

REVOLUTIONARY DISCOVERIES

IONS & INFRARED RAYS

Dr. Takaka Maku

CONCLUSIONS

After many years of research studies and test cases, it has been determined and proven that the use of Long Wave Infrared Rays and Negative Ion treatments are beneficial to our health. Many diseases are either cured or greatly improved by regular usage of this treatment method.

In addition to being beneficial to your health, it "feels good!" A pleasant warming sensation is felt within your body. It feels as if the heat is coming from the inside out. This is basically true since the Long Wave Infrared Rays do penetrate about 6 inches into your body.

It is an economical means to good health. The electricity used is minimal, and the trips you save to your doctor will keep medical expenses to a minimum. You will either be able to stop using prescriptions you now take, or cut back on your medication.

It costs much less than other similar products, and performs many functions some don't provide.

This Booklet has been compiled by presenting material (taken out of context) from the research study of the Records of Doctors :

Dr. Takaka Maku, Dr. Hatashita Toshiuki, Dr. Hirohuchi Mitchio, and Dr. Ota Nobuo of Toho University Hospital Japan.

These Research Records were developed over a 40 year period of time.

**HEALTH EXPERTS SHOW YOU!
How Ions & Infrared Rays Work.**

*TINY NEGATIVE IONS ARE FLOWING IN THE AIR AROUND YOU.
THEY IMPROVE YOUR HEALTH AND MAKE YOU FEEL BETTER.*

REVOLUTIONARY DISCOVERIES

IONS & INFRARED RAYS

Dr. Takaka Maku

Toho University Omori Medical Center

**Address: 6-11-1 Omori-Nishi, Ota-ku,
Tokyo 143-8541**

2

REVOLUTIONARY DISCOVERIES

IONS & INFRARED RAYS

Dr. Takaka Maku

CONCLUSIONS

After many years of research studies and test cases, it has been determined and proven that the use of Long Wave Infrared Rays and Negative Ion treatments are beneficial to our health. Many diseases are either cured or greatly improved by regular usage of this treatment method.

In addition to being beneficial to your health, it "feels good!" A pleasant warming sensation is felt within your body. It feels as if the heat is coming from the inside out. This is basically true since the Long Wave Infrared Rays do penetrate about 6 inches into your body.

It is an economical means to good health. The electricity used is minimal, and the trips you save to your doctor will keep medical expenses to a minimum. You will either be able to stop using prescriptions you now take, or cut back on your medication.

It costs much less than other similar products, and performs many functions some don't provide.

This Booklet has been compiled by presenting material (taken out of context) from the research study of the Records of Doctors :

**Dr. Takaka Maku, Dr. Hatashita Toshiuki, Dr. Hirohuchi Mitchio,
and Dr. Ota Nobuo of Toho University Hospital Japan.**

These Research Records were developed over a 40 year period of time.

**HEALTH EXPERTS SHOW YOU!
How Ions & Infrared Rays Work.**

*TINY NEGATIVE IONS ARE FLOWING IN THE AIR AROUND YOU.
THEY IMPROVE YOUR HEALTH AND MAKE YOU FEEL BETTER.*

REVOLUTIONARY DISCOVERIES

IONS & INFRARED RAYS

Dr. Takaka Maku

Toho University Omori Medical Center

**Address: 6-11-1 Omori-Nishi, Ota-ku,
Tokyo 143-8541**

REVOLUTIONARY DISCOVERIES

IONS & INFRARED RAYS

Dr. Takaka Maku

CONCLUSIONS

After many years of research studies and test cases, it has been determined and proven that the use of Long Wave Infrared Rays and Negative Ion treatments are beneficial to our health. Many diseases are either cured or greatly improved by regular usage of this treatment method.

In addition to being beneficial to your health, it "feels good!" A pleasant warming sensation is felt within your body. It feels as if the heat is coming from the inside out. This is basically true since the Long Wave Infrared Rays do penetrate about 6 inches into your body.

It is an economical means to good health. The electricity used is minimal, and the trips you save to your doctor will keep medical expenses to a minimum. You will either be able to stop using prescriptions you now take, or cut back on your medication.

It costs much less than other similar products, and performs many functions some don't provide.

This Booklet has been compiled by presenting material (taken out of context) from the research study of the Records of Doctors :

**Dr. Takaka Maku, Dr. Hatashita Toshiuki, Dr. Hirohuchi Mitchio,
and Dr. Ota Nobuo of Toho University Hospital Japan.**

These Research Records were developed over a 40 year period of time.

HEALTH EXPERTS SHOW YOU!

How Ions & Infrared Rays Work.

*TINY NEGATIVE IONS ARE FLOWING IN THE AIR AROUND YOU.
THEY IMPROVE YOUR HEALTH AND MAKE YOU FEEL BETTER.*

REVOLUTIONARY DISCOVERIES

IONS & INFRARED RAYS

Dr. Takaka Maku

Toho University Omori Medical Center

**Address: 6-11-1 Omori-Nishi, Ota-ku,
Tokyo 143-8541**

REVOLUTIONARY DISCOVERIES

**IONS &
INFRARED
RAYS**

Dr. Takaka Maku

Toho University Omori Medical Center

***Address: 6-11-1 Omori-Nishi, Ota-ku,
Tokyo 143-8541***

CONTENTS

[Chapter 1]

NEGATIVE IONS

| | |
|--|----|
| 1. The \ominus Ion is Found Only in Clean Air | 04 |
| 2. Benefits of \ominus Ion Health Treatment | 04 |
| 3. Reasons Our Health is Improved | 04 |
| 4. How Do \ominus Ions Make Us Healthier? | 05 |
| 5. Using Synthetic Fabrics | 06 |
| 6. \ominus Ions and Our Health | 06 |
| 7. The Relationship Between Sleeping and the \ominus Ion | 06 |
| 8. A Good Night's Sleep | 07 |
| 9. When are \ominus Ions Increased? | 08 |
| 10. The Healing Effects of \ominus Ions | 08 |

[Chapter 2]

LONG WAVE INFRARED RAYS

| | |
|---|----|
| 1. Understanding Long Wave Infrared Rays | 12 |
| 2. The Function of Long Wave Infrared Rays | 12 |
| 3. The Effect of Long Wave Infrared Rays on an Organism | 13 |
| 4. How Long Wave Infrared Rays Penetrate Our Skin | 14 |
| 5. Temperature and Radiation Frequencies | 14 |

[Chapter 3]

THE REALIZING THE BENEFITS

| | |
|---|----|
| 1. Stages of Improvement | 18 |
| 2. Helpful Suggestions | 20 |
| 3. Additional Symptoms That May Become Intensified as Your Health Improves | 20 |
| 4. The Healing Powers of Long Wave Infrared Rays and Negative Ions | 21 |
| 5. Medical Treatment Utilizing Long Wave Infrared Rays and \ominus Ions | 21 |

[Chapter 1]

NEGATIVE IONS

| |
|--|
| 1. The \ominus Ion is Found Only in Clean Air |
| 2. Benefits of \ominus Ion Health Treatment |
| 3. Reasons Our Health is Improved |
| 4. How Do \ominus Ions Make Us Healthier? |
| 5. Using Synthetic Fabrics |
| 6. \ominus Ions and Our Health |
| 7. The Relationship Between Sleeping and the \ominus Ion |
| 8. A Good Night's Sleep |
| 9. When are \ominus Ions Increased? |
| 10. The Healing Effects of \ominus Ions |

[Chapter 1]

NEGATIVE IONS

1. The \ominus Ion is Found Only in Clean Air

In order to live a healthy life in our modern society, we cannot ignore the effects of “Ions”. There are many Ions in the air we breathe, and the percentage and number of Positive (\oplus) Ions and Negative (\ominus) Ions change depending on the time and place. An Ion is a particle which is electrically charged. An Atom is the smallest particle that exists in the composition of any material. It is the basic element of the nucleus. Ions are being made in the air we breathe so fast that 10 to 20 Ions Per Cubic Centimeter are being made each second. These are 200 to 500 Ions in 1 Cubic Centimeter of ordinary clean outdoor air, and 100 to 200 Ions in 1 Cubic Centimeter of clean indoor air.

2. Benefits of \ominus Ion Health Treatment

Many studies of the relationship of the Ion (especially the \ominus Ion) to our health have been made by professional researchers who agree that our health is dependent on the amount and quality of Ions in the air.

On this subject, the world famous A.D. Moore (A Professor at Michigan University) stated the following :

- Most people agree that if we can control the amount of Ions in our everyday life, it will have a positive effect on our health.
- Breathing air with a certain type of Ion can be helpful as a medical treatment such as healing a wound.
In this way, an Ion helps improve our health, and the \ominus Ion performs an especially important role.

3. Reasons Our Health is Improved

As you may already know, the Ion does play a very important role in keeping us healthy, and the \ominus Ion is the major health benefactor.

\ominus Ions are found everywhere in the air, and are a major element that provides energy to the human body.

The human body consists of billions of cells, and each is enclosed by a cell wall. This cell wall performs many important roles, and one of these are to absorb nutrition and eliminate waste material.

The function of the entire cell (including the cell wall) can be normalized, if there are enough \ominus Ions within the cell, and \ominus Ions outside the cell.

The reverse holds true if there is a lack of \ominus Ions, and too many \oplus Ions within a cell. Thus, absorption of nutrition and elimination of waste material can not be done effectively. As a result adult diseases such as hypertension, arteriosclerosis, cerebral apoplexy, and cancer occurs.

Other afflictions caused by an improper number of Ions in the body include anemia, allergies, infirmity, shoulder pain, lumbago, rheumatism, neuralgia and headaches, an habitual constipation, gastroenteritis, hepatitis, kidney trouble, unbalanced autonomic nervous system, and insomnia. Too few \ominus Ions in our body can cause many diseases, and have a dangerous effect on our overall health.

4. How Do \ominus Ions Make Us Healthier?

1) *THE PURIFICATION OF OUR BLOOD*

Through research done by Dr. Tanaka in Japan, it was discovered that when \ominus Ionization is introduced, the Ions in calcium and sodium (salt) in the blood increases, and the blood is purified by increasing blood alkalinity.

2) *REVIVING THE CELL*

When the amount of \ominus Ions in the blood is increased, the function of a cell is activated. The electrical material exchange speeds up the cell function, and as a result, nutrition is fully absorbed by the cell and waste material is eliminated. Metabolism is increased and the function of the cell is gradually revived.

3) *INCREASES IMMUNITY*

As the amount of \ominus Ions increases, the Gamma Globulin in the blood increases resulting in blood rich in protein and antibodies.

4) *THE CONTROL FUNCTION OF THE AUTONOMIC NERVOUS SYSTEM*

Dr. Tanaka found that \ominus Ions control the balance in the Autonomic Nervous System between the insulin and adrenal functions. This provides strong resistance to diseases.

5. Using Synthetic Fabrics

1) *THE CALCIUM IN OUR BLOOD DECREASES*

When we wear synthetic fabrics, the calcium in our blood discharges in our urine. As a result, our blood becomes acidified, and neurosis (a nerve disorder) may occur causing a tired feeling. Synthetic fabrics decrease \ominus Ions.

2) *THE BLOOD SUGAR LEVEL INCREASES*

When we wear synthetic fabrics, \ominus Ions are decreased, and the amount of glucose in our blood increases. Usually, the blood sugar level of a human being is 100mg per 100 Cubic Centimeter which is automatically controlled by the body. If the control function changes, then the blood sugar level may increase or decrease abnormally which can cause various symptoms. A typical disease when the blood sugar level increases severely is diabetes. Many professionals think that a reason for the current increase of this disease may be caused by the use of synthetic fabrics.

3) *THE AMOUNT OF VITAMIN 'C' SERUM DECREASES*

Wearing synthetic fabrics decreases the amount of Vitamin C in serum (liquid component of blood) abnormally. As a result, the resistance of our body is weakened causing stress. Vitamin C deficiency is also caused by eating too many fast foods, or too few fruits and green and yellow vegetables.

6. \ominus Ions and Our Health

A recent newspaper article reported that a pregnant woman developed eczema (itching skin inflammation) because she often came in contact with an internal concrete wall which was near her bed. Living in this recently built concrete apartment building also placed her in a high risk category for miscarriage.

The ideal amount of \ominus Ions for our health is 400 to 1000 Per Cubic Centimeter of air. These numbers seem to be decreasing everywhere because of the concrete jungle we live in. Because of this, we are experiencing serious effects, such as headaches, insomnia, and fatigue of our body and mind.

7. The Relationship Between Sleeping and the \ominus Ion

The development of a product that artificially produces \ominus Ions has been incorporated into the production of a mattress that provides the benefits previously found only in the air.

1) *A BEDDING PRODUCT THAT HAS A PLEASANT HEAT-PRODUCING METHOD OF PASSING ON THE \ominus IONS TO THE BODY IS FOUND IN THE INFRARED DEVICE*

Many professionals helped to develop this high-quality Infrared Device product which gives you a refreshed feeling all day after a sound night's sleep on it.

2) *BECOME HEALTHY WHILE YOU SLEEP (USING THE INFRARED DEVICE)*

\ominus Ions will make your mind and body feel healthy. The 24 hour cycle we repeat daily of rising with the sun, and going to bed at sundown, develops a body rhythm. If this cycle is changed, we are thrown out of rhythm, and do not sleep well. Our sleeping cycle has 4 different levels of depth of sleep. There is a repetition of these levels 4 to 5 times during the night until we awaken 7 to 8 hours later.

8. A Good Night's Sleep

Recently, electronic engineers developed a \ominus Ion producing mattress. The famous Dr. Tanaka of Japan first developed an electronic ionic medical treatment device. This proved to be a very convenient way of supplying the necessary amount of \ominus Ions for our body without having to depend on those we receive from the air. In addition, this device can provide the necessary Ions needed in a short period of time. It also has a variety of pleasant effects such as:

1) *THE CONTROL OF THE AUTONOMIC NERVOUS SYSTEM*

This system controls the internal secretion of hormones that regulate the human body. There is a sympathetic nervous system that increases the energy of the human body. It acts to stabilize and keep these two systems in balance.

2) *THE VITALIZATION OF CELL METABOLISM*

A living cell exchanges nutritional and waste material through cell walls. When \ominus Ions decrease, the material exchange is slowed. If \ominus Ions are provided, this function is returned to its normal status. In this way, the \ominus Ions vitalize the metabolism of the tissue.

3) *THE PARALYSIS SYMPTOM IS EASED*

Shoulder sclerosis, an occupational disease, causes paralysis of the fingers, arm, and shoulder. If the symptoms of this dreaded disease continue, the entire body becomes paralyzed. The cause has not yet been discovered. However, it

has been reported that these symptoms were relieved within 90 days when a \ominus Ion treatment was used.

4) RELIEF OF PAIN

According to the clinical research report of Dr. Nagamo of Kumamoto Civil Hospital, and Dr. Maiyama of Kyoto Hospital in Japan's Pain Research Institute, the pain-relieving efficiency of the \ominus Ion has been acknowledged through its notable effect on numerous headache and neuralgia test cases.

9. When are \ominus Ions Increased?

Although we may know that the \ominus Ion is good for our health, the problem is that we cannot all live in the forest, in a field, or by a mountain or a sea where the \ominus Ions are available in abundance. Additionally, if we absorb the \ominus Ions from the air, the efficiency is very low. The absorption rate is only 15 to 20%. For example, in a hot spring which usually has a high \ominus Ion density of 2000, the absorbed Ions would only be 300 to 400.

Therefore, using a \ominus Ion treatment such as the Infrared Device is a much more effective and desirable way for modern health management. By using a \ominus Ion treatment while sleeping, surprising effects can be expected by those experiencing loss of appetite, lack of stamina, or lack of energy.

10. The Healing Effects of \ominus Ions

1) RESEARCH OF DR. TAKADA

There are a variety of theories that have come from research by Dr. Takada, Toho University's authority on \ominus Ion treatments. These theories have become classics, not only in Japan, but worldwide. During his research on the Ionization Phenomenon, Dr. Takada realized that \ominus Ion loading had good effects on the physiological functions of a living body.

2) THE CLASS OF PHARMACOLOGY AT JOCHI MEDICAL UNIVERSITY

Clinical research at a Tokyo Dental College Hospital sponsored by the Japan Red Cross in Shinjuku : \ominus Ions have a positive effect in the control of the nervous system in the relief of tension. It showed that the results were good, in a short period of time, with regard to headache and neurasthenia relief.

3) IN THE MEDICAL SCIENCE CLASS AT DAEPAN MUNICIPAL UNIVERSITY

At the Public Hygiene Class at Shinsa University, clinical research showed the following : most people experienced good effects in relation to their internal organs after a few weeks usage. The stomach showed the fastest effects, and the function of the liver was improved which counteracted many poisons. Another result was the elimination of constipation and stomach pain, as well as rapid recovery from fatigue.

4) INSTITUTE REPORTS OF DR. KOUDO MICHIO

Dr. Koudo Michio reported that symptoms of paralysis had been dramatically reduced after supplying \ominus Ions for 30 days. After 90 days of treatment, the patient had recovered completely. Dr. Koudo Michio said that the \ominus Ion treatment is very effective for light shoulder sclerosis, as well as, symptoms of paralysis in fingers, arms, and the whole body due to occupational effects experienced by the nervous system.

5) THE CLINICAL RESEARCH REPORT OF DR. NAGAO KATSHARU

In Kumamoto Hospital Japan, Dr. Nagayama of the Kyoto Pain Research Institute found the pain-relieving efficiency of the \ominus Ion had a notable effect on most headache and neuralgia cases.

6) ADDITIONAL REPORTS FROM GERMANY STATED THAT DR. SHERES & DR. KO GYO YANG MYUNG:

Found that a lack of \ominus Ions can cause mental problems, such as neurasthenia, neurosis and loss of memory.

[Chapter 2]

LONG WAVE INFRARED RAYS

- 1. Understanding Long Wave Infrared Rays**
- 2. The Function of Long Wave Infrared Rays**
- 3. The Effect of Long Wave Infrared Rays on an Organism**
- 4. How Long Wave Infrared Rays Penetrate Our Skin**
- 5. Temperature and Radiation Frequencies**

[Chapter 2]

LONG WAVE INFRARED RAYS

From past experience, we have learned that Long Wave Infrared Rays are beneficial, however, we did not understand the principles of Long Wave Infrared Rays. The secret of placing a warm tile on our stomach and rubbing it when we had pain, the nice relaxed feeling we have after sleeping in a warm bed, the good flavor charcoal or a natural stone gives barbecued food, or the healing of diseases by a clay sauna are all the results of the utilization of Long Wave Infrared Rays.

1. Understanding Long Wave Infrared Rays

During research of the heat effect of the seven colors, it was found that the temperature rises when the color is changed from purple toward red, and even without color after passing red. This light (with a strong heat function) was named Long Wave Infrared Rays. The infrared ray is an electronic wave which is a sort of energy wave, and is a light within the wave length level of 0.761~1,000 micron. According to its wave length, 0.76~1.5 microns is a short wave infrared ray, 1.5~5.6 microns is a middle wave infrared ray, and 5.6~1,000 microns is a Long Wave Infrared Ray which is the most useful infrared ray in our daily living. (Micron is a unit of length equal to one millionth of a meter.)

2. The Function of Long Wave Infrared Rays

Long Wave infrared Rays have three characteristics :

1) RADIATION

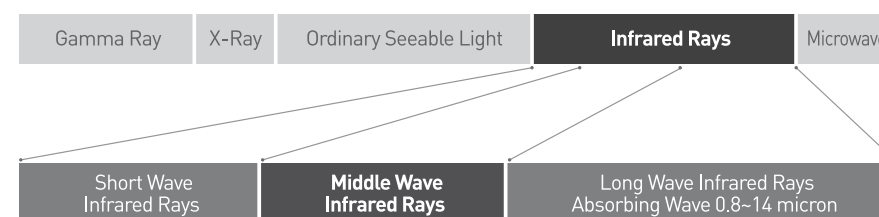
Radiation is one of the general characteristics of light, and this means that light reaches an object without traveling through the air. For example, the sun's light reaches the earth through the vacuum of space by radiation.

2) DEEP IMPACT POWER

The second characteristic is deep impact power. Different from ordinary light beams and short wave infrared rays, Long Wave Infrared Rays can penetrate deeply. Because of this, it can warm our body from the inside out, and stimulate our system.

3) RESONANCE & ABSORPTION

This third characteristic can be explained by an example of touching a large bell with a single finger. A bell has an inherent number of vibrations when it is touched / struck. When the bell is struck at a regular interval it causes vibrations, and it begins to move. When the energy used to activate the bell is increased, the vibrations between molecules strengthens, and the electronic energy increases.



3. The Effect of Long Wave Infrared Rays on an Organism

Think about this in relationship to our body. Our body consists of over 80% water, and a variety of other materials, such as, proteins, hormones, enzymes, and nerve tissue which all play an important role.

Long Wave Infrared Rays not only warm our bodies, but they stimulate various bodily functions. They can make our bodies feel fully charged. When Long Wave Infrared Rays are beamed into the body, they are absorbed by the body and they resonate through it, similar to the sound and energy waves of the bell when it is struck.

1) WHAT IS AN ORGANISM?

An organism is an organic compound that we call a living body. When the shape, composition, and movement of this body is studied, we arrive at a biological evaluation. When we further study the movement of molecules within a cell to discover the characteristics of a living body, this is called “Cytology” or “Microbiology”

2) WHAT IS A LIVING BODY?

Through chemical analysis of a living body, we find it is composed of carbon, oxygen, hydrogen, potassium, nitrogen, phosphorus, and other basic elements which cannot be seen.

4. How Long Wave Infrared Rays Penetrate Our Skin

Perspiration is directly related to body temperature. The Long Wave Infrared Rays penetrate deeply into our skin, and they eliminate waste materials through skin pores. They promote good blood circulation which helps cure hangovers, fatigue, and arthralgia. When the body's temperature rises, perspiration begins to help control the body's temperature. The evaporation of 1 gram of water takes about 0.6 Kcal of heat away ; therefore, the role of perspiration is very important in controlling our body temperature

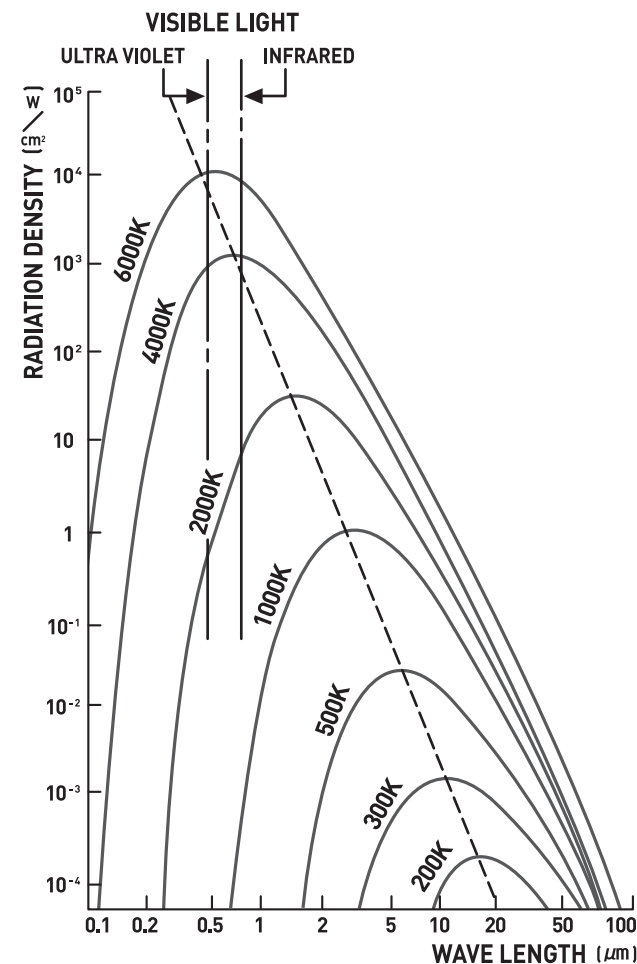
THE FUNCTION OF LONG WAVE INFRARED RAYS

Long Wave Infrared Rays penetrate 14~15cm into the body. Therefore, these rays not only benefit the muscles on the surface of the body, but all cells including blood vessels, lymph glands, and nerves in the deepest parts of our body. These Long Wave Infrared Rays provide a heat source that relieves shoulder pain, lumbago, and fatigue of body muscles. Moreover, perspiration helps expel unhealthy materials such as urea, nitrogen, uric acid, sodium, and chlorine which cause kidney infections and other problems.

5. Temperature and Radiation Frequencies

The surface of any substance radiates electromagnetic waves in the dark. The energy spectrum versus the wave length curve resembles a bell curve. The peak amount of energy radiation is proportional to the 5th power of the absolute temperature of the surface, and the value of the wave length at the peak of the bell curve is inversely related to the absolute temperature.

[At -273.15°C (or -459.67°F) all the molecular level vibrations stop. This temperature is called absolute zero temperature. The absolute temperature is measured from this absolute zero point and up and is expressed in degree Kelvin (°K). Any temperature in °C can be converted into °K by adding 273.15. Any temperature in °F can be converted into °K by adding 459.67 and multiplying the sum by 5/9.]



For example, at 300°K (80.33°F), the peak energy is 1.5 mW (milli-watt)/cm² at the wave length of 9.66 microns. At 500°K (440.33°F, hot oven temperature), the peak energy is 19.5 mW/cm² at the wave length of 5.8 microns. At 200°K (-99.67°F, deep freezing temperature), the peak energy is 0.2 mW/cm² at the wave length of 14.5 microns. The figure above is from "Up to Date With Far Infrared Waves" by Yoshinobu Egawa*. It shows the variations of radiation density vs. wave length as a function of the temperature of black radiation surface.

* Egawa, Yoshinobu - "Up to Date With Far Infrared Waves", Man and History Co., Tokyo, Japan, 1988

[Chapter 3]

THE REALIZING THE BENEFITS

- 1. Stages of Improvement**
- 2. Helpful Suggestions**
- 3. Additional Symptoms That May Become Intensified as Your Health Improves**
- 4. The Healing Powers of Long Wave Infrared Rays and Negative Ions**
- 5. Medical Treatment Utilizing Long Wave Infrared Rays and \ominus Ions**

[Chapter 3]

THE REALIZING THE BENEFITS

Results show an improvement in the cleansing of the entire body. The absorption of Long Wave Infrared Rays by the human body begins with the elimination of carbon dioxide. All people have toxins (waste material, poisons) which accumulate in their joints. Improvement in the body is felt by some people in one day, or it may take some people several months.

The different reaction times experienced between persons is explained by the fact that the health of one person can vary greatly to that of another person. Some people have a much more acidified body, and have accumulated much more waste materials than others. These persons will take longer to cure, and realize a noticeable change in their body.

Occasionally, these people will feel worse before they feel better because of the numerous years these waste materials have had to accumulate. There eventually will be positive evidence of improvement of the body as waste materials are eliminated from each cell. Even though this is a superior method of improving your body's health, it will take time for some diseases, and rarely, it can take one or two years for some seriously toxic disease conditions. Most people will notice the benefits of Long Wave Infrared Rays after a 20~30 minute treatment

Some persons with more serious muscle problems may take 2~3 days to notice improvement, and a few cases may take a week. About one out of ten people won't notice any reaction because they are blessed with excellent health, and are probably young. If you take your vitamins before sleeping on the mat, the effect of the Long Wave Infrared Rays greatly enhance the benefits of the vitamins.

1. Stages of Improvement

Your body will experience changes as the healing process occurs. During the healing process, you will experience feeling worse before your body feels better.

Don't let this worry you. This is part of the natural process as toxins and waste materials are eliminated from your system.

The following is an example of symptoms experienced as your body goes through "STAGES OF IMPROVEMENT"

- ▶ **High or low blood pressure**
 - Dull headache pains.
 - Stressful feeling in the neck shoulders.
 - Yawning.
 - Fatigue and sleepiness.
- ▶ **Diabetes**
 - Urine becomes dark.
 - Sweat occurs while sleeping.
 - Change in appetite.
 - Fatigue and sleepiness.
- ▶ **Stomach ulcer or ulcer of the intestines**
 - Experiencing pain in the stomach.
 - Heavy feeling and pain in the waist.
- ▶ **Athlete's foot**
 - Increased itching and perspiration of the feet.
- ▶ **Hemorrhoids**
 - Irritation of the rectal area.
- ▶ **Constipation or diarrhea**
 - Upset stomach.
 - Frequent release of gas.
 - Feeling of fatigue and sleepiness.
- ▶ **Hepatitis or gastritis**
 - Heavy feeling and pain in the waist.
 - Swelling in hands and feet.
 - The amount of urine increases, and is dark in color.
- ▶ **Inflammation of nose of qzena**
 - Drainage from nose increases.
- ▶ **Pyorrhea**
 - Have almost no feeling in teeth.
 - Gums become very sensitive.
- ▶ **Eczema**
 - Experiencing symptoms similar to hepatitis or kidney inflammation.
- ▶ **Neuralgia**
 - Temporary increase in pain.
 - Pain felt in various parts of body.
- ▶ **Weight reduction**
 - Increased sweating.
 - The amount of urine increases, and is dark in color.
 - Experiencing fatigue and sleepiness.
- ▶ **Metabolism**
 - Entire body or parts of it itches.
 - The weakest part of the body swells up and discoloration occurs.
 - Experiencing nervousness or insomnia.
- ▶ **Chronic fatigue**
 - Experiencing symptoms similar to hepatitis or Kidney inflammation.

2. Helpful Suggestions

- 1) Consult with your physician or health care provider. If you are currently taking medicine, continue to do so until condition improves.
- 2) Don't worry about your personal rate of improvement. Some people respond faster than others. Do not judge your progress compared to others. Many factors of a disease are different in each individual, and their progress will vary according to each individual's physical constitution, etc.
- 3) Continue using the Long Wave Infrared Ray treatment with the belief that it will improve your health or relieve any disease you may have.

3. Additional Symptoms That May Become Intensified as Your Health Improves

- More pain in the affected area. **(Including neuralgia, arthritis, & bruising around the area of past injury.)**
- Vomiting. **(Trouble with liver function.)**
- Facial rash. **(Trouble with blood pressure.)**
- Body becomes swollen.
- The function of internal digestive system is adversely affected.
- Tongue becomes rough. **(The function of internal secretion.)**
- Heart beat increases. **(Heart disease.)**
- Increase in frequency of urination. **(Kidney, bladder troubles.)**
- Itching. **(Especially in bruised area, skin allergy.)**
- Experience general fatigue. **(Improvement of blood circulation.)**
- Hands and feet heavy. **(Trouble with circulatory system.)**
- Nosebleeds. **(Hypertension.)**
- Suffering from diarrhea. **(Stomach trouble.)**
- Sleepiness. **(Blood acidity.)**
- Dizzy spells. **(Trouble in circulation system.)**
- Feeling languid and heavy. **(Blood impurity.)**
- Experience fever. **(Blood pressure system.)**
- Possible cold sores on the lip, boils, headaches and insomnia.

The above mentioned symptoms will begin to improve, in some cases, within 2 or 3 days after treatment begins. It may take longer to notice improvement with more severe symptoms, and may take a week for relief to be noticeable.

In the case of severe symptoms, you may need to take a rest of 1 or 2 days before resuming treatment. Some symptoms may take weeks or several months to cure.

4. The Healing Powers of Long Wave Infrared Rays and Negative Ions

WHAT IS THE BENEFIT OF THEIR EFFECTS?

- ① They improve our immune system (the body's defense system) by providing protection against harmful viruses and bacteria.
- ② The improvement of the body's defense system represses the increase of cancer cells by accelerating blastogenesis. According to tests on animals, the increase of malignant tumors like sarcoma and melanoma were notably suppressed. Currently, more research studies are being performed on the effect of cancer prevention.
- ③ Suppression and prevention of the effects of arteriosclerosis have been performed by stopping the formation of peroxide and adipose. A positive clinical effect was found with patients who had blood circulation problems.
- ④ Other diseases which showed notable improvement with this treatment include rheumatoid arthritis, paralysis, diabetes, occlusion by arteriosclerosis, raynaud disease, and progressive hardening of the arteries.

Currently, the effect on many other diseases is being studied. In addition to the above mentioned diseases which have been proven by clinical and scientific experiences, people have given testimony that positive and surprising effects of healing were realized on other diseases, such as, insomnia, chronic lumbago, arthralgia, menstruation pain, fatigue recovery, and maintenance of general health.

5. Medical Treatment Utilizing Long Wave Infrared Rays and \ominus Ions

1) *METABOLISM :*

Promotes the processes of life support by which a substance is assimilated or eliminated by the body. Long Wave Infrared Rays activate this process.

2) *BLOOD CIRCULATION :*

Pharmacologists say that improving blood circulation is very difficult. The Long Wave Infrared Rays and \ominus Ion treatment does promote better blood circulation which invigorates cells and eliminates waste materials and harmful fat.

3) *LACERATION : WOUND FROM BEING CUT :*

The effect of pain relief will depend on the size and degree of the wound. The healing period will be shortened, and the scarring effect will be greatly reduced.

4) HYPERTENSION :

Hypertension and arteriosclerosis are major causes of heart disease and kidney trouble starting with middle aged people. Improved blood circulation will lower blood pressure, and the autonomic nervous system is greatly helped by the heating effect.

5) LOW BLOOD PRESSURE :

Symptoms of low blood pressure are frequent dizziness and fatigue. There is normally no cure except for rest and enough sleep. The heat treatment method will promote perspiration and give energy to the body returning blood pressure to normal.

6) DEMENTIA : MENTAL DISEASE OF ELDERLY :

It is believed that Long Wave Infrared Rays improves blood circulation and metabolism which reduces the symptoms of senility by 60%. This treatment has provided very favorable results on mental disease.

7) CANCER PREVENTION :

It is believed that everyone has some cancer cells, mixed with our healthy cells, somewhere in our bodies. If we are in a weakened state due to overeating or fatigue, we are susceptible to developing cancer, over time, with the accumulation of harmful food products we consume. The Long Wave Infrared Rays within the range of 40°C to 50°C will weaken and destroy cancer cells without harming the surrounding healthy cells. There is data that suggests that 95% of ordinary malignant tumors die at a temperature of 43°C.

8) DIABETES :

Diabetes is caused by metabolic problems. Although results are not immediate, it is very helpful to have the Long Wave Infrared Rays cause perspiration which will gradually ease these symptoms.

9) LYMPHATIC GLAND :

This gland controls and balances a bodily liquid consisting chiefly of blood plasma and white blood cells. This affects the entire body including muscles,

intestines, and nerves, which eliminates waste materials.

10) PARALYSIS :

For a person who becomes paralyzed or becomes partially paralyzed by a stroke, the rehabilitation treatment is more important than medical therapy. This treatment takes a long time, and the Long Wave Infrared Ray treatment is very effective.

11) TRAFFIC ACCIDENT VICTIM :

The \ominus Ion treatment is very helpful for traffic accident victims who suffer from damage to their autonomic nervous system. The pain experienced by the victim is often so serious that only they can realize the degree of effect. They can get notable relief from the \ominus Ion treatment in balancing the autonomic nervous system.

12) RHEUMATISM :

An inflammation of the joint which causes severe pain in joints and muscles. The warm heat and Ion treatment improves blood circulation, revitalizes old tissue, and promotes production of enzymes.

13) MENOPAUSE :

When a female reaches 45-50 years of age she usually experiences symptoms such as feeling cold or hot, hypochondria, dizziness, headaches and anxiety. These symptoms can usually be relieved within a short period of time if they use this heat and Negative Ion treatment.

14) STRESS :

In the opinion of some people in the medical world, up to 75% of all diseases are caused by stress. Stress can be greatly reduced, or eliminated, by using the Long Wave Infrared Ray and \ominus Ion treatment. By perspiring and relaxing a satisfied mental and physical feeling is experienced. Many beneficial effects include weight loss, body odor elimination, improved skin condition, elimination of harmful minerals from the body, energy replaces fatigue, various symptoms of lumbago disappear, and a feeling of being refreshed.

**TESTIMONIES OF PERSONAL EXPERIENCES
USING LONG WAVE INFRARED RAYS &
⊖ ION TREATMENTS**

- ▶ A paralyzed hemophilia patient was able to stand by himself after using for one month. **(MM, 65 years old, Japan)**
- ▶ Pain from a spinal disorder was relieved. **(TI, Male 46 years old, Japan)**
- ▶ Mother reported her daughter overcame, in 3 days, a disease that caused bed wetting. **(MS, Female 10 years old, Japan)**
- ▶ A person suffering from epilepsy for 20 years reported to be much improved after using for one month. **(OA, Male 26 years old, Japan)**
- ▶ A woman suffering from hepatitis reported to be much improved after using two months. **(MM, Female 37 years old, Japan)**
- ▶ An elderly man reported a much improved condition of rheumatism. **(NK, Male, 73 years old, Japan)**
- ▶ A condition of lumbago and headaches was improved after using for one month. **(SK, Female 29 years old, Japan)**
- ▶ Overcame 20 years of chronic kidney inflammation. **(TI, Female 63 years old, Japan)**
- ▶ Lumbago cured. **(KM, Male 55 years old, Japan)**
- ▶ Resumed farming after healing sciatica (nerve disorder) and shoulder pain. **(TO, Female 52, Japan)**
- ▶ Improved hypertension and diabetes which enabled him to obtain insurance which had previously been denied. **(KS, Male 49 years old, Japan)**
- ▶ Overcame insomnia and was able to resume business. **(TK, Male 62 years old, Japan)**
- ▶ Improved lumbago, chest pain, and stomach acidity caused by alcoholism after 1 year of out patient treatment failed. **(MS, Male 47 years old, Japan)**
- ▶ Overcame severe insomnia after using 1 year. **(YI, Female 42 years old, Japan)**
- ▶ Facial distortion caused by a stroke relieved, Face returned to normal features after using for 2 days. **(Female, Hawaii)**
- ▶ Surgery due to diabetes cancelled after using 2 months. **(LN, Male 77 years old, Hawaii)**