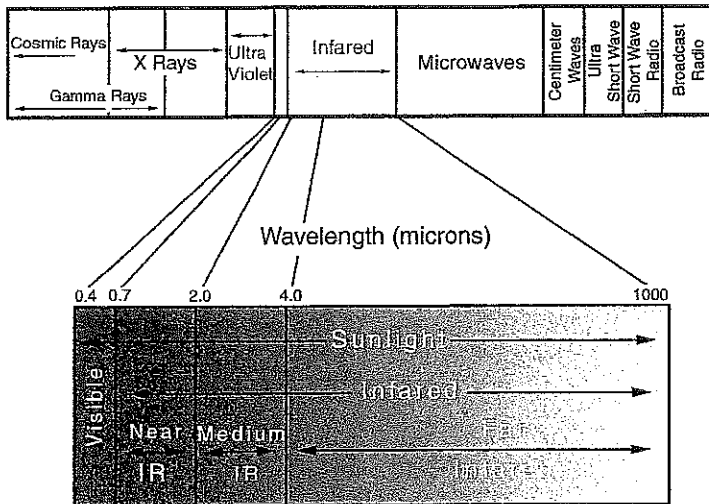


FAR INFRARED

The electromagnetic spectrum is divided into three segments by wavelength measured in microns. 0.76 to 1.5 microns is "near" infrared, 1.5 to 5.6 microns is "middle" infrared and 5.6 to 1000 microns is "far" infrared. This invisible band of light warms objects without warming the air between the source and the object. The best example of this is the sun. Approximately 80% of the sun's rays fall into the infrared range. (This should not be confused with ultraviolet rays which are harmful to the skin.) When you go outside on a cold day and your face feels warm in the sunshine, this is far infrared penetrating your body 1.5 to 3.5 inches.



Our bodies also radiate far infrared energy through the skin at between 3 and 50 microns. Our palms emit energy between 8 and 14 microns. (You can experience this by holding your palms near each other without touching.) Palm healing, with a 3000 year history in China, is based on the natural healing properties of far infrared.

The Thermal Life far infrared sauna therapy unit duplicates these healthy far infrared frequencies. The tissues selectively absorb these rays as the water in the cell reacts in a process called "resonant absorption." This "resonant absorption" occurs when the frequency of the far infrared matches the frequency of the water in the cell causing toxins to be dropped off into the blood stream and excreted in sweat, feces and urine.

IT'S A TOXIC WORLD

Today more than 77,000 chemicals are in active production in this country. Our exposure to these chemicals is greater than at any time since the beginning of the Industrial Revolution. More than 3,000 chemicals are added to our food supply, more than 10,000 chemicals in the form of solvents, emulsifiers and preservatives are used in food processing and storage.

When ingested these chemicals can remain in the body for years, altering our metabolism, causing enzyme dysfunction and nutritional deficiencies, creating hormonal imbalances and lowering our threshold of resistance to chronic disease. We are continually subjected to poor air quality, chemically contaminated food and water, household cleansers, paint fumes, pharmaceutical drugs, pesticides, heavy metals (including mercury) and the list goes on and on. Today, studies show that most of us have between 400 and 800 chemical residues stored in the fat cells of

our bodies. These chemicals and heavy metals make up the "total toxic burden." When our bodies exceed the limit that we can excrete, we begin to store these toxins. This bioaccumulation seriously compromises our physiological and psychological health and leads to chronic disease.

TOXICITY SYMPTOMS

The following symptoms are often related to toxicity: allergies, acne, anxiety, burning skin, brain fog, chronic fatigue, chemical sensitivities, depression, eczema, frequent colds or flu, feeling "sick all over," insomnia, loss of dexterity, low body temperature, memory loss, mood swings, muscle and joint pains and poor concentration.

DETOX DETOX DETOX

The Thermal Life far infrared poplar sauna is recognized by health practitioners worldwide as perhaps the most effective method of removing both chemical and heavy metal toxins from the body. The combination of "resonant absorption" and low heat makes this the detox method of choice for chronically ill patients as well as those that are well and wish to stay that way by reducing their "toxic burden."

"A sauna used to be thought of as a luxury. But studies now confirm that diet and environmental chemicals cause 95% of cancers. Furthermore, as the first generation of man exposed to such an unprecedented plethora of daily chemicals we have learned that stored or undetoxified chemicals can mimic any disease. 'Incurable' chronic diseases that were thought to have no known cause often disappear once toxic chemicals are gone. Since the poplar far infrared sauna is the safest, most efficacious and economical way of depurating stored toxins, this makes it a household necessity."

Sherry A. Rogers, M.D., Northeast Center for Environmental Medicine
Internationally known expert in environmental medicine
Author of *Tired Or Toxic?* and *Total Wellness*

IMMUNE SYSTEM

A typical sauna session will cause a brief 1° to 3°F increase in body temperature. Fever is the body's defense against bacteria, microbes and consequent infection. This beneficial side effect triggers the production of white blood cells (leukocytes) by your bone marrow and killer T cells by your thymus. The result is immune system improvement.

CARDIOVASCULAR CONDITIONING

The body's natural reaction to heat is to cool itself. It does this by diverting blood from internal organs to the extremities and skin. This increases heart rate, cardiac output and metabolic rate. Medical research indicates that use of a Thermal Life far infrared therapy sauna may be as effective a means of cardiovascular conditioning as regular exercise. This is especially important to those individuals who are not physically capable of exercising. NASA concluded in the 1980's that far infrared stimulation is the ideal way for astronauts to maintain cardiovascular conditioning during long space flights.

WEIGHT CONTROL

The Thermal Life far infrared therapy sauna assists in weight loss in three significant ways:

1. It effectively reduces heavy metals, which have been directly related to metabolic imbalances in the body, causing poor digestion and weight gain.
2. The far infrared sauna decreases fat stored (lipophilic) toxins. Often times weight loss cannot be accomplished unless these toxins are removed first.
3. Although weight loss due to perspiration (water loss) is quickly regained, sending more blood to the capillaries and converting fats and carbohydrates results in as much as 600 calories burned during one short sauna session.

CELLULITE

Because cellulite is a gel-like substance made up of fat, water and waste products trapped near the surface of the skin, use of the Thermal Life therapy unit is very beneficial. Far infrared therapy is especially effective in cellulite removal when used in conjunction with a program including diet and massage.

STRESS

Continuous strain on the autonomic nervous system often leads to a high level of stress, one of the elusive causes of many chronic diseases. By facilitating the expansion of capillary vessels thereby improving circulation, stress levels are reduced.

THERMAL LIFE SAUNAS VS TRADITIONAL HIGH HEAT SAUNAS

Traditional high heat saunas usually operate at temperatures of 180°F to 220°F. Most people cannot tolerate this high temperature for very long and it causes the mucous membranes to dry out. This is why water or steam is introduced. Patients use the far infrared saunas at between 100°F and 130°F. This feels like a warm dry room and the perspiration characteristics are significantly improved. Not only does the perspiration contain more toxins and less water but also more toxins will be expelled out through your kidneys, liver and even hair due to "resonant absorption."

Also, Thermal Life far infrared saunas:

- A. Significantly improve detoxification due to "resonant absorption."
- B. Are safer. (No hot surfaces. No high temperatures.)
- C. Use no water, thus eliminating plumbing costs, cleanup and potential bacterial problems.
- D. Are significantly less claustrophobic due to air circulation.
- E. Are portable and easier to assemble. (It takes about 20 minutes.)
- F. Require 90% less electrical energy.

POPLAR OR CEDAR

Poplar wood is recommended for people with any of the toxicity symptoms mentioned earlier because it does not out-gas. Although tolerated by many, the aroma associated with cedar is chiefly cedrene (a terpine) and cedral, a cedar-camphor and are lung irritants. Poplar is used exclusively in clinics to eliminate adding to the patients "toxic burden."

CONTRAINDICATIONS

Thermal Life saunas are a serious method of detoxification and, as such, should be used responsibly. Those patients with severe adrenal suppression, Lupus or Multiple Sclerosis should discuss far infrared therapy with their doctor prior to use. Use of far infrared therapy for hemophiliacs is contraindicated. Pregnant women and nursing mothers should also refrain from using this therapy. If you are under a doctor's care, always consult him/her prior to use.

DO NOT ATTEMPT TO TREAT ANY DISEASE WITH THERMAL LIFE FAR INFRARED THERAPY WITHOUT DIRECT SUPERVISION OF A PHYSICIAN.

MONEY-BACK GUARANTEE

More health practitioners use and recommend Thermal Life far infrared products from High Tech Health, Inc. than from any other company and the reason is clear. We provide the very highest quality products available anywhere in the world. We use only clear poplar or cedar. The controls are solid state and the heaters are specifically designed for optimum output within the Peak Energy Wavelength for greater absorption. The heaters have a lifetime warranty and the cabin has a ten year warranty. But, perhaps most important, *If you are not happy with the Thermal Life infrared therapy unit for any reason, you may return it to High Tech Health, Inc. any time within thirty days of receipt for a full refund (less shipping).*

Telephone us for a copy of our Satisfaction Guarantee.

IN CONCLUSION

You should investigate Thermal Life far infrared sauna therapy if:

- A. You are in good health and wish to remain in good health or
- B. You are struggling with heavy metal or multi-chemical toxicity or
- C. You have fibromyalgia, mercury poisoning or any of the symptoms previously mentioned or
- D. You are a health practitioner treating patients with the above conditions.

**More doctors recommend
Thermal Life
poplar far infrared saunas
than any other kind.**