

What is Far Infrared therapy (FIR) and what does it do?

Far Infrared Ray are waves of energy, totally invisible to the naked eye, capable of penetrating deep into the human body, where they gently elevate the body's surface temperature and activate major bodily functions.

Benefits: :

- 1) Far Infrared **expands capillaries** which stimulates increased blood flow, regeneration, circulation and oxygenation. Scientists in Japan report that in the FIR treatment of clogged capillary vessels, FIR expands the capillaries and then initiates the start of a process to dissolve hidden toxins. Furthermore, if sebaceous glands are activated, accumulated cosmetics in pores can be eliminated through the skin (sweat and oil glands) rather than by the kidneys.
- 2) Far Infrared **promotes elimination of fats, chemicals and toxins from the blood**. Poisons, carcinogenic heavy metals - toxic substances from food processing - lactic acid, free fatty acids, and subcutaneous fat associated with aging and fatigue - excess sodium associated with hypertension - and uric acid which causes pain. FIR also breaks down cellulite - trapped water, fat and waste.
- 3) Far Infrared **stimulates enzyme activity and metabolism**
- 4) Far Infrared **promotes the killing of many pathogenic (disease causing) bacteria, viruses, fungi and parasites**. FIR increases growth of cells, DNA syntheses, and protein synthesis all necessary during tissue repair and regeneration. FIR is excellent for healing burns, scar tissue and alleviates many skin problems.
- 5) Far Infrared **promotes rebuilding of injured tissue** by having a positive effect on the fibroblasts (connective tissue cells necessary for the repair of injury). FIR reduces soreness on nerve endings and muscle fibers.
- 6) Far Infrared **relieves nervous tension and relaxes auto euro muscles** thereby helping the body make the most of its healing abilities.
- 7) Far Infrared **strengthens the Immune System** by stimulating increased production of white blood cells (leukocytes) in the bone marrow and killer T-cells in the thymus.
- 8) Far Infrared **strengthens the Cardiovascular System** by causing heart rate and cardiac output to increase, and diastolic blood pressure to decrease. Extensive research by NASA in the early 1980's led to the conclusion that FIR stimulation of cardiovascular function would be the ideal way to maintain cardiovascular conditioning in American astronauts during long space flight.

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