

What Is Ozone Therapy?

Ozone comes from the Greek work ozein which means “to smell”. It is a volatile (reactive) molecule comprised of three oxygen atoms. It is produced when the sun’s short-wave ultraviolet light strikes and splits oxygen molecules (O₂) in the ozonosphere, high above the earth (90,000 ft. above sea level), into oxygen atoms (O₁), afterwards combining to any oxygen molecules (O₂) nearby, making ozone (O₃). It is also one of nature’s most abundant sanitizers next to the sun’s ultraviolet light shining through on this beautiful Earth. It is even created whenever a thunderstorm flashes-creating ozone by splitting oxygen molecules (O₂) resulting from the same product as the sun. The sweet smell occurs from when lightning afterwards is even said to be ozone.

Ozone was first identified around the 1840’s. In 1906, France built the first municipal water sanitation plant utilizing ozone. Today, over 2,000 plants worldwide are using ozone to help purify our drinking water and is by far the safest and most powerful oxidizer today.

Ozone (employed as an active agent in Oxygen Therapy) is capable of destroying many viruses as scientifically published in the Canadian Medical Association Journal. Ozone has been successfully used in the treatment of Gangrene (of the fingers and toes). Oxygen therapy is sometimes utilized to kill cancer cells (scientific research - Rockefeller Center New York: Hydrogen Peroxide helps to kill cancer cells). Oxygen therapy has been used successfully to support one with complaints of candida albicans, dermatitis, and asthma.

Obviously, Oxygen is absolutely essential to human life - the human body dies from Oxygen deficiency more rapidly than when deprived of any other nutrient. 85% of the body’s Oxygen is consumed by the Mitochondria of cells. The body’s cells retain oxygen in their cell membranes, where it acts as a barrier against penetration by viruses. Although the brain comprises only 2% of the body’s weight, it consumes 20% of the body’s oxygen intake. Ozone is a form of modified

oxygen that is often utilized as a therapeutic agent in Oxygen therapy - which increases the delivery of oxygen to cells and there for promotes cellular respiration. Oxygen is a catalyst for the conversion of Pyruvic Acid to Acetyl Coenzyme A - an integral step in the initial phase of the Krebs Cycle or Energy production. Naturally, if you increase the levels of Oxygen in the body, more will be available for cell usage. Negative ions help to maintain normal blood oxygen levels.



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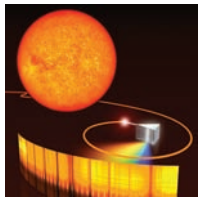
FAR INFRARED OZONE SAUNA

*Detoxifying - Energizing
Beautiful - Slimming*



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ANCB Board Certified
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What Is Far Infrared Light?



Far Infrared Ray (FIR) is a form of electromagnetic light energy from the Sun. It can penetrate through the skin into the subcutaneous tissues thereby improving blood circulation, promote overall metabolism, get rid of bodily toxins and metabolic by-products from the body and improve cellular vitality. Upon penetrating the skin, FIR transforms light energy into heat energy. The thermal effect within the deep layers of the tissues causes blood vessels and capillaries to dilate, promoting a vastly improved blood and lymph circulation.

How Does It Work?

Color, Light and Sound moves in waves that have amplitude (height) and modulation (frequency). A very simple analogy of the movement is the ebbing and flowing of an ocean's waves. Visible color from the rays of the sun can be separated into red, orange, yellow, green, blue, indigo, and violet.



Past violet is "ultraviolet". Past red is "infrared". Although not visible by the naked eye, these last two waves do exist and carry with them useful effects upon your body. Duplicating the effects of the Sun's heat and light will benefit you in many ways. A far infrared sauna's action is activated by heat. This is the same type of radiant heat or infrared waves that the sun produces. The FIR material emits FIR energy that is absorbed by human cells, causing a physical phenomenon called "resonance". Thus the cellular activities are instantly invigorated, resulting in a better blood circulation and overall improved metabolism. The FIR/Ozone sauna produces dry radiant heat without heating the air. Infrared waves penetrate approximately 1 1/2 inches into the body, whereas when you bathe in hot water, even to the point of "breaking a sweat", you have probably only heated 1/4 of an inch into the body.

During a FIR/Ozone sauna treatment there is vasodilation (opening) of arteries, veins, capillaries, etc. Blood and Lymph

circulation are both crucial to maintaining one's health. Blood flow is diverted from the inner organs towards the extremities of the skin. For injuries, heat stimulates vasodilatation of peripheral blood vessels, bringing oxygen to joints and extremities, speeding the healing of sprains and strains, thus relieving pain. The body constantly uses oxygen to oxidize and eliminate disease-causing microbes and to eliminate the body's waste. Oxygen is needed for immune system maintenance, waste elimination, and cellular repair. Oxygen is the natural enemy of bacteria, fungi, mold, and viruses.

How Does the FIR/Ozone Sauna Help To Detoxify?

The increased blood helps aching and injured muscles recover faster because the stronger the flow of blood, the quicker metabolic and toxic waste products are purged from the body. Toxins move through the skin during perspiration which is believed to be responsible for eliminating up to 20% of body wastes.

Why Detoxify?



When the body is full of toxins, people may feel sluggish. Toxins can lower your body temperature, weaken glandular activity and slow down the immune system. Toxins kill our "good bacteria" that help us fight "bad bacteria" and "viruses". Metabolic imbalances or toxemia occurs when the body's wastes from its process of cellular growth, destruction, and removal, food residues from assimilation, toxins, food additives, etc., build up in the body faster than expulsion of the wastes. These wastes can begin to poison the body or can damage its internal organs.

A detoxification crisis is: when symptoms of over-saturation of toxic wastes have accumulated in the body to the extent that "ill-like" symptoms will occur in the body; to alert one that he should pay attention to his body and assist it in the removal of toxins. Some of the symptoms might be: colds, fever, sore throat, diarrhea, allergies, headaches, etc. When we become so uncomfortable that we cease all activities, lie down and rest, and allow expulsion of the

toxins to happen, this is crisis time and may occur to anyone at anytime throughout their life.

Are There Other Benefits?



Yes, definitely! For that younger-looking, healthy glow, FIR/Ozone Sauna therapy allows increased blood circulation to carry great amounts of nutrient to the skin, thus promoting healthy color, tone and texture.. Sweating also provides a mild cleansing of the skin.

The FIR/Ozone Sauna creates an "Artificial Fever". Reportedly, up to three degrees of body core temperature can be elevated in a 30 minute session. For weight management, FIR/Ozone Sauna treatments can help one "burn" up to 900 calories per treatment.

FIR heat also has a positive effect on the immune system. Often misunderstood, a fever is a natural healing response of the body. The function of the immune system is increased naturally during a fever, while virus and bacterial growth is slowed, weakening its hold. This helps the body to ward off invading organisms. Therefore, a FIR/Ozone heat treatment in the early stage of a cold or flu can be used for immune system support before the symptoms occur, possibly halting progression of the illness. Other uses of a FIR/Ozone Sauna are:

- For Heavy Metal Detoxification
- For General Full Body Rejuvenation
- For Overall Inflammatory Response
- For Activation of Sweat Glands
- Improve Mobility of Muscles and Joints
- Optimize Blood and Lymph Flow