

An Introduction
to
Infra-Red
&
It's effects

1. What is Infrared Radiation (IR)?

No need to say that the sun in the sky is an enormous source of energy. This energy is transported to earth by means of electromagnetic rays. These rays can be divided into several wavelengths. The unit for this division is nanometer (nm). One nm equals one millionth of a millimetre. Each wavelength transports a certain amount of energy. The faster the frequency of these waves, the shorter the wavelength and the more energy this particular radiation can transport.

“In short: The higher the frequency, the shorter the wavelength, the more energy.”

Only part of the entire radiation sent by the sun reaches the surface of the earth. This is because part of this radiation is absorbed by our atmosphere. The radiation reaching the earth's surface on sea level is called “the celestial radiation”. This radiation covers an area from ultraviolet light (UV) up to visual light and further on to infrared radiation (IR). In terms of wavelengths the radiation can be divided as follows:

UVB	from	295 to 315 nm	0.3%
UVA	from	315 to 400 nm	5,7%
Violet	from	380 to 436 nm	
Blue	from	436 to 495 nm	
Green	from	495 to 566 nm	
Yellow	from	566 to 589 nm	
Orange	from	589 to 627 nm	
Red	from	627 to 780 nm	Total light: 51 %
IRA	from	780 to 1,400 nm	31%
IRB	from	1,400 to 3,000 nm	12%

We are mainly interested in the infrared radiation (IR), which can be divided in the following three categories:

IR-A or short wave infrared

IR-B or mid wave infrared

IR-C or long wave infrared

The infrared rays are responsible for the heat transport from sun to earth. An illustration:

“What happens if suddenly the sun disappears behind the clouds? We instantly sense a chilling effect, despite the fact that the surrounding temperature does not drop immediately. Indeed, whilst transporting heat, IR radiation travels through air without any considerable loss in energy and warms up directly all solid bodies on its way. If these IR rays are hampered by the clouds, we get a sense of cold because direct contact with the rays is interrupted.

2. Is there a Difference between IR Rays Sent by the Sun and those coming from an Artificial Source of Energy (heater)?

No, although artificially generated the rays are of the same kind or nature. Moreover, artificial rays can be adapted at will without being dependent of obstructions like clouds for instance, which is a big advantage.

Indeed, the desired rays can be generated and used at any time, day and night. To conclude we can say that all heat felt from a distance is transported by IR radiation, including heat coming from stoves, central heating systems, bulbs, or even human bodies.

3. What Happens in an ALPHA HEAT IR Heating Cabin?

In an ALPA HEAT IR heating cabin these IR rays are generated by electric heaters, which are placed in a way that they optimally aim the persons present in the cabin. These IR rays are hence identical to radiation sent by the sun, with the difference that their wavelengths allow an optimal effect on our system and that it is possible to enjoy them 24 hours a day.

Thanks to the ALPHA HEAT IR heating cabin's double walls it is also possible to increase the temperature to a level of 40 to 60⁰C. This will double the effect as follows:

* Absorption of IR rays into our body.

*An agreeable temperature encouraging our body even more to sweat.

* Persons who do not like hot temperatures can still enjoy the mild effects of their ALPHA HEAT IR heating cabin with the window, or even the door is opened by doing so, the temperature in the cabin is not used, but only the heat produced by absorption of IR radiation.

IR heating cabins were originally designed in Japan in 1967. At first instance, these IR cabins were only used in medical applications until in 1979 the system was being commercialised for private use as well.

4. What are the Features of IR Radiation?

We have learned that IR radiation sent by the sun has a wavelength ranging from 780 nm up to 1,000,000 nm, being 1 mm. We also know that each body radiating heat does so by means of IR rays. However, different bodies transmit different wavelengths. The human body, for instance, emits IR rays in wavelengths ranging from 300 to 5,000 nm whilst wavelengths coming from the hand/palm range from 800 to 1,400 nm. Cure by imposition of hands, practised in China for 3,000 years now, bases itself on the healing power of this IR wavelength. Yogis in India mainly use imposition of hands with weary eyes.

Chinese scientists consider IR rays of a wavelength of 780 to 2,500 nm therapeutically among the most effective. Thanks to the excellent conductivity of the high volume of water in the underlying layers, IR rays emitted in an ALPHA HEAT IR heating cabin are able to penetrate 4 to 6 mm directly, and up to 4 cm immediately in the body.

The radiation of energy in an ALPHA HEAT IR heating cabin is fully adapted to our body. In this way we can absorb 95% of the rays emitted by the heaters. This deep penetration in the body causes a warming effect deep in the muscular tissue and the inner organs. The body reacts to this as the hypothalamus increases heartbeat and pulse. This action on the heart equals the effect of condition training. Medical researches confirm that the use of the IR heating cabin causes training on the heart, as the body wants to lower its temperature and hence increases its pulse. At the same time our body will activate all the available cooling systems, of which the most important one is sweating.

To build up 1 gr of sweat our body uses 0,580 Kcal. For example, a person with an average condition will, when seated in an ALPHA HEAT IR heating cabin, secrete half a litre (one pt) of sweat, burning 300 Kcal. This equals an effort that can be compared to a run of 3,5 to 5 km (2 to 3 miles). A person with a condition that is adapted to warmth will easily sweat 600 to 800 Kcal, without any negative consequences. The liquid that is lost in this way can be easily regained by drinking water, without rebuilding therefore the burned calories.

Some calorie burning sports in comparison, in terms of Kcal/hour:

- * Rowing or marathon running: 800 Kcal
- * Squash: 680 Kcal
- * Swimming or jogging: 400 Kcal
- * Wood chopping or tennis: 330 Kcal
- * Cycling: 300 Kcal
- * Walking or playing golf: 200 Kcal

Research has revealed that one has not to tire him- or herself out to become or to stay fit. Burning an additional 1,000 Kcal/week will do. It does not matter how, as long as the process of calorie burning is being stimulated. (Berkleu Wellness Letter, October 1990)

An ALPHA HEAT IR heating cabin can play a central role in both weight watching and training the heart muscle.

Analysis of sweat secreted after a session in an IR heating cabin has the following composition:

- * 80 to 85% of water
- * Fat
- * Cholesterine
- * Acids
- * Natrium
- * Ammonia

These heavy metals were found as well: (Green Hospital 1983)

- * Led: 84 Mg
- * Cadmium: 6,2 Mg
- * Nickel: 1,2 Mg
- * Copper 0,11 mg
- * Natrium 0,84 g

Dr. ISHIKAWA of Japan says that if our body fat reaches a temperature of 40⁰C and above, it becomes the preferred combustion element for the energy to be generated. Thanks to the penetration of IR radiation, these elevated temperatures can be reached in our fat tissue.

On the other hand is it impossible to increase the entire body temperature with more than 1 or 2C in an ALPHA HEAT IR heating cabin. Skin temperature passing 45C becomes painful. This level must not be surpassed. A session in an ALPHA HEAT IR heating cabin has to be a pleasure instead of becoming a torture.

Dr. Herman Aihara, an authority in the field of macrobiotics, states in the magazine 'Macrobiotics Today':

“If fat is secreted by means of sweat, it takes those heavy metals that are not eliminated by the kidneys and neither by the lungs. This elimination of heavy metals, however, does not occur with sweat secreted as a result of condition training and neither with sweat secreted after a session in a traditional sauna. Heavy metals are toxic to us. For health's sake is it important that these toxics are eliminated out of our body on a regular basis.”

Fat and cholesterine have the highest toxic presence, as well in our food as in our body.

Here, an ALPHA HEAT IR heating cabin brings help as it stimulates sweating and eliminates these toxins by doing so. This treatment is not meant to give surprising results from day one, but surely is a long-term investment.

5. How to Use an ALPHA HEAT IR Heating Cabin?

* We advise to drink mineral water regularly before and after the use of the IR cabin.

* Taking a shower or a bath before the use of the IR cabin can stimulate sweating.

* For Hygiene's sake make sure to take enough towels into the cabin.

One or two for the bench.

One under your feet

One to dab off the sweat.

At the first signs of a cold or influenza occur, multiple sessions in the ALPHA HEAT IR heating cabin can strengthen the defence system and contribute to a decrease in virus production. Do not forget to consult your doctor.

A regular session takes 30 minutes. If you are used to the warm temperatures after a while, it is possible to bring the time of a session up to 40 minutes or more. By doing so, the structure of the tissue and the cells will benefit, as it becomes stronger when the temperature is optimal. You obviously have to make sure that the body remains in balance and that it contains all necessary materials. Excessive sweating can also lead to a decline of minerals in the body. Due to this, these minerals have to be added by means of special nutrition. Discuss this matter with your doctor.

6. What do I have to be careful with?

It is clear that an IR heating cabin can remedy an amazing number of diseases, as is confirmed in several reports worldwide. However, the information in this message only aims to disseminate knowledge and to support further research in this field. No paragraph in this lecture can be used, neither interpreted as a treatment or medical method.

In case you have a disease or show symptoms, we strongly advise to consult your doctor first. If you take medication, also consult your doctor before using an IR heating cabin. Combining medication with IR energy could cause side effects or any other reaction.

We advise against increasing the normal body temperature if you have kidney complaints, chronic erythenatodis or multiple sclerosis. It is obvious that deterioration of any kind of disease or condition during an IR heating cabin treatment calls for an immediate halt of the session.

In general there are no restrictions for healthy people if the IR heating cabin is used properly. Should any abnormal or aggravating circumstances take place, please consult your doctor. In case of pregnancy, high blood pressure, infections or surgical implants, do make sure you have the consent of the doctor in attendance to use an IR heating cabin. Do not try any treatments on your own without the doctor's advice.

Make sure not to look straight into the IR heaters during a session, notwithstanding the fact that there seems no harm involved. Too long a direct radiation of IR in the eyes will damage the eye lense.

7. Is the Use of an ALPHA HEAT IR Heating Cabin Similar to the Use of an Ordinary Sauna?

The traditional use of the sauna has mainly become popular because of the Finns. Their old religion prescribed the use of it as a means to purify soul, mind and body. In fact these rules originate in the present Tibet and were brought to Finland somewhere between 5000 and 3000 before Christ. A traditional sauna works via indirect conversion of warmth: it reaches its effect through circulation of hot air and most of the time through the action of this hot air on the skin.

In an ALPHA HEAT IR heating cabin merely 20% of the radiation warmth is used to warm up air, the remaining 80% is converted directly into body heat.

Hence, an ALPHA HEAT IR heating cabin can guarantee a deeper and more effective heating process, since most of the energy is used accordingly, instead of being used to warm up air. This substantial difference highlights the advantages of an ALPHA HEAT IR heating cabin, when compared to a traditional sauna.

The IR energy of an ALPHA HEAT IR heating cabin can at least double the volume of sweat, in comparison with an ordinary sauna, and yet work with significantly lower temperatures, being 50C against 90 to 100⁰C for an ordinary sauna. This lower temperature causes less danger as to avoiding the risks of vasoconstrictive factors. At the same time is it much more agreeable to breathe air of a temperature ranging between 40 and 50C, rather than breathing air that is heated up to 100C. This is why an ALPHA HEAT IR heating cabin is much more appreciated. The inhaled air is much more agreeable and, what is more, the temperature of the air can be adapted as you increase or decrease the amount of fresh air into the cabin. In this way, the sense of well-being is guaranteed to the maximum.

An ALPHA HEAT system can even be used with the doors open, in case one only wishes to enjoy the effects of IR radiation. This kind of heating is intended for people who have difficulties to support thermic pressure.

An ordinary sauna approximately needs one hour to warm up, whilst an ALPHA HEAT cabin only needs 5 to 10 minutes. Therefore is it much more interesting and advantageous to use an ALPHA HEAT cabin, especially for private use.

A session of 30 minutes, 10 minutes of warming up included, the electrical use is minimal, making an IR heat cabin very economical

An ordinary sauna, on the contrary, consumes much more energy. You are not only saving money, but also nature as well thanks to lower energy consumption.

8. What is known about the Results of IR Radiation?

Publications from all over the world are dealing with the health advantages of radiation warmth. During the last 25 years Japanese and Chinese scientists and doctors have intensively examined the use of IR and build up a great deal of experience. In Japan, doctors en therapists have founded an IR Research Centre' to examine the healing power of IR. In the Far East over 800,000 IR heating cabins have been sold and 35,000,000 patients worldwide are treated with IR radiation. For 25 years now, German therapists have used specially designed IR devices for use in physical therapy.

Passive training effect of the heart muscle:

An IR heating cabin gives wheelchair patients or other physically handicapped persons who are not able to move or to work out nevertheless the opportunity to train the heart muscle.

“Many of us running do so to stimulate the heart muscle, not to grow muscles. Regular use of the IR heating cabins imposes the same requirements to our system and is, because of this stimulation of the heart muscle, just as effective

For both calorie burning and physical effort.” (From the magazine of the American Medical Association, 07/08/81)

Medical researches confirm that use of the IR cabin implies heart training.

In acknowledgement of this practice, intensive researches conducted by NASA in the beginning of the eighties have led to confirm that stimulation by means of IR rays is the ideal method to keep an astronaut's condition of the heart muscle on an equal level during a long stay in space.

In the eighties, aerobics and running were very popular sports. These scheduled exercises had the intention to increase pulse. The main goal however was “to stimulate calorie burning”. In reaction to this a lot of young people with a good condition took up with these sports. Many were called for the fitness rage, but few were chosen.

Today, research has indicated that in order to become or to stay *fit*, it is not necessary to run marathons, but that burning an extra 1,000 Kcal/week is sufficient. It does not matter how, as long as calorie burning is stimulated. (Source: Berkley Wellness Letter, October 1990).

An IR heating system can play a central role in weight watching as well as in the condition of the heart muscle. This is of great importance to those who do not work out often or not at all, but still want to stay slim and *fit*. Those people have the opportunity to include the advantages that are normally delivered if working out.

Dr Peavo. A famous nutrition specialist, states:

“Heating up the body by means of IR rays stimulates and speeds up the metabolic processes and limits down the growth of pathogenic bacteria's and viruses. Healthy body parts and organs are stimulated to increase their activity. Both the process of self-healing and the resistance of the body are enhanced and increased as well. The healing of chronic and acute disease patterns such as cold, infections or rheumatic disorders is stimulated by the healing power of the body itself Both in- and outside, the body is thoroughly purified and restored to youth. The IR heating cabin offers a maximum sweating effect. Many toxins, which are restored in the body as a consequence of metabolic pollution, are eliminated because of this sweating effect. The IR heating cabin increases the capacity of this secretion, detoxification and purification of the skin as it has a stimulating effect on the perspiratory glands.”

Beauty:

The use of an ALPHA HEAT IR cabin is perfectly fit to preserve natural beauty, because the use of it:

* Takes care of a good skin bleeding and cell growth and fluently drains died cells.

- * An extremely good remedy against acne, eczema, psoriasis, burns and other skin damage.
- * Heals skin damage faster and leaves less scars.
- * Avoids a rough skin and makes your skin soft and smooth

- * Increases and enhances the elasticity of the skin structure.
- * Remedies cellulites, since this is a jelly like substance composed of water, fat and wastes, which can be found just under the skin. Secretion of this fat makes the skin tighter on these locations.

Warm-up:

Rather than risking injuries due to an insufficient warming up in cold or bad weather, one can have the warm-up in an ALPHA HEAT IR heating cabin. As soon as sweating in the cabin starts, the warm-up is completed and the training outside can start.

When you do not feel like training outside in the cold it is possible to replace this training by a session in the ALPHA HEAT IR heating cabin. In this case the heart muscle is still trained.

In order to get the maximum stretch effect in a heating cabin, a session of 40 minutes is required. Researches point out that after 40 minutes in an IR

Heating cabin the elasticity of the muscles increases with 50%. A short session of 10 or 20 minutes increases the elasticity with 10%.

Our toxic environment and an ALPHA HEAT IR cabin.

A good nutrition, fresh water and pure air are indispensable for a man's health.

Experts share the opinion that exposure to biochemical factors is partly responsible for an overreaction of several organs.

Dr. Theran Randolph:

“Cumulation of these factors acts on the body in terms of a fixed pattern. Under a certain value no symptoms can be noticed. If, however -on the occasion of a certain factor (e.g. a certain gene) and as a consequence of a certain biochemical composition- an organic or an inorganic toxin disturbs the entire chemical balance, a reaction will immediately follow.

The first symptoms might be even desired. However, if the body trespasses the limit time and again or even remotes itself from this limit, symptoms will grow stronger and stronger in their reaction. This image shows the need for a biochemical balance keeping the toxins in the body to an equal level, under the critical limit.”

Do we have healthy food? Fresh water and pure air at our disposal?

The share of heavy metals and toxins in our nutrition is increasing. A Canadian research concludes, after examination of water, that we have to deal With a secret, epidemic metal pollution.

Measurements on metal traces in the region of the Pacific Ocean, carried out by Robert A Duce confirm this statement.

It can be concluded that traces of heavy metals can be found far away from their original location and that life in a seemingly clean environment is no guarantee for a clean environment.

In short, our entire living environment is affected by heavy metals and toxins, which are endangering us without being notice

“Despite the favourable developments on the field of environmental protection -If compared to new polluters-, the existing pollution of toxins remains constant for the generations to come. Therefore, a method to liberate our body from these considerable amounts of toxins is strongly required.”

Japanese scientists are of opinion that sweat that is able to eliminate heavy metals present in the body has a different composition than sweat that is secreted in a sauna.

Dr. Ernst, a recognised authority in physicalism education has noticed that there are virtually no cancer victims amongst marathon runners. He did research on the sweat of marathon runners training an average of 30km a day and found parts of cadmium, lead, zinc and nickel.

In this way, he came to the conclusion that runners eliminate these harmful carcinogens by sweating. By the way, other researches have revealed that marathon runner's - more than others- have to cope with heart disorders. Probably due to an excessive training of the heart muscle.

Herman Aihara, an authority on the field of macrobiotics, says in the magazine “Macrobiotics Today”:

“These IR heating cabins have other important advantages. When fat is secreted by sweat, it eliminates all the heavy metals that are not secreted by kidneys or lungs. However, this elimination of heavy metals does not occur with sweat secreted as a result of condition training or in an ordinary sauna. These heavy metals are toxic and therefore it is important that the IR heating cabin helps to eliminate them.”

Dr. Joseph D. Weisman MD, medical clinical professor at the ‘UCLA-College of Medicines’ says:

My researches prove that many diseases developed in the past 200 years are probably caused by the industrial revolution. New technologies making life easier, or healing and preventing diseases have a chemical polluting effect on the other hand. These toxins enter our body, willingly or otherwise

Together with our nutrition and our environment without their effect being recognised properly.

The most persistent fable, supported by many scientists, is that the recently discovered diseases have existed since mankind, but that they are only now discovered because of a better knowledge and better scientific apparatus. In accordance with this are the sayings that diseases such as cancer, heart and vascular diseases, Alzheimer disease, arthritis, diabetes, etc. are only due to an ageing population. Life expectancy owes its considerable rise in the first place to a decrease in child mortality. Obviously, this child mortality has an enormous influence on averages as it comes to calculating life expectancy. The main cause of diseases is to be found in those substances we are not familiar with, but which are affecting our existence and are not easily to be disposed of.”

Neither Dr. Weissman's strict diet, nore the harsh life of a marathon runner will guarantee you a bright future. An ALPHA HIAT ER cabin, however, can help you to eliminate these toxins by means of sweating.

Most toxins can be found in fat and cholesterol, both in our nutrition and in our body.

Dr. Ronald W. Pero of the "Strang Clinic of the Preventive Medicines Institute" says that there are three successful methods to battle cancer:

The genetic structure (not possible up to now).

- * Avoiding or eliminating toxins in our body.
- * Reinforcement of the immune system.

ALPA HEAT IR heating cabins offer a pleasant way to detoxicate the body on a daily basis, even in an intoxicating environment.

Influences on the muscular system:

It is widely acknowledged that infrared has a considerable influence on a painful muscular system.

Dr. Masao Nakamura of the "O&P Medical Clinic" in Japan reports that he has successfully treated diseases such as sciatica, menopause syndromes, Arthritis, stiffness in the shoulder and insomnia with the help of *IR* heating systems.

An example of a recovery in Sweden:

"A seventy-year-old man suffered from rheumatic arthritis, combined with attacks of fever. He had reached the intoxication limit through gold injections whilst his erythrocytosis (multiplication of red blood cells) remained on a level of 125. After a five-month treatment with an IR heating cabin he reached a level of 11."

Another case describes:

"A fourteen-year-old girl who could not climb virtually any stairs because of pain in the knees, had been predicted by rheumatologists that she would be sitting in a wheelchair within the next years. Only after a few sessions in the IR heating cabin, she walked through life without pain."

Doctors use IR radiation heat to treat stress, swellings, stiffness, tissue diseases, arthritis and muscular pain (ref MC Graw/Hill Encyclopaedia of Science and Technology)

It increases the elasticity of the tissue: Tissue that had been warmed up and stretched out showed an extension of 50%. This condition was retained even after the stretching out was ended. In normal temperatures, the previously described exercise had no such effect.

The importance of this exercise lies in injured or malfunctioning muscles. Stretching in conditions of warmer temperatures have less tension involved, compared to stretching in normal temperature conditions.

Circulation of the blood:

A great number of complaints go hand in hand with a malfunctioning circulation of the blood. One will obviously feel better after an IR treatment, as the circulation of the blood and hence its saturation as well are improved by the help of this kind of treatment.

Heart and vascular diseases:

In China, studies on cases of coronaries have led to some remarkable conclusions. According to the well-known instructor in macrobiotics, Hermann Aihare, the success of an *IR* treatment can be confirmed by these elements:

* If the blood contains too much cholesterine and fat, the following effects will occur:

- a. The blood thickens and the red blood cells coagulate. As a consequence, the blood surface becomes smaller bringing the transport of oxygen back to 20 or 30%. Oxygen, however, is of vital importance to tissue, organs and cells. This lack of oxygen causes several feelings of pain.
- b. The veins are blocked (as a result of the coagulation of the blood cells), which increases the blood pressure and may lead to coronaries.
- c. The capillaries are blocked, which on its turn causes a lack of oxygen. Blocked capillaries can lead to senility, attacks, deafness, impotence or frigidity.
- d. Generally speaking, a lack of oxygen in the cells leads to an accumulation of fluid and a swelling of the tissue.
- e. A complete obstruction of blood vessels causes cells to die off. As a result of this, the connective tissue heaps up toxins, which leads to the mutation of healthy cells into virulent cells because of the change in DNA structure. This could signify the beginning of a dissemination of cancer.
- f. If fat blocks the cells' absorption of blood sugar and the insulin balance becomes disrupted. This can lead to diabetes. This is the case when production of insulin is sufficient, but the functions of the cell receptors are limited.

Conclusion: In order to avoid degenerative diseases, the absorption of fat needs to be cut down. The problem is, however, that a large number of people

Particularly in the western world- suffer from extreme formation of fat in the body. If these rolls of fat are not decreased the chance to develop these diseases will increase. The question rises: how can we eliminate the formation of fat in our body?

Here the *IR* heating cabin is of great help and we recommend its use for the following reasons:

1. Regression of stiffness of the joints:
Finger stiffness, for example, is reduced with 20% in comparison with normal body temperature conditions. The others joints react similarly.
2. Regression of muscular tension:
Muscular tension is reduced by heating, despite the fact that its causes are to be found in the joints and in neurological phenomenon's. The result is obtained thanks to warmth and radiation, which cause cells and organs to relax.
3. Relieve of pain:
Because of the regression of muscular tension, the feeling of pain is reduced as well. Sciatica pains are caused by muscular tension. An *ER* treatment makes it possible to step out of this vicious circle. The warmth relieves the pain, as well in the root of the nerve as in the surrounding tissue. In several researches on dentology this phenomenon is used as an anaesthetic. Warmth leads to a reduction in endorphin production and influences Melzak and Wall's "spinal gate". They have both a soothing effect.

4. Stimulation of the circulation of the blood:

Heating up certain body parts causes reflexes in other body parts and has a vasodilating effect. Heating up muscles has the same effect as physical exercise and therefore leads to a better circulation of the blood.

5. Stimulation of the healing process in case of disease, infections and sweating.

Meanwhile, some 10,000 medical IR heating systems are active in the USA. IR radiation has become the major application for small tissue damage, treatment of chronic diseases or when it comes to healing new diseases more quickly.

Also in China the use of IR cabins is widely spread in renowned hospitals in order to treat all kind of pains. Scientists there report in their studies a percentage of 90 positive treatments with IR radiation in case of tissue damage, pain in the cruciate ligament, shoulder and hip joint, menstruation pain, infections, eczema's, post-operative infections, pneumonia, infection of the gall bladder, etc.

Japanese researchers, like Dr. Yamajaki in his book "Infrared Therapy", mention remarkable results such as:

- * Burns: - soothes pain, stimulates the healing process, leaves less scars.
- * High blood pressure: - Considerable drop with treatment temperatures of 40 to 50⁰C.
- * Low blood pressure: - encourages the low blood pressure to rise.
- * Arthritis: - visible improvements
- * Menopause syndrome:-diminution of nervosity, depression, head- and stomach aches.
- * Loss of weight: - energy consumption thanks to sweating and direct fat burning.
- * In Japan, neck, nose and earaches disappeared with the following complaints after a treatment in an IR heating cabin:
 - * Chronic inflammation or infection of the middle ear
 - * Neck aches
 - * Nosebleed

Good results in Japan and China, after an IR cabin treatment with:

- Nettle rash
- Clogged pores
- Reduction of scars and soothing of pain during the healing process of burns.
- Relieve of pain in case of grazes and cuts. Less formation of scar tissue and acceleration of the healing process.
- Acne: after three to four treatments the clogged pores are completely cleaned and excesses of make-up and skin fat are dissolved.
- Body odour: an IR treatment improves the main functions of the body, so that strong body

- Odours are eliminated. It relieves the body of odours that are caused by chemical substances.
- Eczema's and psoriasis: both diseases respond favourably to this additional treatment.
- In case of sunburn: through a better blood flow of the skin.

Karen Boone, a graduated acupuncturist:

“If stress and tension occur with a good health, the use of an IR heating cabin can reduce these symptoms.”

Dr. Ishikawa has measured with the help of Dr. Yang Do Rak's neurometer the disturbances in the autonomic balance and its recovery thanks to the use of IR heating cabins.

Two German examples:

*A 27-year-old woman suffered for more than three years from headaches, migraine and dizziness. Specialists were not able to help her, but after several treatments in an IR-heating cabin the first signs of improvement became apparent.

*A 24-year-old man had lost 19kg because of a lack of appetite. The diagnosis made by the doctors was anorexia nervosa. However, after a dozen of daily treatments of 20 minutes, he succeeded in regaining his appetite and resuming his normal eating habits.