

# ADVANCED HEALTH & CHIROPRACTIC

## YOUR GUIDE TO BETTER LIVING

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### Are you toxic?

Most likely you are, if you suffer from any of the following conditions:

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 & joint pains	Poor concentration



### DETOX DETOX DETOX

The 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". The sauna is made of poplar wood to decrease toxins eliminated from the wood.

### IMMUNE SYSTEM

A typical sauna session will cause a brief 1 to 3 degree 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 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

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 far infrared sauna 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.

## FAR INFRARED SAUNAS VS TRADITIONAL HIGH HEAT SAUNAS

Traditional high heat saunas usually operate at temperatures of 180 degrees to 220 degrees. 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 degrees and 130 degrees. 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."

## CONTRAINDICATIONS

Far infrared 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.

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

### **PRICING FOR FAR INFRARED THERAPY**

**Our Far Infrared Sauna was donated. Because of this we are able to offer low prices for the usage.**

**\$20 / 30 minutes**

**Or**

**\$185 for ten 30-minute sessions paid in full at first session**

**To use in the sauna. You must bring 4 white towels, a robe, drink 1 liter of water before getting in the sauna, and one liter during, So bring a liter water bottle.**