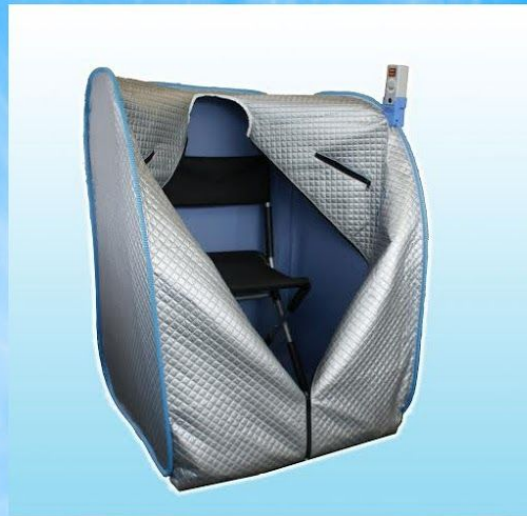


# The Medical Breakthrough of Far Infrared Energy



**Based on a Live Talk by Phil Wilson**

**[Relaxsaunas.com](http://Relaxsaunas.com)**

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["Give me the power to create a fever, and I shall cure any disease." - Hippocrates](#)



## The history of the far infrared sauna

“Far infrared energy was identified about 30-40 years ago as having significant healing implications. From the sun we get many different kinds of energy, we get ultraviolet energy, we get microwave energy, we get X-ray energy and it all comes from the sun, but the “Loving Light” of the sun is the one I call “Far infrared rays!” Let me give you two examples of how this light works: The far infrared energy goes through the sand and resonates with the water in turtle eggs which activates the turtle embryos to grow into adult turtles. They dig themselves out of the sand and head off to sea. Chickens sit on their nests and the embryos mature because of the the far infrared heat rays emitted by the body of the mother hen. It's not their heat, it's the energy which resonates with the water within the chicken eggs in conjunction with the far infrared energy that creates that resonance inside causing the embryo to develop into a small chick.”

“You've all heard of a “Three Dog Night,” well, besides the band “Three Dog Night,” popular in the 1970's, it is said that it gets so cold in Northern Canada and around the Arctic portions of Alaska that a person needs three dogs lying on top of you just to keep warm. It is the far infrared energy that the animals releases that keeps you warm on those really frigid nights. “We are all far infrared ray light beings!” Dannion Brinkley says, ‘We are Light Beings’ and you know we really are! Far infrared light vibrates at the rate of 9.4 microns and we generate about 75 watts worth of far infrared light just with our own bodies.”

## The story of how the Relax sauna was invented.

“The inspiration to create the Relax Sauna radiator was ignited and the challenge taken up by a Taiwanese electric company called the Chung Cheng Electric & Heating Company to solve. They were asking the right questions. “Can you create the comparable energy and gauge the temperature of the hot springs in southern Japan into a mechanical radiator device?” All the natives of Japan have been aware that the warriors of ancient times would go to the sacred hot springs called Onsens. Rejuvenation was easily obtained from the healing waters by Japanese Warriors and still used as an integral part of Japanese culture. It took a decade to transform that component of energy into a usable form. Orientals call this energy Chi energy. Their mission was to simulate that specific frequency of Chi energy into the radiators.”

“The Relax Far Infrared Sauna generates 1500 watts of energy and 98% of that energy is within the far infrared ray spectrum, so that's about 1470 watts of far infrared energy coming out of the two radiators at the base of the unit. This makes it one of the most potent far infrared saunas available in the market today. There is heat generated out also because no conversion is 100% efficient.”



One of the best ways to eliminate heavy metals and toxins

## **Heavy Metal Toxicity - Mercury & Lead**

**2007- 2008 Before & After pictures of Karen Russell**



**Karen reports that after 2 1/2 years of struggling with heavy metal toxicity**

***5 weeks of using the Relax Sauna finally brought her levels of mercury and lead down to normal.***

**Note:** *Karen had already lost some weight before getting the Relax Sauna. However, after using the Relax Sauna*

- Her cellulite decreased 65-70%
- Her skin was no longer dry
- Her fat content went from 38% to 20%
- Her skin texture dramatically changed

"A woman named Karen Russell who came to me in November of 2007 at a conference for medical doctors. She was in communication with Dr. Doris Rapp who wrote, "[It's a Toxic World.](#)" Dr. Rapp is about 85 or 90 years old, right now, and I've known her for about twenty of those years. Karen was saying, "Hey I want, NO I NEED to use a sauna but I'm all confused... Shouldn't I get a big wooden sauna? I know it won't fit in my apartment etc..." Dr Rapp said, "Go talk to Phil" because Rapp knew I had the Relax Saunas for sale and she needed immediate attention to help her condition. So Karen got the Relax Sauna of Momentum on Dr. Rapp's advice. By-the-way, Karen was suffering from the serious side effects of heavy metal toxicity that had accumulated for about 2 1/2 years in her blood. During that time, she didn't have normal levels for either mercury or lead. After using our sauna for 20 minutes a little over a month, her blood tested normal for both metals. A month after that, Karen said she lost 65% of her cellulite which was clearly visible in her 'Before and After Photos.' I think she said she was also using supplements like cilantro and DMAE and a whole bunch of other things to try to get rid the pain and discomfort that comes with 'Metal toxicity.' Soon all her symptoms went away and the Relax Far Infrared Sauna was what finally did it for her!"

## Hundreds of people have reported pain relief

"Over the past few years, I have recorded about 500 video testimonies of people experiencing the Relax Sauna of Momentum, people who have had pain for 10 years or more. Year after year getting into the sauna and that pain was totally gone! We know other people who had headaches for 10 days straight and after an eight minute session, the headache went away completely. Some came in screaming with joint pain. Pain fluctuating between 8 or 10 and the individual gave us a personal testimony and reported relief within 8 minutes after using our sauna. [Click here to view our video testimonials.](#)"

"So we've had a great amount of success. Many people have come back and said "Hey, I remember you Phil!" Often they bought the sauna three years prior and are still using it faithfully. They tell me, 'We love it Phil! We use ours to beat the pain of fibromyalgia.' And when I see them again they say, 'Remember me, I don't have that pain anymore!' So I'm hearing all these incredible stories from people across the country, and it really is very heartwarming for me. So when I'm demonstrating the sauna at the shop or at a trade show, it's like I'm on a mission to help as many people as possible!"

"Far infrared light rays are truly amazing. There has been so much research on the subject. Now, there's probably at least a thousand research articles on the Internet, just on the benefits of far infrared light for not only reducing the pain and inflammation associated with

Fibromyalgia, but also Lyme Disease and unexplained body aches. Our sauna is perfectly safe for people with implants. The Mayo Clinic will warn heart patients (people who have undergone recent heart surgery for pacemakers or who have weak valves to never go into a regular steam or dry sauna, and you can be sure that anyone with a pacemaker will tell you that the hot tub is completely off limits... The explanation for it not being wise to get into a hot tub with a pacemaker is that these organs have to work very hard to find an equilibrium or homeostasis between the inside core temperature of the body and the surrounding temperatures. The range can be so extreme that a person could really hurt themselves by not heeding their doctor's advice. FIR energy, on the other hand, produced by the Relax Saunas of Momentum, penetrates into the body, heating a person's core rather than the environment so there is no worry about shocking the body and the physical consequences of losing a healthy equilibrium."

## The difference in the amount of far infrared energy generated by the Relax Sauna vs. other saunas.

"The far infrared energy that's generated in the majority of the other far infrared saunas are between 40 and 60%. They just use a different technology, and surely it will make an impact eventually, but why settle for less? Our saunas have benefitted from a new advancement in technology that took 10 years to figure out. The question was, "How do we get electricity to generate a narrow range of infrared light?" How do we emulate the same frequency of energy as the ancient healing hot springs of Japan, that registers at 9.4 microns? In actuality, we have reached that goal. Our radiators do deliver that precise resonance with the water cells in our bodies. You may find it interesting that this frequency of light is closer to the energy our bodies emit. I liken our saunas to some of the great American baseball pitchers. Some of the best pitchers throw 60-70% strikes but the "cream of the crop" pitchers throw 98% strikes. The Relax Far Infrared Saunas we sell are at that 98% pure infrared energy level. It's all about how the light rays actually resonate with the water in the cells of the body."

## Far Infrared light counteracts sunburn and the harmful effects of ultraviolet radiation

"Two or three times we've had ladies come into the store with cherry red hot sunburns and we invite them to use the sauna, their immediate reaction is: "I'm sorry, I really can't do that... I have a really bad sunburn so I don't want to get in the sauna," Or they say, " I'm afraid it will hurt worse!" I would assure them "No, if you have a sunburn you WANT TO GET INTO THIS

SAUNA!” Afterwards, they reported that the initial level of 8 pain when they went in, was reduced to a zero by the time they finished using the sauna.”

“The confusion sets in, Because ultraviolet is a different kind of light than the far infrared light. Yes, they are both invisible light, but they have different frequencies and fall on different ends of the light spectrum scale. These light forms do different things and in some ways they are complete opposites. Science has proven that far infrared light (at the frequency equivalent to our sauna settings) is actually an antidote for the harmful effects of ultraviolet light overexposure. Infrared, at the right longer wavelengths, is considered the “loving Light” of the sun. Maybe you didn’t know that infrared light (Not ultraviolet light) is the energy that is responsible for photosynthesis. Ultraviolet light rays don’t resonate well with our skin and we can see that in bathing beauties that suffer from premature aging of the skin with age spots, wrinkles and of course sun burns that often lead to skin melanomas. When we talk about far infrared light, and how well it resonates with the water inside the cells of our bodies to detoxify and allow all the lymph glands to drain.”

“ If you ask me, what one thing infrared light rays do? My answer would be: “Due to the increased metabolic activity of the cells in the body there is an overall improvement due to waste removal through the skin in the form of sweat. These wastes can be dioxin, cadmium, mercury, aluminum and a full range of heavy metals that frequently occur in the environment at incremental levels which build up. You can look forward to a reduction of organic metabolic fat and other cellular waste materials that are detoxed from the body with the use of our saunas. We have come to know that detoxification is a natural progression that occurs one cell after the next.”

## Difference between wooden infrared and Relax Far Infrared Saunas.

“People who have wooden saunas love their wooden saunas, and really there are some good ones out there. However, you will have to pay a very hefty price for them. When these people experience our Relax Far Infrared Sauna, they say “Oh my gosh! I've been using a wooden sauna for 15 years and none of them make me tingle like this one does! None of them seem to work as quickly either!” Our units seem to heat up instantly, usually within 30 seconds or less.”

“John Gray got in one of our saunas at the [Health Freedom Expo](#) in Chicago about 6 or 7 years ago. His comment was, “I can't believe how good it feels in just 30 seconds. Send me one!” I remember distinctly that he didn’t even ask the price! Dr. Christiane Northrup two weeks prior,



at the “Louise Hay - I Can Do It Conference” got inside the sauna and said “This feels fantastic and my hair didn’t get all messed up.”

## Use the sauna with your head inside or out

“As the only ‘pro-choice sauna,’ we give you the choice to put your head in or out of the tent. Some people like to get the full benefit of the “Far infrared exposure” with their head inside the sauna tent. It can be done if your legs are crossed and the radiators are facing up. The person inside is guaranteed to increase facial circulation. Nobody has to worry about the ceramic chip technology or the metal cloth tent being a fire hazard.”

## The Relax sauna tent reflects infrared rays.

“And we are one of the only green saunas because we recycle our energy. You may be asking how is that possible? Know how we recycle it! See that tent? What color is it? Yes, its silver. What color is a mirror? Mirrors are silver - of-course. Okay, sometimes it’s really hard to make this connection and it would be wise if all grade school children were taught that invisible light rays can be reflected in a mirror. Since invisible far infrared light is reflected off all the sides of a silver surface, our saunas bounce the light around like a whirlwind - to the benefit of the participant!”

“Keep in mind, the far infrared energy interacts with wood differently than it does with the silver tent of Relaxed Saunas of Momentum. Actually there are a variety of reasons these two saunas differ. First, the light generated from our sauna bounces off the silver tent surface creating a swirl of energy around the participant on the other hand, wood absorbs the light and corresponding rays. Second, inside the wooden sauna you are only receiving light generated from specific fixed zones which are usually from the sides and back of the wooden unit. It becomes almost necessary to move around like a rotisserie to get a more even distribution of light rays. Although the glass window is a nice feature, especially for people who suffer from claustrophobia, there is no far infrared light generated through glass. When these saunas were designed aesthetics play a primary role. For safety reasons, it would be poor design to affix the generators to a swinging glass door! So after all these considerations, you are lucky to get three quarters of the needed far infrared light energy produced during any one sitting. In addition, some of the affordable wrap-around wooden saunas have to work very hard to reach optimum levels in less than 5 minutes. As I mentioned earlier, the Far Infrared light is absorbed by the wood. The last consideration is the technology itself, which often delivers only 35 to 65% of the healing far infrared light rays due to their cut-rate standard of construction.”

## Basking in far infrared energy light is like being in the presence of Qigong Master.

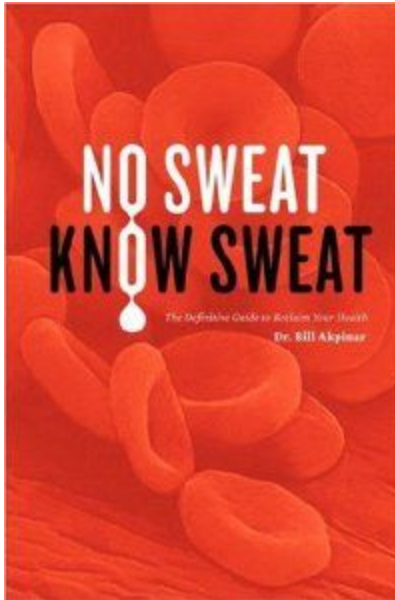
I've been told that for some people who have thoroughly enjoyed our sauna and said, "it is like a spiritual retreat for me." I've talked to very sensitive people who confirmed with me that there's something of a spiritual quality that goes on inside the Relax Saunas of Momentum. They say that that it generates Chi energy. In Taiwan they indicate that they sense the presence of a Chi Qigong Master when using the sauna."

## Mental Clarity and Spiritual Attunement

"I've been meditating and doing spiritual exercises regularly for the last 45 years. The sauna allows me to reach a meditative state faster, instead of taking sometimes 8 minutes to get there, you can get there in 3 or 4 minutes. It becomes effortless. In his book, "No Sweat Know Sweat" Dr. Bill Akpinar stopped in the middle of the book and said 'You know my creative juices stopped flowing. Right now I'm going to go do a sweat.' He went into a FIR sauna, and came out half an hour later and said 'Okay, I have my mental clarity back and I am feeling spiritually attuned' I said, "My gosh this is what I've been telling everyone for the past year!" mental clarity and spiritual attunement, it doesn't get better than that!."

"I have had many professionals try our sauna, which included: Anti-aging medical doctors, colon hydrotherapists, massage therapists, nutritional professionals and medical doctors, holistic doctors and a great many Traditional medical doctors and nurses as well. There is a difference between our Relax Far Infrared Sauna and the Spa-style wooden saunas (Besides the 25K price tag) our heat-up time and effectiveness are unparalleled. The Relaxed Far Infrared Sauna of Momentum has reached a level where it is recognized as being the most effective sauna without out the big money necessary to pay for a wooden sauna price tag. Keep in mind there are differences."

"At this juncture, I want to talk about Dr. Bill Akpinar who wrote the book No Sweat Know Sweat.



Dr. Bill Akpinar is a QiGong Master, He is a holistic dentist as well as a medical doctor. He performs acupuncture and he has traveled all over the world experiencing all kinds of different sweat environments. He has used a sweat lodge with American Indians from North America as-well-as Native sweat lodges from South America. There are pictures of Dr. Akpinar in South America. He talks about the history of sweating from Finland to Norway, and of course, the saunas of Greece and Rome. He quotes on page 15 Epocrates, who is renowned as the 'Father of sweat.' Epocrates said, "Give me a chance to sweat and I will cure disease."

"So when we get into the sauna, you know that something is happening because of the tingling sensation on your hands and feet when you get in. I guess the best explanation for what seems to be impossible, according to Planck's law. The question being, "How this sauna able to generate Chi and measure it out at a 98% far infrared light rate? Planck's law says, "As you increase the intensity of the energy - you lose the accuracy." We can use the example of a basketball player and the shot he or she might make. Standing right under a basket hoop our accuracy is right on the mark, a slam dunk and we don't have to exert a lot of energy to do that. The farther we travel away from the basketball hoop the greater the speed and energy to thrust the ball into the hoop. All of this increases our chance of missing..."

"Here's another thought. Basically, all inventions are dated and many recent inventions have a date and year attached to them like the first airplane flight or the date the telephone or lightbulb first lit up! How do these inventions come about? It's been said that a man had a dream. And in that dream he was being chased by Natives who got close enough to throw a spear at him. The spearhead had a hole with a rope running through it. It's been said, that this dream was the impetus for inventing the modern electric sewing machine. "

“Back to the sauna, at one point this group of scientists in Taiwan took on the task of designing a ceramic chip that would not burn your home down or the sauna tent for that matter. It took 10 years to figure out how to convert energy from electricity into far infrared light rays at a 98% concentration rate. This method of producing pure far infrared light makes a difference with improved technology and we are finding it to be measurably better with quicker healing rates and lower electricity costs.”

“We all know listening pleasure increases when we reduce background noise: no static, no pops and scrapes or repetitive skips. Anyone will tell you that the 98% pure far infrared ray energy is a whole lot better than if you are stuck with 61 or 62% delivery rate. What we sell is the best percentage of far infrared rays on the market. Don’t be fooled by the cheaper China made portable knock-offs that usually only generate 36% FIR and don’t have the same kind of technology. Sure you can pay \$300.00 but you don’t get even close to the same sauna experience. One owner said, ‘That other sauna took me 20 minutes just to start sweating!’ Eventually, I took the chair out, got down inside, and stayed there for 55 minutes. I didn’t achieve a complete sweat in that less expensive unit.”

“It has been said, I can cure a disease when I can get into a sweat. We tell people all the time that the Relax sauna does all this by pulsating the water molecules to increase your core temperature. The resulting microcirculation in each cell mobilizes and the lymphatic system and starts detoxing the body of all the gunk that’s been stored up. Then 2 minutes later she says “Oh my gosh I can feel the chi move!”

“Give me the scientific information on a disease and we can find a spiritual link and insight imbedded in each of the testimonies. Really, I’m just a firm believer in testimonies. If you tell me what’s going on, and there is a change, I see value in this because that’s a person speaking from experience. When a doctor or clinician says that the laboratory has proven in verifiable numbers that there has been a reduction in something like inflammation or increase in lymph drainage, well, that’s nice too. Personal experiences convince a person more than anything. else.”



## About the far infrared table lamp

"This little lamp is 200 watts. We've been promoting this fabulous Cinderella lamp at shows for about 13 years. I call this our Cinderella item because you know she's down in the basement working hard, we don't talk about it that much but recently we've got about five incredible testimonies on the benefits of this lamp. I used to bring the electric massagers to the show but I've found that a lot of people want the focused energy of this little far infrared table lamp for their limbs like an arthritic hands or knee. This lamp is excellent for that stiffness in the morning or sore ligaments in the shoulder. I used to sell an electric massager, the double or twin head massager by Hitachi. I have been known to sell 40 a weekend. We can sell these like hotcakes. The lamps are handy travel-friendly items, and are very effective for people that experience tooth pain, or need to drain gums from infections. We had a customer in the store who just happened to have a tooth infection. She sat there holding the 200 watt lamp to her jaw for about 10 minutes. She left the store and came back the next morning and said the infection drained all night. She was so excited she said "I can't believe how good it feels!"

## Answers to some questions that people ask at our presentations;

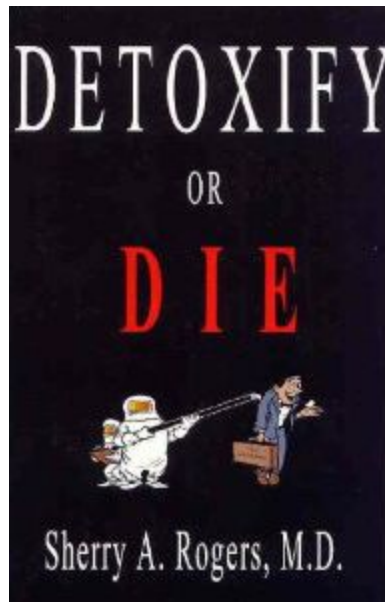
### **How does the far infrared energy expel toxins from the body compared to regular saunas?**

“Bottom-line, the pulsating water molecules in the cell that stimulates the mitochondria, which in turn, activates the cell to release toxins with our patented far infrared technology is what it's all about. Our water cells resonate with the the Far Infrared light and it isn't like a steam sauna. With our sauna, people who have pacemakers or titanium rods in their limbs do not have to be concerned about adverse effects. You don't have to worry about contraindications with your routine medications. Using the Far Infrared Sauna of Momentum is totally safe. It's all about the movement of the water molecules, scientifically speaking, it's about vibrational movement within the cell. The vibrational movement is a shaking of sorts likened to a vigorous massaging action. One cell bumping into the next in a sort of a domino effect on every single cell throughout the body. They all start getting massaged.”

### **How is far infrared good for people with Autism?**

“We have attended two Autism Conferences, two Lyme Disease Conferences, The Energy Psychology Conference and Mental Health Conferences and we tell the people there that the water cells in your body are being pulsated which increases the core temperature and mobilizes the lymphatic system. The good news is that the healing light of infrared spectrum bypasses both the kidney and the liver. It's not like pills and liquid medications that have to be ingested and forced to go through the entire intestinal tract. When we bypass the lower abdomen with the intestines, liver and kidneys, the toxins can be released with greater ease from the blood through the skin in the form of sweat instead.”





“There's another classic book that I think has revolutionized the whole far infrared industry! It came out in 2002 was written by Dr. Sherry Rogers. The book is called “Detoxify or Die” and about 5/8 of it is about far infrared saunas for detoxifying tissues. She is an environmental medical doctor out of the Syracuse New York area. She has been treating people with Close to impossible to cure” environmental sensitivity issues and multi-chemical sensitivities. She says the far infrared sauna is the only thing she knows to get plastics and heavy metals out of the body. The problem with heavy metals in your body is what happens to magnesium. On it's own magnesium has an ion with a charge of plus two. Mercury and lead are readily available for attachment. Once these metal ions bond in place, the affected person cannot absorb the magnesium that their body needs. If you can increase your core temperature just 1 degree. They can increase absorption of essential nutrients by 20%.”

“In terms of autism, in many cases you have aluminum and heavy metals in the brain that interfere with nutrient uptake. The far infrared sauna the Relax sauna in particular, generates the far infrared energy that causes the water molecules to pulsate, which increases the core temperature thereby causing the toxins to be eliminated from the body. They go out through the skin and or dump into urine instead of the usual pathways.”

“Speaking of toxins, it dawned on me the other day that anything that is interfering with the functioning of your body emotionally, mentally or physically we have to make it a point to get that out of the way and boy you can think so much more clearly afterward.”

## About Mental Clarity by using the Sauna and the meaning of Momentum98's slogan "taking advantage of the moment, propelling yourself into greatness"

"I have talked to many people who have said that the Relax Sauna gets rid of their depression. I myself use the sauna for clearing my mind. It is the best thing in the world. I get in a lot of reading-time while using the sauna in the morning. That's exactly the major benefit the doctor Bill Akpinar talks about when he said it "Clears his mind and tunes him in spiritually." And that's exactly what I've been using it for."

"I got into fasting in 1971, I was a vegetarian and vegan for many years. How I just "tune in," and when my body says "To eat meat, I eat meat." We all have to listen to our bodies. I think of our company's slogan, Momentum 98 "Taking advantage of the moment propelling yourself into greatness means. It means you live in the moment, but you're always and in all ways listening."

"We were at "The Unity Festival," in Santa Fe, New Mexico in September 2016 and we brought in 4 saunas for demonstration. Two musicians stopped in. One of the musicians had a guitar and he just started singing a song and then the two people in the sauna on the other side began singing along. It sounded so good people began to gather like we had a band. I remember one thing they kept singing over and over and that was "Love is listening" and they were right - that is key to everything powerful. Have you ever been in a conversation and someone says said you can't wait to say something. We all have a tendency to quit listening to them? I've learned to discipline myself not to quit listening. I don't worry that I'll forget what I wanted to say, if it really is important it will come back to me, and ninety percent of the time it does. I don't like to admit to others that I was not tuned in, mainly because it's not appropriate! It's just so funny that these are the shenanigans we do to ourselves."

"So when you when you get into the sauna, and you listen, you are living in the moment. In the sauna you can get in touch with your higher self, and can choose to listen for further instructions. That means at any time you can choose again. You know it's like you're not boxed in by previous choices. You're at a place of freedom to make a new or better choice. So when you get a message to go full steam ahead, and then it says turn right, you turn right."

## About the book, No Sweat, Know Sweat

“In the book ‘No Sweat Know Sweat’ it took me about six months to figure out what this means, it means that if you really get to know sweat as your teacher and your healer, life is no sweat! That’s great and what a name for a book. It’s an incredible book, written with the spiritual perspective in the forefront the wholistic healing arena because he is a Qigong Master as well as integrated holistic dentist, he is into helping people become more aware and more free. I’ve heard him say ‘I get into the Relax sauna because it helps me become more free.’ I’m also into freedom, which is what I’ve always enjoyed. Freedom and responsibility are intertwined. They’re different names for the same thing. They’re different sides of the same coin. Recently I had an epiphany that if you think you’re free, but you’re not responsible, you are fooling yourself and the opposite is happening. If you think you’re responsible and you’re not free, you are lying to yourself. You can’t have one without the other, like in that Frank Sinatra song, “Love and marriage go together like a horse and carriage!” So freedom and responsibility are intertwined and come together.”

“Now I go to a lot of energy psychology conferences, and I have learned that the parasympathetic and the sympathetic nervous systems are often not talking to each other. The Relax sauna seems to facilitate the communication between the parasympathetic and the sympathetic nervous systems. It’s important to stay tuned-in and integrated. This is crucial and one of the magical qualities of the Relaxed sauna in particular. I’m sure all far infrared saunas will have that to a some extent. I can’t emphasize enough that ninety-eight percent pure far infrared energy is major difference over 40, 36,50 or even the sixty-two percent that I’ve ascertained that other saunas generate.”

### What are the parasympathetic and sympathetic nervous systems?

“It’s like thought and feeling you know. One of my favorite quotes is “Thinking without feeling brings about woe and feeling without thinking brings grief.” So you sort of have to know eventually you figured it all out somehow. You suddenly are able to feel and think at the same time. When you do, it means you’re whole, and when you’re whole and complete you escape and be free because your divided internally. The sauna has a way of relaxing the body and the mind at the same time. It’s getting you out of the way, so that you can be open to something greater. You know which is actually an aspect of yourself. That greatness attainment that you can have is opening up to a form of you. I see this no matter where you are, no matter what

your religion or spiritual inclination, this is going to help you tune in to that which you are. By relaxing you and relaxing the mind and relaxing the body helping to make you calm.”

## About Neuropathy and Raynaud's Syndrome

“Our sauna is one of the best things for neuropathy, is to know where the person has numbness and you know it's one of the best things for Raynaud’s syndrome which is similar to having frostbite. An overview of Raynaud’s disease causes some areas of your body - such as your fingers and toes to feel numb and cold in response to cold temperatures or stress. At one of the Expos we had one guy selling massage shirts who went into a sauna two separate days for 15 minutes each day. He reported that his Reynaud’s syndrome pain was completely gone. Nine days later, he called us up and said well the pain came back but I'm ready to buy the sauna because he had some relief. Three months later he came to the store telling us he was not in pain anymore and his sister bought one too. I mean we have so many people bringing relatives in. There’s a doctor who works at a cancer clinic in Anaheim. He bought saunas for his sister, and 3 other family members. They all recognized the benefits of the sauna.’

‘After a while, the sauna becomes another member of the family. For me, it's first thing in the morning for 25 years for 20-30 minute intervals. Sometimes for five minutes and sometimes I have what I call spa day for Phil. You go in for 20 minutes and make sure when you get out you drink some water, take a shower or go back for another 20 minutes and repeat the process all over. I like to sit and meditate or go to sleep and I feel like I’ve been at the spa for nine hours - so good, clear and tuned-in.’



Post marathon Infrared Sauna session SAVES THE DAY (MUST SEE BEST REVIEW EVER)

## The sauna is great for recovery from exhaustion and tiredness

"I was tired this morning and I used the Far Infrared Sauna" for an hour and it eliminated all my tiredness." Anyone coming home from work chronically tired can use this sauna. A plumber, Factory Worker, Cook, Day-care Worker, Customer Service Professional all come home from work dead tired at four o'clock. How much better when they go into their own personal sauna. Maybe they do a 20-minute sweat or perhaps a 10 minute sit, fully clothed, and afterward they have their evening free because the sauna has a way of relaxing and refreshing at the same time... Don't pass up a chance to experience this natural phenomena"

'A runner from Philadelphia used our sauna at their health and wellness Expo the morning after she had just run a marathon. By Sunday morning she was exhausted and got in the sauna, here is what she said, "My gosh, I've got my day back! I was so sore - just a mess!" Then she did a few squats and then remembered how bent over she was prior! What was funny was how she began dragging people in from the hallway, "You got to get in that sauna!" She kept repeating, "You've Got to Go In!"

“What I’m telling you happens at every show at one level or another. People get really charged up and excited because they have a phenomenal experience with the demonstration models we bring in. It’s the far infrared ray energy combined with a reflective mirror-like tent that reflects the infrared rays and we are one of the few saunas that uses this material.”



## The Sky Eye Far Infrared Lamp and healing diabetic ulcers

“We have a professional 800 watt FIR model we call our “Sky Eye” that emits far infrared light and is approved as a certified “Medical Device” by the FDA. It has been shown to be very effective for focused wound healing. For example, a lady had a diabetic ulcer on her leg and was in the hospital for treatment for a year and a half. The doctors were debating whether to perform a skin graft or (Like many patients with inflammatory diseases that cut circulation) are forced to remove the damaged digit or limb completely. A practitioner familiar with the “Sky Eye Technology” and its healing power, suggested to his patient to purchase one from our store. This particular woman used the Sky Eye for 20 minutes a day and in seven weeks she got



a gaping wound larger than a half dollar down to a pencil point. This light is quite phenomenal. I repeat that the Sky Eye is a patented medical device and our radiators use the same ceramic chip technology that is exclusive to our FIR devices.”



*This is an example of another cheap sauna*

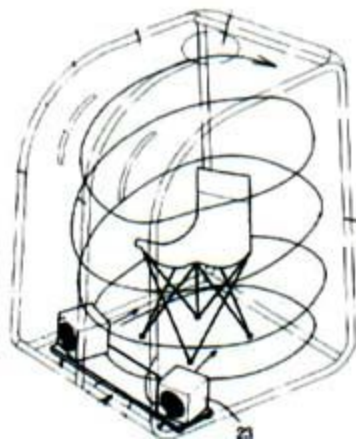
## About cheap infrared saunas

“Please note the inexpensive camp chair in the photo. Now all the saunas are good. I say that even the cheap hundred and fifty dollar units serve a purpose. But why throw your money away when you can have something far more effective using the superior technology of Relaxed Saunas of Momentum. I often think of the progression of need and enjoyment with everything in life: When I was a child I had a 22 inch bicycle with training wheels and it was great. It served me well for that time. Eventually I got a 26 inch professional bike and that got me around during the High School years. I often think of the Relax Sauna as being similar to driving a car that can go 80 miles per hour in a short period of time, wow you're in heaven. Of course there was a time when I used a stick shift vehicle that had a slow start up and it took

awhile to balance the gas and the clutch to finally get into gear at 35 mph. Sure the stick shift is better than a bicycle but if you can skip a step and not have to use a stick shift car, how much better that would be! I guess my point is, all infrared energy is good but the delivery of that energy is what makes the difference.”

“This sauna is very convenient. It takes four minutes to set up and suitable to take on trips. Everything except the chair fits in my suitcase. So I use a hotel chair with a plastic liner and towel over the seat. The nylon bag is lightweight and makes a good carry-on tote. Which brings me to my next point. Here's another thing that people don't know about far infrared light rays, they don't teach this in eighth grade, even though it's invisible, far infrared light rays are reflected back in a mirror. Another thing people don't tell you, is that far infrared ray light goes through clothing. It can pass through two inches of sand to resonate with the water in turtle eggs and doesn't even get the sand hot. Those two inches of sand are cold. The far infrared goes through it and resonates with the water in the turtle eggs, which causes them to hatch. If turtle eggs are effected by far infrared light then surely we receive it to.”

“So far infrared energy on a cold winter day, you've got your wool coat, the sun is hot you close your eyes you think of the sun and boy you're already feeling warm inside. It goes through clothes. So it goes through the blue nylon in the sauna tent and hits the silver outer tent lining along with the silver on the bottom of the unit. The infrared bounces around and so you're essentially in the middle of a whirlpool light box.



How the Relax far infrared sauna tent reflects the far infrared rays.

"This diagram demonstrates the movement of the infrared light around the chair. Picture yourself seated in that chair. Lets face it, a two person sauna with a window does not allow for complete circulation of the far infrared rays and to be sure, nothing comes out of a glass door. I saw a video demonstrating a lady and the lengths she went through to turn herself properly to get complete light exposure in front of a standard sauna panel. The whole purpose of the tent we design is to make it into a mirrored lightbox so the rays can move around and penetrate the body and not out into the wood, window or glass door."

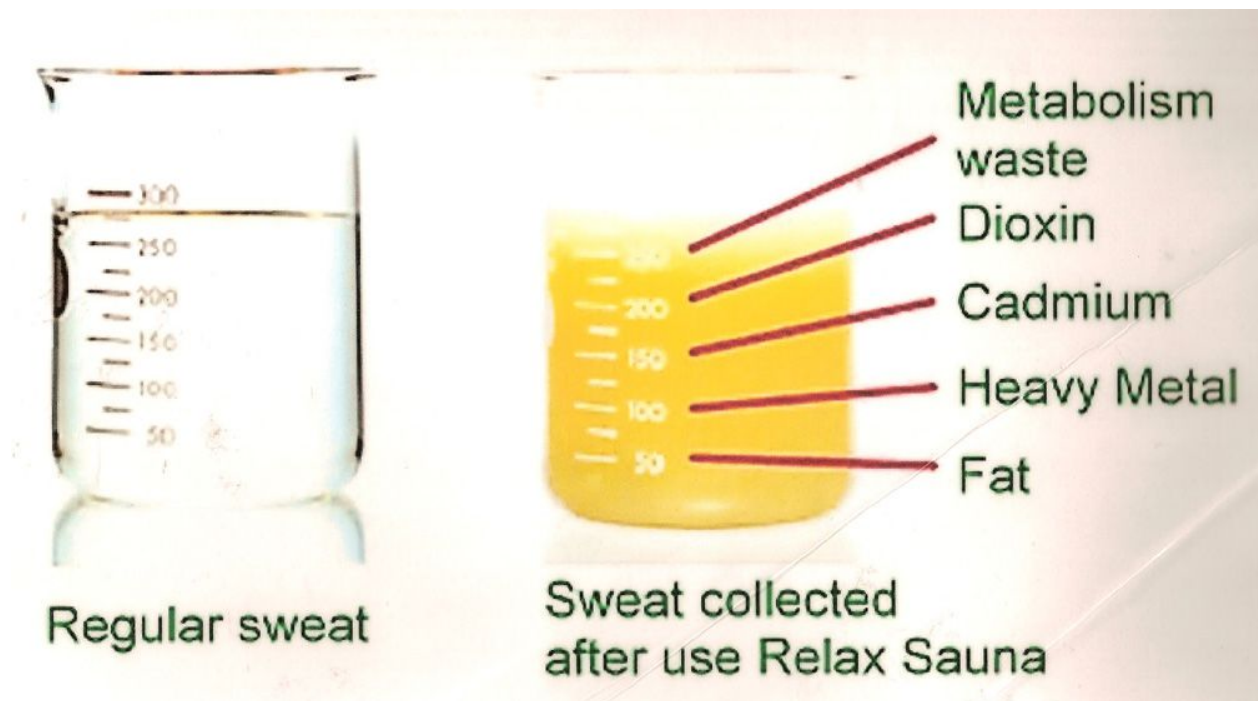
## How do you clean the sauna?

The sauna sterilizes itself in 5 minutes of run time after you exit it. You turn it on for five minutes and it self-cleans because it generates negative ions that kills everything in there. We've done laboratory reports on our little lamp in a room and its blower kills most of the bacteria in the short span of time. If you feel more comfortable hand washing it down with a dilute water spray bottle of Bronners liquid soap and absorbing any excess moisture with a paper towel.

"Give me the power to create a fever, and I shall cure any disease."  
- Hippocrates

"I've always enjoyed sweating and I've always loved saunas. I've joined gyms three different times in my life, long before I heard of the Relax Far Infrared Saunas of Momentum, I admit that I never used the gym for its intended purpose that is, to 'Work out'" "When I was a kid, I used to sweat when playing basketball, handball, baseball and softball. I just love the feeling of sweating and now I know why. Because it gets toxins out of the body."

"When you go into a far infrared sauna, even though the regular wood sauna can be excellent the Far Infrared Sauna of Momentum gets things out of your system a lot quicker and it is an effortless process. Our FIR sauna detoxes you a lot quicker than a standard dry or steam sauna."



*Above is the sweat coming out of using a far infrared sauna compared to normal sweat.*

“Last August, I was laying in the sun looking at my sweat and said “Gee it sure is watery looking!” I forgot that the sweat derived from sunbathing compared to sweat from our sauna removes the oil and a lot of gunk and waste as well.”

**Become Vital - Experience Vitality with the Relax Sauna.**

The diagram on the left shows a human figure with arrows pointing outwards from the torso labeled 'fat', 'water', and 'toxic'. Below it, the text reads: 'To drive out the unnecessary fat of the body'. The diagram on the right shows several pink cells. One central cell is labeled 'cell' and has arrows pointing into it labeled 'nutrition' and arrows pointing out of it labeled 'Waste'.

**“If you can get Chemicals out of your cells, and Nutrients into the cells. then the body can heal itself.”**

When circulation is poor, cells can't absorb as many nutrients, and waste products can not be expelled, causing congestion.

This results in a decrease in cell vitality.

*Experience vitality with a relax sauna to drive out the unnecessary fat from the body - Once the waste is gone - the nutrients can come in, it's that simple."*

"When you increase your core temperature just one degree, it increases absorption of nutrients twenty percent. One way to increase your temperature one degree is to go in the relaxed sauna for 20 minutes. What's nice about the relax sauna is you can go in for 10 minutes or five minutes with your clothes on. It goes through clothes. Also what is very nice about the Relax Sauna of Momentum is you don't have to turn it on and wait for 20-30 minutes to preheat - It heats up on 30 seconds."

**To read more about the Relax sauna here are some links to more information:**

For more information on the Relax Sauna: [www.relaxsaunas.com](http://www.relaxsaunas.com)

For more information about the Relax Sauna and ALL the Momentum98 products, go to:

[www.momentum98.com](http://www.momentum98.com)

More information about far infrared: <https://momentum98.com/FIR-energy.html>

A comparison of the Relax Sauna to other saunas

<https://www.relaxsaunas.com/saunas-compared.html>

The health benefits of far infrared

<https://www.relaxsaunas.com/far-infrared.html>

We have many videos from health shows all around the country. Here are some video

testimonials that are quite inspiring. <https://www.youtube.com/watch?v=yOkW2oJX9hI>