

# INFARED SAUNA

## *health benefits*

- **Weight Loss:** burn more than 600 calories in a 30 minute session (up to 10 pounds in 30 days) with regular infrared sauna use.
- **Detoxification:** one of the safest and most efficient methods for expelling harmful environmental toxins, insoluble chemical residues, and dangerous heavy metals.
- **Pain Relief:** real, lasting relief for nerve damage, arthritis, muscle pain, carpal tunnel, joint pain and fibromyalgia.
- **Stress Relief:** melt away the buildup of daily stress and the tension of the workday grind.
- **Healing Power:** helps damaged tissues, muscles, tendons, ligaments and nerve endings, increases blood circulation and vasodilation of blood vessels.
- **Cardiovascular Workout:** lowered blood pressure, improved circulation and enhanced metabolism. A session is a genuine passive cardio workout - without exercise!
- **Organic Skin Care:** renew elasticin-collagen tissues while crow's feet, forehead lines, wrinkles, age spots, scars, varicose veins, and stretch marks naturally fade away.
- **Immune System:** improve immunity against chronic infections, flu, sinus, allergy symptoms, germs and bacteria.
- **Cancer Therapy:** increase the production of white blood cells, killer T-cells, and interferon, all of which have been shown to fight cancer cell growth.

The above information has not been evaluated by the FDA. The products mentioned are not intended to diagnose, treat, cure, or prevent any disease. Information is for educational purposes and is not intended to replace the advice of your medical doctor.