



Far Infrared Detoxification Sauna

Detoxify the body and achieve radiant good health with the highest-quality, most effective, far infrared sauna at the Natural Vitality Center. The level of toxic exposure far outstrips our body's natural elimination mechanisms. Studies indicate that people have between 400 and 600 chemical residues stored in the fat cells of the body. To stay healthy and strong in this chemical-ridden world, it's essential to help the body increase its removal of harmful and potentially deadly waste products.



Health Benefits:

- Combating Toxic Overload
- Stress Relief, Anxiety and Depression
- Enhanced Immune Health
- Weight Control & Cellulite Removal
- Improved Cardiovascular Conditioning
- Pain Relief (Fibromyalgia)
- Chronic Fatigue and Brain Fog
- Rheumatoid Arthritis

Far infrared is a section of the natural band of light that is not visible to the human eye, but can be felt as heat. Unlike the high heat produced in traditional saunas, far infrared heat is able to penetrate the body to a depth of 1.5 to 2 inches. This stimulates the body's cellular detoxification process more effectively and at a lower temperature than a traditional sauna. According to studies, the sweat induced by a far infrared sauna was found to be 80 to 85% water and the other parts cholesterol, fat soluble toxins, toxic heavy metals, sulfuric acid, sodium, ammonia and uric acid. This high concentration of toxins and heavy metals was not found in the sweat induce by conventional saunas.

Proceed carefully and slowly when using a far infrared sauna based on the approval of your doctor. A far infrared sauna treatment releases toxins from the fat cells into the blood stream, and into the sweat. A person with mold toxicity for example should proceed very slowly to avoid uncomfortable symptoms caused by mold toxins. Also if you have ever used recreational drugs, a sauna may cause you to relive those experiences as you sweat out those drugs. A person with a history of exposure to pesticides or heavy metals – lead, cadmium from smoking, or mercury from silver amalgams can also get sick as they sweat out these toxins after they are released into the bloodstream.

Supplements to take following Sauna to improve detoxification:

- A general digestive enzyme supplement
- Buffered Vitamin C (3000 mg of Vitamin C)
- Lipoic Acid (300 mg)
- N-Acetyl Cysteine (500 mg)
- Milk Thistle (350 mg)
- 2 Large glasses of purified water

Please consider exercising before a sauna treatment, it has the added benefit of stimulating the movement of lymph to remove toxins. Be careful not to overdo it and to exercise at a comfortable level. Contraindications: Hemophiliacs and a pregnant or nursing woman should not use the sauna. People with advanced symptomatic heart disease, unstable angina, or severe adrenal suppression should use the sauna only under medical supervision.

Package of 10 sessions thirty minute sessions	\$275.00
Package of 20 session thirty minute sessions	\$500.00
Single Session of 1-15 minutes	\$15.00
Single Session of 16-30 minutes	\$30.00