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Info

Benefits of Far Infrared Sauna



- **Expands capillaries**, which stimulates increased blood flow, regeneration, circulation and oxygenation.
- **Excellent for detox.** Heat expands the capillaries and initiates the start of a process to dissolve hidden toxins.
- **Eliminate fats**, chemicals and toxins from the blood. Breaks down cellulite - trapped water, fat and waste.
- **Stimulates enzyme activity and metabolism** - one hour burns over 900 calories by raising the metabolism and body temperature.
- **Kills many pathogenic** (disease causing) bacteria, viruses, fungi and parasites.
- **Rebuilds injured tissue** and increases growth of cells during tissue repair and regeneration. Excellent for healing burns, scar tissue and skin problems.
- **Relieves nervous tension** and relax muscles. Reduce soreness on nerve endings and muscle spasms, as muscle fibers are heated.
- **Strengthens immune system** by stimulating increased production of white blood cells (leukocytes) by the bone marrow and killer T-cells by the thymus.
- **Strengthens cardiovascular system** by causing heart rate and cardiac output increase, and diastolic blood pressure decrease.

SINCE ANCIENT TIMES people believed that exposure to sunshine can maintain and even enhance health. Sun therapy is a form of natural Far Infrared Ray (FIR) thermal therapy - invisible rays of natural sunlight that have the longest wavelength.

Research shows that FIR warms the body in the same manner as natural sunlight. It has the ability to penetrate, refract, radiate and reflect. This type of energy travels 2-3" deep into the body and is thought by some to increase circulation and nourish damaged tissue.

FIR heat therapy has some distinct advantages over traditional steam heat saunas as direct light conversion warms only the object, and does not raise the temperature of the surrounding air.

Recently, famous talk show host Oprah Winfrey featured the Far Infrared Sauna in her show as a hi-tech life extension device. The presentation was led by Dr Oz, who explained that FIR sauna can help burn up to 700 calories in an hour. The high temperature also helps lower blood pressure, increase circulation, and remove toxins through the skin.

CEO of Zazen Health Solutions Yasotha Krishna



Dr Oz explaining the health benefits of FIR Sauna to Oprah Winfrey during a segment of her show recently.

FAR INFRARED TECHNOLOGY

whose company in Kota Damansara promotes the FIR sauna, said: "When FIR penetrates through skin to the subcutaneous tissues, it transforms from light energy into heat energy,

"The thermal effect within the deep layers of the tissues causes blood vessels and capillaries to dilate, promoting a better blood circulation, and help rid the body of toxins and metabolic wastes through sweating," added Yasotha,



The FIR Sauna helps lower blood pressure, increase circulation, and remove toxins through the skin.

whose company won the Best Wellness Equipment in Malaysia Spa & Wellness Awards 2009 for the FIR Sauna.

The Health Benefits of Infrared Saunas include:

- 1 Better Circulation and Increased Energy.** The sauna emits FIR energy that is absorbed by human cells, causing a physical phenomenon called "resonance". Thus the cellular activities are instantly invigorated, resulting in a better blood circulation and an overall improved metabolism.
- 2 Weight Loss.** FIR Sauna heat therapy can aid in weight loss by speeding up the metabolic process of vital organs and endocrine glands resulting in substantial caloric loss in a sauna heat session.
- 3 Cardiovascular Health.** The FIR Sauna increases heart rate and blood circulation, crucial to maintaining one's health. The heart rate increases as more blood flow is diverted from the inner organs towards the extremities of the skin, without heightening blood pressure.

4 Speed Recovery from Injuries. For injuries, FIR generated heat stimulates vasodilatation of peripheral blood vessels, bringing oxygen to joints and extremities, speeding the healing of sprains and strains, thus relieving pain and reducing the time it takes the human body to recover from an injury.

5 Detoxification. The quicker metabolic rate causes extra toxic waste products to be purged from the body through the skin, during perspiration. The skin is often referred to as the third kidney, because it is believed to be responsible for eliminating 30% of the body's waste.

6 Stress Reduction and Relaxation. FIR Sauna heat treatment before a massage helps prepare a client, by creating an overall relaxing effect. It loosens the muscle tissue so the therapist can do a more thorough and effective massage.

7 Skin Beautification. For that sought after healthy glow, FIR Sauna heat therapy allows increased blood circulation to carry great amounts of nutrients to the skin, thus promoting healthy tone and texture. A FIR Sauna heat bath also provides a mild cleansing of the skin.

8 Improved Immune System. By creating an "Artificial Fever", FIR heat has a positive effect on the immune system. Often misunderstood, fever is a natural healing response of the body. The function of the immune system is increased naturally during a fever, while virus and bacterial growth is slowed, weakening its hold. This helps the body ward off invading organisms. A FIR heat treatment in the early stages of a cold or flu has been known to stop the disease before the symptoms occur.

For more information, visit <http://zazenhealtholutions.com>.

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