

## WHAT IS FIR?

"Far-Infrared Radiant heat, or FIR, was developed by NASA to help astronauts stay healthy in space. The infrared light waves penetrate 6-8 inches into the body and stimulate healing, oxygenate and increase blood flow, reduce swelling and inflammation, improve lymph flow, and help cleanse the body of toxic and acid waste...Healers emit this energy through the palms of their hands at an output of 8-14 microns. Now you can get this from a machine."— Walt Crocker



## HOW FAR INFRARED RAYS (FIR) WORK?

FIR has considerable effect on the human body as a beneficial therapy. Although FIR rays cannot be seen with the naked eye, they have the ability to penetrate deeply into the human body and reach the tissues and organs. They produce comfort, relaxation and an environment where healthy cells thrive.

FIR elevates the temperature of subcutaneous layers, thus expanding blood capillaries, stimulating blood circulation, increasing metabolism between blood and tissue, promoting tissue regeneration and reducing cramping. FIR is also effectively adjusts autonomic nerve function and relaxes over stimulated sensory nerves. FIR radiates warmth and penetrates to the meridian points of human body, just as acupuncture needles reach deep into tissue, however FIR does not leave any marks on the skin. FIR greatly increases the therapeutic effect when it is combined with acupuncture or chiropractic treatment and it feels marvelous!

When we bask in the sun, the sunlight activates every cell in the human body. We all know how important the sun's rays are to our well being. Yet now, because of the thinner ozone layer, we are told we must slather chemicals on our skin to protect us and prevent the sun's damaging rays from reaching us. The Far Infrared Rays that the FIR dome provides are the beneficial rays of the sun, the part of natural sunlight with the longest wavelength without any added chemicals.

When we feel hot, we will instinctively seek shade. When we feel cold, we seek the warmth of sunshine. We have an innate desire for a comfortable temperature. Comfortable temperature is actually synonymous with a comfortable energy frequency or "wavelength." That wavelength happens to be 8 to 14 microns - the same as FIR!

When living beings absorb FIR of 8 to 14 micron wavelength, we experience resonance absorption, or elevation of molecular energy. This vibrating movement of molecules in living tissue activates cells and enhances metabolism. Several studies have been performed on healers, using Chi Gong masters from mainland China and Taiwan as subjects which measured the rays that emanated from their hands while they worked. The healing rays (also called chi, or prana) that emanated from their hands are the same 8-14 micron rays that the FIR dome produces, the same wave length as the beneficial rays above from our sun! (Alternative Medicine, January 2004).

Studies and articles are also available on FIR rays' effectiveness for wound healing, reducing bacterial and virus infection, dental work, pain relief, etc.

The warming effect of FIR also promotes the elimination of carcinogenic heavy metals, toxic substances from food processing, lactic acid, free fatty acids, excess sodium associated with hypertension, uric acid which causes pain and subcutaneous fat associated with aging and fatigue. FIR rays can activate the sebaceous glands, allowing accumulated cosmetics in pores can be eliminated through the skin rather than by the kidneys.

In summary, FIR is not just a comfortable warming device, it activates bodily functions enhancing and energizing your physical, emotional and spiritual states.