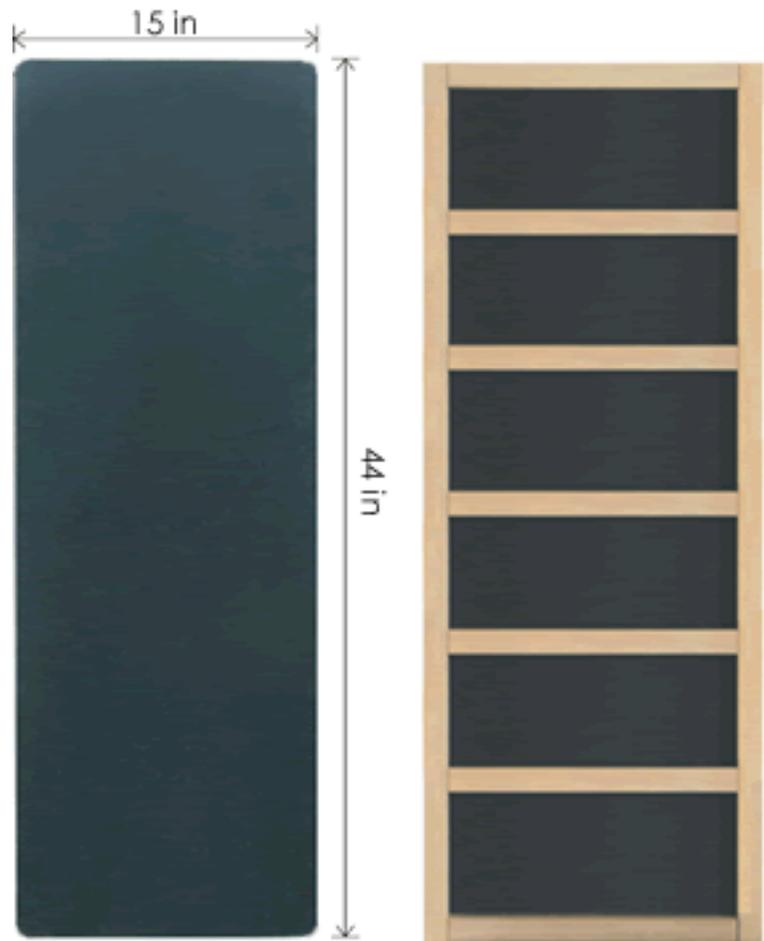


SOLOCARBON HEATER TESTING



INDEPENDENTLY TESTED, OSAKA

More heat is better



SoloCarbon heaters are ultra thin, light weight and flexible. Breakthrough design produces lower temperature for maximum health benefits.

All Sunlight Saunas Far-infrared saunas utilize SoloCarbon™ heating technology which provides the most amount of Far-infrared heat available. Broader distribution of heat leads to increased quality and quantity of Far-infrared heat.

Lower Surface Temperature

Conventional and Far-infrared sauna heaters operate at a surface temperature between

290°F and 700°F. Sunlight Saunas SoloCarbon™ heaters operate at a low 200°F and can be touched with a bare hand. More of the vital Far-infrared light energy is emitted at a lower surface temperature.*

Broader Distribution

The genius of the SoloCarbon™™ Technology in our Solo Saunas is the design. The pure organic black carbon is first cut into pliable sheets. Then electrical heater wiring is added. As a result, the carbon heater sheets cover the entire surface area of the Far-infrared saunas' domes, completely surrounding your body, ensuring broad-range and even heat dispersion. The human body consists mostly of carbon, so the frequency at which it receives Far-infrared heat is perfectly compatible with Solo's Far-infrared saunas, allowing for enhanced benefits. The upper and lower dome heating panels used in these Far-infrared saunas are fully portable and adjustable to every part of the body.

Enhanced Benefits

The benefits of enhanced SoloCarbon™™ Technology Far-infrared saunas will be increased pain relief, better circulation, and more effective detoxification. In other words, "A sauna experience unlike any other."

More Energy Efficient

Our SoloCarbon™™ Technology Far-infrared

saunas are so efficient, the average cost of operation is about 7 cents per 30 minute Solo session.

Far-Infrared Sauna Health Resource Center

Natural Lower Back Pain Relief Without Drugs

- Just One of the Far Infrared Sauna Benefits

Far Far-infrared sauna benefits are tremendous. If you want to find natural lower back pain relief without drugs, Far-infrared saunas could be your answer. Do you frequently feel the effects of chronic fatigue syndrome or Fibromyalgia? Treatment and therapy for these symptoms can incorporate Far-infrared saunas and their powerful effects.

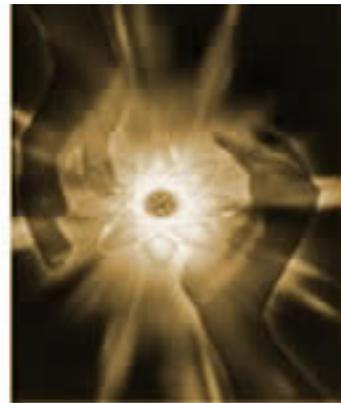
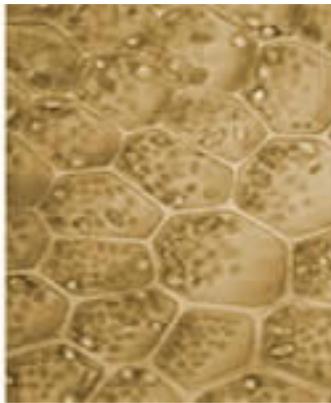
More Far-infrared sauna benefits

- Pain relief
- Weight Loss
- Detoxification
- Increased Circulation
- Cholesterol Removal
- Boosts Immune System
- Normalizes Blood Pressure
- Reduces Stress & Fatigue
- Speeds Healing to Cuts & Bruises
- Reduces Swelling and Inflammation
- Removes Stress & Fatigue
- Improves Joint Stiffness

Far-infrared cellular purification

Dr. Toshiko Yamazaki, MD owns an Far-infrared therapy clinic in Japan where she has

done extensive research on the uses of Far Infrared Therapy or Infrared Light Therapy. In her book, "The Science of Far-Infrared Therapies," she explains that one of the reasons Far Infrared Therapy has beneficial results in a variety of illnesses is the ability of Far-infrared waves to remove toxins with mercury detoxification, which is often at the core of many health problems. Since humans are bio-accumulators, numerous toxins that disturb natural body healing and cannot be removed immediately after entry are stored in our bodies and prevent future natural body healing.



American cardiology clinical study review

Title of Study:

Repeated Thermal Therapy Improves Impaired Vascular Endothelial Function in Patients With Coronary Risk Factors

Authors: Dr. Imamura, et.al, Kagoshima Japan

Publication and Date:

Journal of the American College of Cardiology, 2001

Purpose of Study

To determine whether Infrared Sauna therapy improves blood vessel function (endothelial) in patients risk factors such as high cholesterol, high blood pressure, diabetes and smoking. This dysfunction represents an early stage of arteriosclerosis (hardening of the arteries).

How did they do it?

Studied 25 men with at least 1 risk factor. Patients were treated in an Infrared Sauna for 15 minutes once a day for 2 weeks.

Results: Infrared Sauna Treatment

- Significantly lowered blood pressure
- Significant weight loss
- Significantly lowered blood sugar
- Significantly increased blood flow
- Lowered cholesterol
- Lowered triglycerides

Conclusion:

Repeated Infrared Sauna treatment improves impaired blood vessel functions in patients with high blood pressure, diabetes, smoking and high cholesterol. This suggests a preventive role for sauna use for arteriosclerosis.

European cardiology clinical study review

Finnish researchers, reporting the regular use of saunas state "there is abundant evidence to suggest that blood vessels of regular sauna-users remain elastic and pliable longer due to the regular dilation and contraction" of blood vessels induced by sauna use.

German medical researchers reported in *Dermatol Monatsschr* in 1989 that a single whole-body session of Far-infrared -induced hyperthermia lasting over one hour had the following beneficial effects: All of the subjects in one experiment had significant decrease in arterial, venous and mean blood pressure...and was linked, according to the researchers, to a persistent peripheral dilation effect. an improvement in plasma viscosity was also noted. Anther group of similar hypertension patients was also studied under the same conditions of Far-infrared -induced hyperthermia, with an eye toward more

carefully evaluating the circulatory system effects induced by this type of whole-body heating.

During each Far-infrared session, there was a significant decrease of blood pressure, cardiac ejection resistance, and total peripheral resistance in every subject. there was also a significant increase during each session of the subjects heart rates, stroke volumes, cardiac outputs and ejection fractions. The researchers cite these last three effects as evidence that stimulation of the heart during Far-infrared induced hyperthermia is well-compensated, while the prior list of effects show clear detail of the microcirculatory changes leading to the desired result of lowering blood pressure.