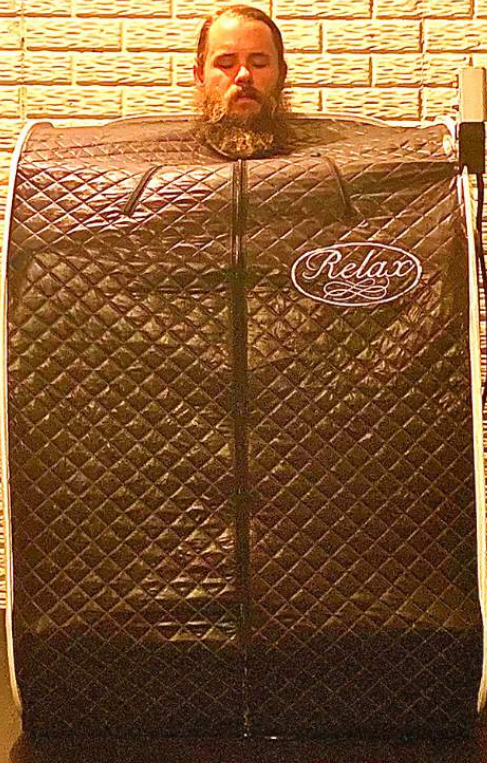




Far Infrared Saunas & Lamps

A CALM MIND
IS THE ULTIMATE WEAPON
AGAINST YOUR CHALLENGES

BRYANT MCGILL



- RECOMMENDED BY NATIONAL STRENGTH AND CONDITIONING ASSOCIATION (NSCA) CERTIFIED DOCTORS, MLB STRENGTH COACHES, AND PRO SPORTS TRAINERS
- RAPIDLY REDUCES MUSCLE SPASMS AND INFLAMMATION
- INCREASES OXYGEN + NITRIC OXIDE LEVELS TO ENTIRE BODY
- EXCEPTIONAL FOR RECOVERY AFTER MUSCLE, TENDON, AND LIGAMENT SURGERY
- ACTIVATES THE PARASYMPATHETIC NERVOUS SYSTEM FOR RESTFUL DEEP SLEEP
- MEDICAL GRADE FAR-INFRARED (FIR) GENERATORS: FDA 510K (#K05337)

RELAX SAUNAS
FRANK CRACCHIOLO
NATIONAL SPORTS DIRECTOR
CELL: 513.808.7117
OFFICE: 614.526.8837
FRANK@RELAXSAUNAS.COM

RELAX SAUNA

ELITE ADVOCATES

- **UNIVERSITY OF
GEORGIA
MEN'S
BASEKETBALL.**



- **SORINEX
EXERCISE
EQUIPMENT**

The logo for Sorinex Exercise Equipment, consisting of the word 'SORINEX' in a bold, white, sans-serif font above the words 'EXERCISE EQUIPMENT' in a smaller, white, sans-serif font, all contained within a red rectangular background.

SORINEX
EXERCISE EQUIPMENT

- **LOS ANGELES
DODGERS**





Far Infrared
Saunas & Lamps

HEALTH PROFESSIONAL MODEL



- PRO SPORTS TRAVEL SAUNA INSTALLED WITH A MEDICAL GRADE FAR INFRARED GENERATOR - FDA 510K (#K053376)
- EXCEPTIONAL FOR INCREASING OXYGEN LEVELS PRE AND POST GAME
- RAPID REDUCTION OF MUSCLE INFLAMMATION
- FULL BODY METABOLIC DETOX IN 15 - 30 MINUTES
- TIME EFFICIENT FOR SPORTS MEDICINE CLINICS AND TRAINING ROOMS
- \$2100



Far Infrared Saunas & Lamps



DR. DON CHU

Ph.D, PT, ATC, CSCS

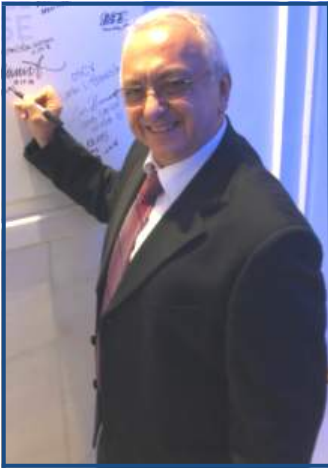


- PAST PRESIDENT OF NSCA:
NATIONAL STRENGTH AND CONDITIONING
ASSOCIATION
- AUTHOR OF *JUMPING INTO PLYOMETRICS*
- IMPLEMENTED THE RELAX SAUNA AT
ATHERCARE FITNESS AND REHAB IN DUBLIN,
CA AS A RECOVERY MODALITY FOR NFL
PLAYERS PLACED ON CONCUSSION PROTOCOL

"ATHERCARE INCORPORATES THE RELAX SAUNA INTO OUR REHAB AND TRAINING PROGRAMS THAT WE USE WITH NUMEROUS ATHLETES AT ALL LEVELS. IN SPITE OF AGE OR CONDITION, THE RELAX SAUNA HAS A MAJOR ROLE IN THE MUSCULAR AND MENTAL RECOVERY OF OUR PATIENTS."

HEALTH PROFESSIONAL TESTIMONIALS

DR. BILL AKPINAR: M.D., B.S, D.D.S



- MEDICAL DIRECTOR FOR THE U.S KARATE TEAM
- COMPLETED A MENTORSHIP WITH THE PERSONAL PHYSICIAN OF THE DALI LAMA WHILE IN TIBET
- AUTHOR OF *NO SWEAT? - KNOW SWEAT! - THE DEFINITIVE GUIDE TO RECLAIM YOUR HEALTH*

- "WHEN YOU STEP OUT OF THE RELAX SAUNA, ENDORPHINS, DYNORPHINS, AND ENKEPHALINS ARE FLOWING...THE CIRCULATION HAS BEEN IMPROVED...THE CARDIAC OUTPUT HAS DEFINITELY IMPROVED...THE CHOROID PLEXIS COMES ALIVE AND A LOT MORE OXYGENATED BLOOD GOES TO THIS AREA OF THE BRAIN. THIS RESULT HELPS TO PRODUCE A GREATER DEGREE AND MORE QUALITY DEGREE OF CEREBROSPINAL FLUID."

DR. JAMES ONNIKIAN: NATUROPATHIC DOCTOR



- WORLD KICKBOXING CHAMPION (2001-2005)
- GOLDEN GLOVES BOXING CHAMPION
- DIRECTOR OF MAUI HOT YOGA AND KICKBOXING

- "THE RELAX SAUNA, IN MY OPINION AS A NATUROPATHIC PHYSICIAN, IS THE BEST ON THE MARKET TODAY BECAUSE THE GENERATORS STILL EMIT THE SAME FAR - INFRARED ENERGY AFTER 15 YEARS...IT IS A MUST HAVE IN LIFE TODAY FOR MUSCLE SORENESS, REMOVING LACTIC ACID, PURGING UNKNOWN POISONS, AND WEIGHT LOSS."

HEALTH PROFESSIONAL TESTIMONIALS

DR. DON CHU



- **PRESIDENT OF THE CALIFORNIA STATE BOARD OF PHYSICAL THERAPY**
 - **IMPLEMENTED THE RELAX SAUNA AT ATHERCARE FITNESS AND REHAB IN DUBLIN, CA AS A RECOVERY MODALITY FOR NFL PLAYERS PLACED ON CONCUSSION PROTOCOL**
 - **AUTHOR OF *JUMPING INTO PLYOMETRICS***
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DR. ADRIAN PUJAYANA



- **NATIONAL STRENGTH AND CONDITIONING ASSOCIATION (NSCA) CERTIFIED STRENGTH AND CONDITIONING SPECIALIST**
 - **PHYSICIAN AND ATHLETIC TRAINER FOR RED BULL SPORTS**
 - **MEDICAL DIRECTOR AT FAMILY CHIROPRACTIC CENTER OF SOUTH PASADENA (FCCSP)**
- **"AT FCCSP, WE IMPLEMENT THE RELAX SAUNA AS A MODALITY FOR DETOX, INFLAMMATION CONTROL, AND PUTTING IT AS PART OF OUR PROTOCOL FOR PATIENT TREATMENT."**

Relax SAUNA

THE ONLY PORTABLE SAUNA WITH
MEDICAL-GRADE TECHNOLOGY

KEY FEATURES

SAUNA FOOTPRINT LESS THAN 3ft x 3ft OF SPACE

FULL SAUNA ASSEMBLY IN 5 MINUTES

TRAVEL FRIENDLY – TOTAL WEIGHT = 17LBS

SILVER THREADED TENT = EVEN DISTRIBUTION OF FAR INFRARED ENERGY (FIR)

SIMPLE TO CLEAN SAUNA TENT – NON STAIN FABRIC

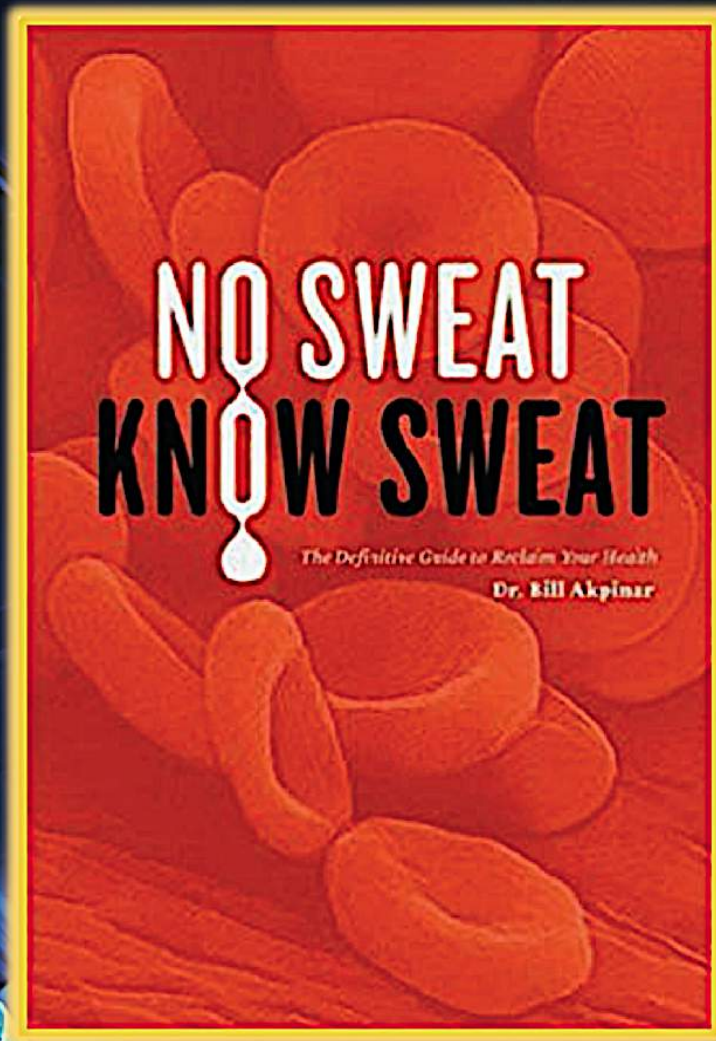
SANITIZE SAUNA TENT BY RUNNING GENERATORS FOR 5 MINUTES POST SAUNA SESSION

OPERATES ON STANDARD HOUSEHOLD OUTLET 110V (20AMPS)

EXCELLENT ENERGY EFFICIENCY = 1500 W = 15 – 30 CENTS PER HOUR

CALIBRATED AT OPTIMAL FAR INFRARED RAY (FIR) WAVELENGTH 4-14 MICRONS

INTEGRATED WITH MEDICAL GRADE FAR INFRARED RAY (FIR) GENERATORS
MODEL #CH-8810, K053376



DR. BILL AKPINAR, M.D

UNIVERSITY HEALTH SCIENCES SCHOOL OF MEDICINE (U.H.S.A)

MEDICAL DIRECTOR FOR THE U.S. KARATE TEAM

DIRECTOR OF THE CENTER FOR HEALING IN NEW YORK

AUTHOR OF NO SWEAT? KNOW SWEAT! THE DEFINITIVE GUIDE TO RECLAIM YOUR HEALTH AND SEVEN PRICELESS PRESCRIPTIONS FOR HEALTH AND ANTI-AGING

Excerpts from No Sweat? Know Sweat! The Definitive Guide to Reclaim Your Health

Dr. Toshiko Yamazaki has done extensive research on uses of far infrared and provides some great insight into its mechanism. In her book, "The Science of Far Infrared Therapies," she indicates that the benefit of FIR (Far-Infrared Ray) in treating disease is that it removes toxins which are, of course, at the core of many health problems. These toxins are stored in our bodies since we are "bio-accumulators." According to her, toxic gasses such as sulphur dioxide, carbon dioxide, and toxic substances such as lead, mercury, or chlorine come into contact with large water molecules and are encapsulated by the clusters of water. In the areas of these toxic accumulations, blood and circulation is blocked and cellular energy is impaired. However, upon application of 7-14 micron FIR waves to these, the water starts to vibrate. The vibration reduces the ionic bands of the atoms which hold together the molecules of water. With this breakdown of the water, encapsulated gasses and toxic materials are liberated and can more easily be eliminated. The effect of the particular wavelength of the FIR in countering and refracting the vibrational frequencies of disease entities is an exciting area that I'm sure will be studied more in-depth in the near future (Akpinar, 2007, p.186-187).

When you use FIR (Far Infrared Ray) sauna, these healthy frequencies are absorbed into the body, and water in the cells respond with "resonant absorption." The frequency of the FIR matches the frequency of water in the cells. The result: Toxins leave cells and enter the blood stream, then enter the organs of elimination which rid them from the body (Akpinar, 2007, p. 188).

While any type of sweat is better than "no sweat," another obvious advantage of a FIR sauna over a steam sauna is that if the water used in steam is not pure (purified, filtered, reverse-osmosized, etc.), you will be taking in much of what you are trying to eliminate. Remember, you're breathing in the steam and it is coming back into your body through the opened pores. The impurities (fluoride, chloride, metals, chemicals) found in municipal water will find their way back, albeit in smaller amounts, into your system (Akpinar, 2007, p.188-189).

Relax Far-Infra Red Saunas

The 2022 Proof of Concept Trials

Exercising Nutritionally. LLC

Craig E. Broeder, Ph.D. FACSM, FNAASO

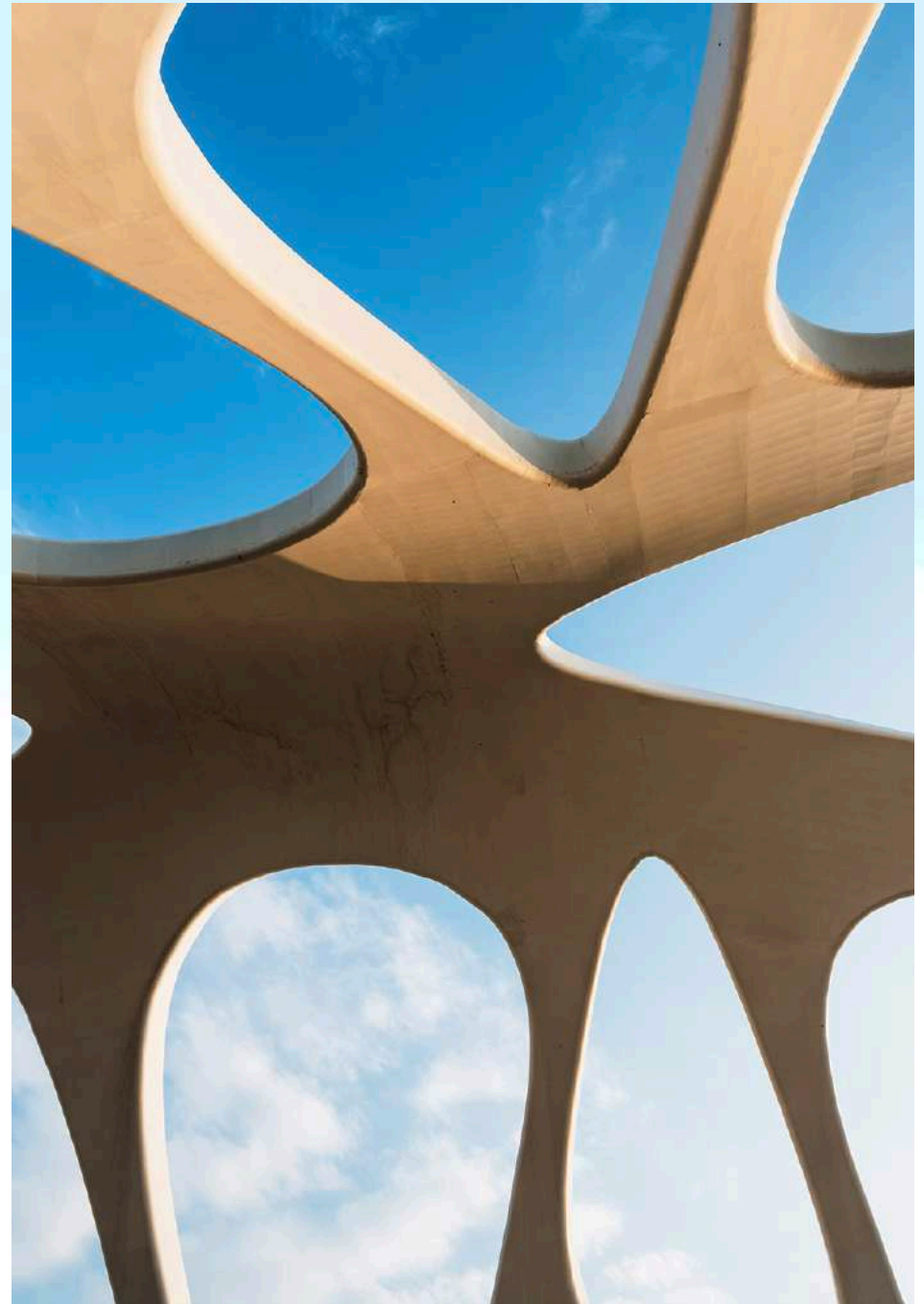
Who We Are

Exercising Nutritionally, LLC

- Exercising Nutritionally, LLC is a clinical research and education company promoting healthy living and aging.
- We focus on developing clinical research programs for evidence based preventive wellness and enhancing human performance.
- Research projects focus on the role that nutrition and physical activity play in helping prevent and treat lifestyle related diseases on the molecular, biochemical, and physiological levels.
- Populations include children, adults, and senior populations.
- Exercising Nutritionally helps other companies research new preventive health applications that would lead to FDA application claims approval. A major strength of Exercising Nutritionally, LLC research projects is we develop collaborations with clinical university based research environments fostering relationships with some of the top clinical research groups in Chicago and the United States.

Our Company Collaborations

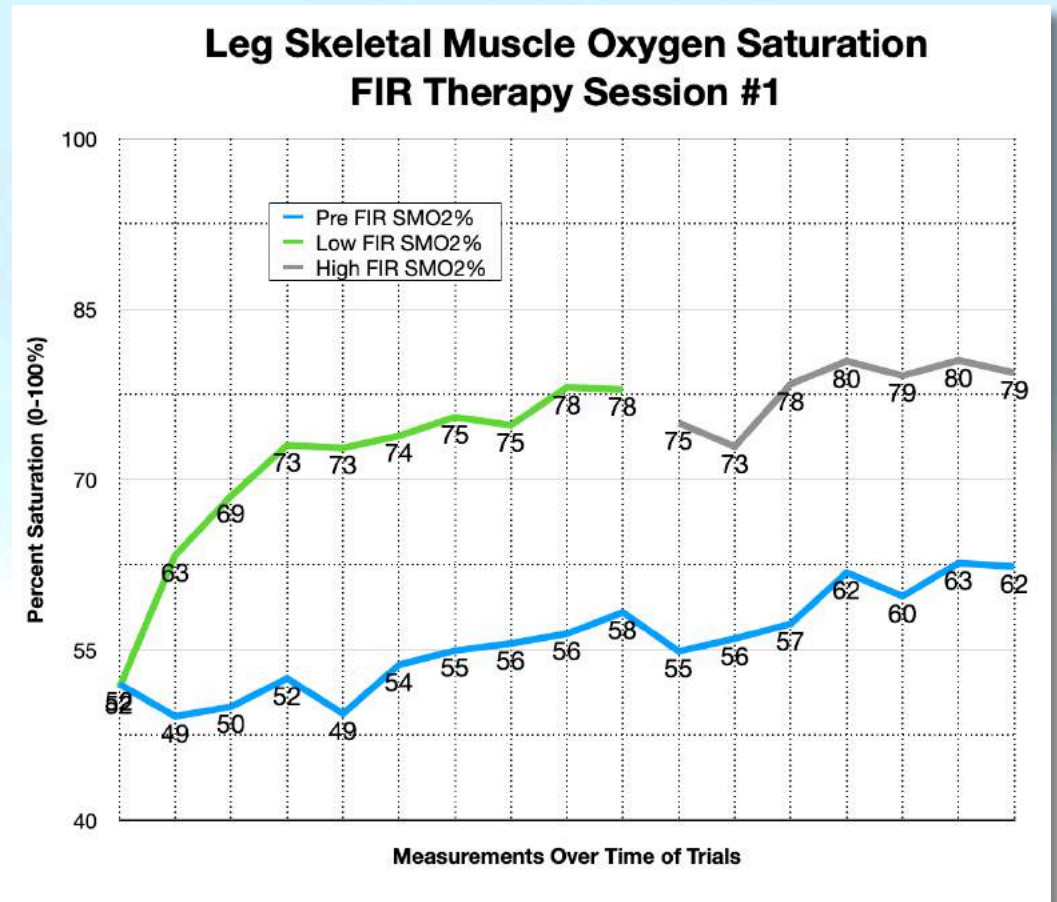
- HumanN Corporation
- HumanAMP Corporation
- Garmin Corporation
- Red Bull USA
- Vector 450
- The Chicago Bulls
- COSMED Corporation
- KORR Medical
- Moxy Monitors
- American Diabetes Association



Phase One Objectives

Initially, we conducted a Moxy monitor leg oxygen saturation (SMO2%) trial under three conditions.

- No Far Infra-red (FIR) treatment while sitting in the unit but not turned on.
- FIR treatment set on level one.
- FIR treatment set on level two.

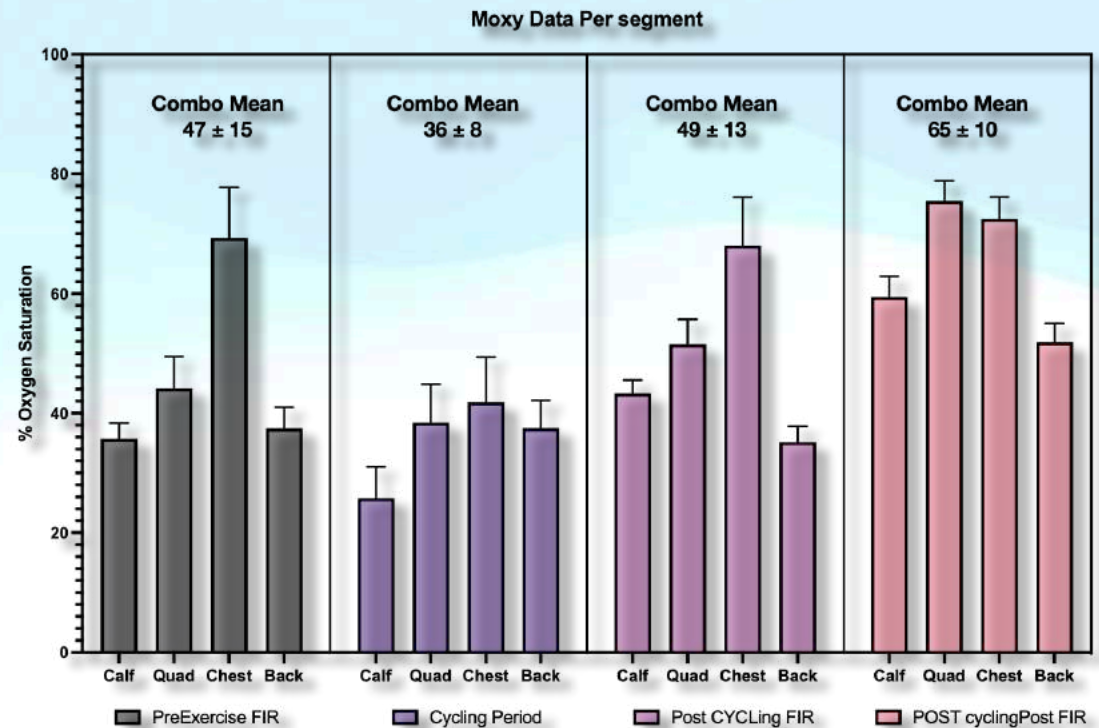


This results suggest that provided the time in the Relax Sauna is long enough, both the single FIR and dual FIR levels lead to similar muscle oxygenation levels. Future research is needed comparing 30 mins at each FIR level on separate trials to verify.

Phase Two Objectives

In this phase, we looked at how muscle oxygenation changed under four conditions over 4-distinct locations (Calf, Quads, Chest, & Back).

- Far-Infrared (15-mins) treatment prior to a cycling workout (45-mins);
- During cycling at steady-state tempo riding and immediately post-cycling Far-Infrared treatment for 20-mins;
- The after-effect of infrared treatment on the body in supine rest with light blanket on the test subject for a total of 30-mins.



This data shows during far-infrared treatment muscle oxygenation was greatest for the chest sensor followed by the quads, calf, and back. An interesting finding is that although FIR treatments were at seated rest, the post treatment oxygenation saturation values were greatest during the 30-min period following all treatment and exercise in the supine position.

Phase Two Objectives

The main goal was to determine what effects FIR treatments had under seated resting conditions in following areas:

- Resting metabolic oxygen uptake response
- Cardiac Output, Stroke Volume, Heart Rate
- Whole-body oxygen saturation
- Systemic Vascular Resistance



Results and Conclusions

- Whole body muscle oxygenation and kcal expended per minute increased 8.1% and 20.1% from baseline, respectively.
- At the same time, cardiac output (+10.2%), systemic vascular resistance (-13.9%), and heart rate (+12.6%) significantly changed across the measurements periods compared to baseline.
- These combined results show that FIR had a measurable positive effects on both cardiovascular function and metabolic thermogenic responses leading to enhanced body oxygenation and regional blood flow to allow whole body thermoregulatory cooling.
- Not presented in the graphs above was a similar respiratory whole body response showing ventilation increasing 20%, tidal volume increasing 29.6% with a lower respiratory frequency of 13.1%.
- These data suggest that during the FIR trial intervention, the subject was breathing more deeply and provide an enhance oxygen exchange at lung and pulmonary capillary.
- Thus, leading to a more efficient breathing and oxygen exchange pattern that would be similar a deeper meditation like breathing response despite the high thermal stress load on the body.

DETOXIFY

OR

DIE



Sherry A. Rogers, M.D.

DR. SHERRY A. ROGERS, M.D

AUTHOR OF DETOXIFY OR DIE

MEMBER OF THE AMERICAN ACADEMY OF
ENVIRONMENTAL MEDICINE

MEMBER OF THE AMERICAN COLLEGE OF
ALLERGY AND IMMUNOLOGY

Excerpts from Detoxify or Die

The Superior Sauna – FIRS (Far Infrared Sauna)

What is the best way to get rid of toxic chemicals including pesticides, heavy metals and hydrocarbon residues when you cannot tolerate a sauna? When a sauna makes you feel weak, sick, have a fast heart rate, faint, dizzy, panicky, headachy or just plain miserable, what is the solution? The far infrared sauna. Thanks to improved technology, the far infrared sauna is far safer and infinitely more tolerable, because it uses a heat energy that penetrates tissues, triggering mobilization of chemicals from subcutaneous fat storage, directly into sweat. This activating penetration allows for a much lower overall temperature to be used (as I'll show you later), one that is enjoyable and not torture (Rogers, 2002, p.199).

Far infrared wavelengths have other beneficial properties. They lower lactic acid (the acid that accumulates and causes pain in muscles when you have overdone during exercising), stimulate endorphins or happy hormones of the brain, and kill organisms like bacteria and parasites. More important, they penetrate tissues, detoxify cells by vibrating ionic bonds, stop swelling, improve lymphatic flow and blood circulation, and attract calcium to cell membranes where it is need for healing (Rogers, 2002, p. 209-210).

Far Infrared Wavelengths also decrease the size of water clusters, giving them greater mobility and penetration in and out of body tissues. For it is when these hyperactive or energized water molecules move in and out of cells that they also carry toxins that previously were stuck. FIR energy actually causes a resonance dance between the water and chemical molecules to mobilize and unite them (Rogers, 2002, p. 210).

The lungs, urine stool, and sweat are the main vehicles the body has for getting rid of nasty chemicals. But by far sweat is the most efficacious. And Mayo Clinic studies show that FIR is the safest way to induce healing sweat, using the most heat sensitive cardiac patients as proof (Rogers, 2002, p. 210).

In studies published in the *Circulation* and the *Journal of Cardiology*, both respected cardiology journals, physicians at the famed Mayo Clinic used the worst classification of congestive heart failure patients to demonstrate the safety and therapeutic value of the far infrared sauna. The New York Heart Association (NYHA) classifies the most debilitated heart patients with the highest numbers, III and IV. The study used patients who were end-stage heart patients who were maximally medicated and unable to walk across the room without shortness of breath, and unable to tolerate warm baths, much less tolerate a sauna. There were no further therapeutic options available. They had reached the end of their ropes (Rogers, 2002, p. 210).

But not only did these serious end-stage heart patients all tolerate the FIR sauna, but they had no side effects from it. Furthermore, in getting rid of chemicals that were the underlying causes of their diseases, they improved their heart function, something that the latest in surgery or drugs was powerless to do for them. The FIR sauna literally saved their lives (Rogers, 2002, p. 211).

During the sauna, no patients had dyspnea (shortness of breath), angina (chest pain) or arrhythmia (irregular heartbeat), not complained of excess heat. There were no side effects, something that never happens with drugs or surgery. Diastolic blood pressure (the low number) decreased but systolic pressure (the top number) was unchanged. This means they did not get hypersensitive, and in fact the work of the heart was lessened. Furthermore, the stroke volume and ejection fraction increased, meaning the heart beat more efficiently with less effort (Rogers, 2002, p. 211).

Excerpts from Detoxify or Die

How is the Far Infrared Sauna Different?

Let's look at the energy that comes from the sun. It is responsible for photosynthesis, the process by which plants make energy to grow. In essence, solar energy is responsible for all of life (since animals must have plants to eat or there are no animals) (Rogers, 2002, p. 208).

The spectrum of energy from the sun is classified according to the length of the waves. The shortest (and most damaging) rays of the solar spectrum are gamma rays. Think of a gamma gun in a sci-fi movie that vaporizes assailants in an instant. The next longer rays of the sun are x-rays (carcinogenic), the ultraviolet (causes sunburn, corneal and lens damage and skin cancer), and then visible light. After that is the infrared spectrum, then radio waves (Rogers, 2002, p. 208).

At the far end of the infrared spectrum are the longest and most healing rays, the far infrared (FIR) spectrum, spanning from 1,000 to 4 microns. Between 4-14 microns in the FIR (far infrared) spectrum, fall most of the rays that are the safest and most vital to health and healing. They are responsible for photosynthesis, without which there would be no life on earth (Rogers, 2002, p. 208).

Even our bodies radiate infrared energy through our skin between 3-50 microns, most around 9.4 microns. This is the basis for infrared glass allowing Special Forces to see the enemy at night. Palm healing and other hands-on therapies are based on the healing properties of natural far infrared rays, with our palms emitting infrared energy at between 8-14 microns. Our bodies absorb 93% of the infrared waves presented to us, the basis for similar heaters being used to warm premature infants in nurseries. The FIRS, uses a patented zirconium ceramic heater, emitting between 2 and 25 microns, with a third of the output in the 2-5.6 micron range for deepest penetration, about 1.5 inches. Patented in 1985, it was used predominately in Japan, and then use extended to the U.S. since 1981. Safer, more economical to operate, lower in EMF, and inducing 2-3 times the sweat volume, while allowing a much more tolerable and safer operating temperature, makes it my preferred tool for purifying and detoxifying the body (Rogers, 2002, p. 208-209).

Excerpts from Detoxify or Die

FIRS (Far Infrared Saunas) Cures the Most Mysterious Cases

The bottom line is that folks with the most severe forms of heart disease and resistant to all medications tolerated the FIRS with no side effects. Most importantly, it improved their heart health in this Mayo Clinic study within 3 short weeks. Of course, it is recommended to continue longer, say a year of daily or every other day saunas for an hour or less to more completely lower stored chemicals that cause disease. Then it is necessary to do them at least once of week for life, since the world will never run out of ways to poison us (Rogers, 2002, p. 213).

It should not surprise you by now that mysterious joint pain in war veterans exposed to Agent Orange also disappeared, as did a host of other pain syndromes. Schnare of the U.S EPA (Environmental Protection Agency) also showed that not only did sauna reduce body levels of HCB (hexachlorobenzene) and PCBs (polychlorinated biphenyls) in electrical workers, for example, but it did this even though the men were continually exposed at work (Rogers, 2002, p. 213-214)

This is important because it means that if your livelihood depends on an occupation with continual exposures, you still have a chance of being able to tolerate it more safely, as long as you are reducing the chemicals faster than you are tanking up on them. And let's face it. Most occupations have their specific toxins. Also, this could allow tolerance of poorly tolerated implanted items that would like to keep, like root canals and artificial joints (Rogers, 2002, p. 214).

Schnare also reviewed different types of workers, drug users, victims of accidental ingestions, and those poisoned by a variety of environmental chemicals: all recovered with sauna detoxification. Meanwhile scientists from the Tokyo Medical and Dental University and others explained in further studies, once more how the FIR is superior to just plain old heat of regular saunas. There is no lack of data on this subject that has remained a secret cure for decades (Rogers, 2002, p. 214).