How Far Infrared Saunas Support Detox, Immunity, and Lyme Disease Recovery Transcript

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Podcast Introduction and Episode Overview

Plains law says they're not supposed to be able to do what they did, but with the semiconductor chip technology, that puts it on a whole different later level.

So many times I run into people with wooden saunas and they say, I've got a wooden sauna that couldn't do with what my wooden Sauna does. And frankly, it doesn't.

It does way more. I like to say you can buy on Amazon, there's hundreds of portable sauna and every sauna is going to to every Saunah. And their sauna is selling for three to five hundreds on Amazon.

And they're frankly worth about a hundred dollars. There's a $1,200 sauna out there. It's probably worth, about four or $500. The $5,000 saunas are worth that.

Relax Sauna is a fifteen thousand dollar sauna, as I like to say, and it sells for $1500. And that's the difference. Hi, and welcome to the Lime Bites podcast, where we shine a light on the misunderstood science of Lyme and other vector borne diseases, as well as the truths that many still miss.

I'm Dr. Mariah Hinchy, naturopathic physician and fellow of the Medical Academy of Pediatric Special Needs. I specialize in treating chronic Lyme disease, as well as other complex inflammatory conditions.

In this podcast, we break down what's working and what is not. We share the facts that most people miss, challenge outdated thinking, and give both patients and practitioners the tools to heal smarter.

So let's get into it and change the way we heal Lyma.

Phil Wilsonu2019s Background and Sauna Discovery

Hi, and welcome to another episode. I'm your host, Dr. Mariah Hinchy. And in this episode, we're going to be talking about the benefits of infrared sauna as an adjunct therapy for treating Lyme and co-infections, as well as other complex chronic diseases.

And this goes way beyond just enhancing the body's ability to detoxify. There are actually, among other things, immune enhancing benefits from this light technology.

And for any of you guys who frequently go to any the Lyme conferences, my expert guest should be no surprise to you today. We have Phil Wilson from the Relax Sauna.

Welcome, Phil. Thank you so much for joining us. introduce yourself to our listeners and let them know how you got involved in this technology. Okay. Well, first I have a degree in mathematics, then I had an out-of-body experience, and then an energetic spinal awakening.

My whole body chemistry changed. I could hardly eat anything. Had to eat a really, really pure diet just to maintain sanity. Got into fasting. Pure Foods, and that was in 1971. In 1980, I actually opened up a health food store and a distributing company selling massage tools and cutting edge products to health stores and health professionals.

About 20 years later, went to a biological dentist show in Las Vegas, where I happen to live now, but didn't then. And the next day there was a spa show.

So I went the spa and one of my massage tool suppliers had a sauna there, a portable sauna. I said, oh my God, I cannot believe you can have a portable sauna in your home because I've always loved saunas.

And I talked to someone the other day, he himself joined gyms or joined spas twice just to use their sauna. So I did it three times in my youth because, uh, just have always love the idea of sweating and saundas it's always been incredibly invigorating for me.

And so anyway, I bought the sauna a year later when I could afford it. And a years later I got a call from Taiwan directly. The lady who called me said, our sauna has an advanced technology different than the one that you're selling online.

I said okay, how much is it? They told me. Okay, send me one. Everyone, oh my God, it was a night and day difference. I had sold six of those other saunas in 2000 and 2002, and I sold 24 saUNAs the next year in 2003, then 60 saUnAs, than 120 saNAs.

And actually in 2019, we sold 2000 saUnas, 2021, 4,000 saUs, And last year we almost sold 6,00 saUnis. So the world is. becoming aware that far-infrared saunas are not a passing fad, but as Rebecca Harder says in her book, Gastro Girl, Healing the World One Colon at a Time, she said, if you want to feel fabulous in the 21st century, a far infrared sauna is an absolute necessity and people do not realize how important Saunas are, I'll finish with Hippocrates, the great physician of Grecian times.

The father of modern medicine was quoted as saying, find me a way to create fever and sweat and I will cure disease. That's powerful. and I was talking to a doctor at a cancer conference in Jacksonville about a few months ago.

He said the Greek physicians actually, if you look at the derivative of the word, were called warmers. Their purpose was to warm the body so the give, they raise the body temperature so the, body can naturally heal itself.

That's the beauty of pharma is different than any other energy medicine device available and there are many good ones to the public and the doctors. So why do you think Rebecca Harder said that?

What do, you, think she was getting at? Well, as a colon hydrotherapist and also who owns a hyperbaric oxygen chamber clinic, she was selling wooden saunas for 10 years and just turned her nose every time she saw us at the conference.

And then she said, okay, in 2016, let me go in and try it. What the heck? Three minutes, she could feel the difference.

Why Far Infrared Saunas Matter for Lyme

When there's a problem in the world, the solution comes at the same time. That's just the way it is. The way the universe works. On both sides of the coin, something can't exist without its opposite.

So the the World was not toxic in 1960. They didn't need far-infrared saunas. You can study the history, the Amazon Indians, American Indians the Finns, every culture, Aborigines, Grecian baths, Turkish bath, Russian bath.

Every culture has found a way to help the body heal itself naturally. Well, with the amount of toxins in the world, the far-infrared saunas, which are called the superior sauna by Dr.

Sherry Rogers in her classic book, Detoxify or Die, it's all about far infrared sauna and how people were left to dead. She's an environmental doctor, people with chemical sensitivities and environmental problems were made foot to her door, and she was able to get them all back to feeling great using far infrared saunas.

And she called far-infrared sauna the superior sauna. Even the Mayo Clinic said in 2004 that far in infrared sauna are very therapeutic for heart patients, but that the heart patient should never use a finished sauna or a hot tub.

because the heart has to raise to maintain an equilibrium between the body temperature and the outside. With far infrared saunas, because they increase body temperatures significantly, that's not the case.

So Phil, why don't you tell our listeners, what is the actual difference between a Finnish sauna and an infrared or a far-infrared sauna? It's major, major.

because the purpose of a far-infrared sauna, and Dr. Sherry Rogers points this out in her book, is to raise body temperature. That's the whole purpose, of the far infrared sauna.

And it does that by sending the same frequency of light as the human body and the water in your body. You know, if you want to get specific, the 7 to 14 micron range is the specific magic frequency that matches water and the cells of the human body, all mammals and birds.

The water molecule is a far infrared molecule. It emits far-infrared light at 8 microns and it absorbs far infrad light. Human bodies, mammals, birds, we're at 9.4 microns.

So if we can shine the same exact frequency of light, it resonates with the water molecules. It vibrates, spins, and a physicist I talked to a couple of years ago, she told me that that increases the voltage of the watercolor molecule, which increases body temperature.

And then Hippocrates chimes in, bingo, I can cure you. You know, of course, he didn't know he can't say that in America, but he said I will cure your disease by increasing body temperatures, by giving you a fever.

Right, so it's really, it is actually like a fever treatment, which is what we, you know, heard the term, what were taught in naturopathic medical school.

It's inducing a fever treatment in the body, Which is our body's natural response when we have an infection inside of us. This is why we get a Fever, right?

You bet I remember age 11, 12, 13, 10, whatever, waking up on the third day of a flu, totally wet in bed, having sweated all night and feeling so fantastic.

I mean, I just love sweating, but you can have Lyme disease and go out and play handball or I don't know if you have a Lymedisease if can or basketball or whatever and sweat like crazy.

And the symptoms don't go away. Right. Because it's not just sweating. So can you explain the difference between you go in a regular sauna and the temperature is hot and it makes us sweat versus when you in the far infrared sauna, we have these lights that are actually penetrating deep into the cell, right?

And then that is enhancing like your core body temperature. Yes, the infrared energy actually between 4 and 14 microns, it penetrates 140 to 50 millimeters, which is one and three quarters to two inches.

Now near infrared, energy penetrate one to 2 millimeters and only does the surface of the skin. So near-infrared energy is totally ineffective for raising body temperature.

You have to be between 4 and 14 microns, and the Relaxauna has been tested by the Polytechnic University in LA. All of the energy, 100% of it is between 7 and 13 microns.

Now we've tested the relaxaunas just recently in Philadelphia. along with another portable sauna and the other portable Sauna increases body temperature only about 10 to 15 to 20 percent of that energy actually makes an impact on the water molecules and 100% of the relaxed sauna energy, actually, makes and impact and we're like, Well, we've been saying for 21 years that it's different.

It's like when you go in the relax sauna, it actually feels loving. You feel like your grandma's giving you a loving hug. Do you feel you're basking in divine love?

There's no preheating. you sweat in about seven, eight minutes, and a lot of times you can have a complete sweat and 15 minutes or 18 or 20 minutes. And the other sauna, the portable sauna I had, which was a good one, back in 2001, I took the chair out and I would go in, it would take 18 minutes of sweat and 55 minutes for me to feel I have a sweat, but there's still a difference.

It wasn't loving light. There's a big difference because the far infrared is soft because it resonates with us and matches our energy and because of matches are energy it's absorbed and penetrates and the other energies between like Dr.

How Far Infrared Differs from Traditional Saunas

Sherry Rogers says that We emit 3 to 50 microns, which is 3000 to 50000 micron, but it's mainly the 4 to 14 micron which has 4000 to 140000 nanometers.

It's red is 760 nanometer, violet 480. So the wavelength of water is about 10 times the wavelengths of red. And so red light energy, that's a great technology.

has a lot of benefits, but in PEMF and microcurrent technology and hyperbaric oxygen and ozone and rife machines, they all have great technologies. But the far infrared saunas are the only device whose purpose is to raise body temperature to give you the fever that Hippocrates talked about that was so important for true healing to take place where the body heals itself.

And so a lot of saunas can actually be depleting, right? They can take a load out of you, they can deplete your electrolytes. I've heard you say time and time again how the relaxed sauna is not depleted.

And in fact, it has a host of other repleting benefits. Would you like to talk a little bit more about that? Are you ready to transform the way you diagnose and treat complex chronic inflammatory illness?

Because what if everything you've been taught to treat separately is actually deeply connected. At the Limebite Symposium, we're bringing it all together.

Join us November 13th and 14th at the Fort Lauderdale Pompano Beach Resort in Florida. or attend virtually from anywhere for the premier functional medicine conference on complex chronic illness.

This year, we're diving deep into the interconnected drivers of chronic disease, including neuroinflammation, immune dysregulation, COVID spike protein related pathology, mold and mycotoxin illness, breast implant illness pans pandas, and of course, Lyme and other vector borne infections.

Because the reality is, your patients don't have just one of these. They have several. And if you're not trained to recognize how these layers interact, you'll continue to miss the root cause.

If you are a patient still searching for answers, this is the information that your doctor may be missing. This is how we move from symptom management to true healing.

So join us in Pompano Beach or from anywhere in the world. Don't get left behind. Register now at limebites.com. That's L Y M E B Y T E S dot com. There's a lady, Amanda, who I interviewed about four or five, six months ago.

She had a $1,200 portable sauna and a higher dose blanket. And they left her depleted and she gave them away because the relaxed sauna, after she got the relax sauna because it was revitalizing.

Now, why is it revitalized? That's the important thing because you don't have to resist the harsh energy that doesn't resonate with you. And that takes a lot of effort.

It's just so simple to be there. And if it's the same energy as you, you don't know it is not you. So there's no conscious awareness. That just penetrates very deeply.

Now, this is the energy when you go out into a sun on a hot day, You close your eyes and oh my God, it just penetrate you to the core. that feels so good.

This is this same Energy that goes through the sand and resonates with the water and turtle eggs and activates a turtle embryo to grow into turtle. And the sand doesn't get hot, but it goes to, and it only affects the water molecules.

If you have a heart pacemaker, you've a titanium rod, breast implants, all that stuff, none of that has affected only the, only water in your body and the organic cells.

And that's the beauty of it. So it's totally safe. It's a beautiful, wonderful experience. You really feel revitalized. And yes, you do. And I know that from experience, it does actually feel very, very similar to sitting in the sun versus with various other saunas, like a dry sauna, where it feels very depleting.

So how do the far infrared saundas enhance immune system activity? That's a great question. We have a little tiny brochure. Raising body temperature is just five major things.

It basically gets the whole metabolic functioning moving and mobilize the lymphatic system to get toxins out. the heavy metals, the plastics, glyphosates, and the dioxins.

It cleanses the body because it shakes the cell and allows the nutrients to go in and toxins to get out. Many wise health professionals have said that the only cause of disease is toxemia, getting rid of the toxins.

And so, number one, it mobilizes the lymphatic system. Number two, It increases microcirculation. and that always lowers blood pressure. So high blood-pressure, my gosh, people are so happy when they go in because the blood pressures always lower.

It also gets rid of inflammation, and a lot of people have reported to me that the scar tissue is gone. I think when I was a kid, we had a smallpox vaccine that everyone had scars when i was little kid.

And all of a sudden, a couple years ago, I said, i don't even know what arm it is because it's not anywhere near. it gets with a scar-tissue and we've had incredible you know, 10, 20 video testimonies on that.

But Lyme disease, we have 20 videos testimonials on people saying their Lymes symptoms are not there. They come back a year later. One lady at a show, she had neuropathy associated with Lyne, and she has a portable sauna that she'd been using for a years, And she got in many times for an hour, but 12 minutes in the relaxed sauna, Oh my gosh, She felt tingling in her fingers for the first time.

We also we're at a conference, we had two vaccine-injured ladies cry because they had feeling in their fingers for the first time in two and a quarter years.

And that's really heartwarming. The other lady, she had no, She could not feel the circulation in her leg. After she got in in five, seven minutes. What I've noticed is like, see, there's three, There's the venous saunas, the infrared saundas and the far infrared sauna.

There is a big difference because the, far-infrared sauna give you only the four to 14 micron light and the other infrared saunas. See, there's full spectrum infrared, which is the same of infrared.

It's just, you know, when Quaker Oats came out with natural, how come you call it natural? It has got sugar in it, refined sugar. Well, it's like full-spectrum infrared is just saying it is infrared and again, what the relaxed sauna does, is it uses the tent as a mirror.

Immune, Detox, and Circulation Benefits

There are three principles of far infrared light that most people didn't learn in seventh grade. It's a light, so those

aren't heaters, they're lighters because they shine light and light goes at 186,000 miles a second.

The Farnford goes to close because of how can we feel so good. And the other thing is that, and this is the hardest one, it's reflected by a mirror, even though it is invisible.

And so the relaxed sauna behind me, you can see it has a silver tent, and it goes through the blue cloth, hits the silver and bounce it. Now, what's nice is with Lyme disease, especially with lyme diseases, they're tricky little, whatever you want to call them.

They morph, They do all sorts of things. And in this particular sauna, the don't have a place to hide because every nook and cranny of the tent reflects the light.

When you sit in a wooden sauna and you're sitting in front of a window, The cat lies in the sun, not in a shade, because it's a light, it has to penetrate.

You have to be in front of the light. So you get all the nooks and crannies and some other of saunas, almost all of them, they don't have any front coverage.

And so your face, your chest, it doesn't get the healing light. And, so this is where the lime spirochetes and the other thing, I can't pronounce it. I'm sorry.

They can hide there. Then you also have the things about laying the eggs. So doing the Fart and Fett sauna regularly is really, really important. We are so pleased, we went to the ILADS conference about 12 years ago, and that's still our record.

We sold 43 saunas in one weekend and we were impressed. But again, doctors find that it's different and unique. And of course the patients and what I tell people in five to seven minutes, guaranteed, guarantee every time I have to, I say this tongue in cheek because it really true 50% to a hundred percent.

of a person's pain will be gone without sweating with your clothes on. And I've noticed it, but I never said it. I'd never been brazen enough to say it until the last year.

Usually I tell people, it feels like your grandma's giving you a loving hug, or it feel like you're basking in divine love. Now you've been using the Relax Sauna for many years, haven't you?

Yes, I have. I had one in my wellness center that I use personally several times a week. And I will say you have seen me running around for 12 hours a day in pretty high heels at the IELTS conference for about three, four days straight.

There's been time where my back has been killing me. Yes. So I'll come over to you and hop in the sauna. It's significantly reduced if not gone, which I know sounds too good to be true, but it actually is true.

Now, obviously that's different than people suffering from pain induced by Lyme disease, and that can be a little bit more stubborn, but you definitely can feel the difference.

I want you to talk about the patented semiconductor chips and the technology behind that, then we'll dive deeper into the physiological effects of the sauna.

That sounds great. The Relaxed Sonic Company in Taiwan was asked by a Japanese company, you know, in the southern islands of Japan, they have healing spas where people go and all of a sudden miracles happen in their health.

It turns out there's a preponderance of far infrared energy in those spots and those healing waters, along with Lourdes in France and et cetera. And so they asked the Relax Sonic company in??, can you make something like this out of electricity?

And 10 years later, they finally got back with them and said, we did it. It took us 10 to do it, but we found a way to, and they created a semiconductor chip.

Now Planeslaw says they're not supposed to be able to. Do what they did, with the semiconductor technology. that puts it on a whole different level. And without the computer semiconductor chip technology, it is impossible to do.

It's patented and other sonos simply do not have the technology. You either have carbon or you have ceramic. A long time ago, 10 years ago they used to fight among each other, which is the best.

But frankly, It is a second class of fire and threat energy and the relaxed sauna is like a third different level. It's totally a different and so many times I run into people with wooden saunas and they say, I've got a wooden sauna that couldn't do what my wooden Sauna does.

And frankly, it doesn't, that does way more. I like to say you can buy on Amazon, there's hundreds of portable saundas. Every sauna's going to be helpful to every sauna.

And the sauna is selling for three to five hundreds on Amazon. And they're frankly worth about a hundred dollars. There's a $1,200 sauna out there. It's probably worth, about four or $500. The $5,000 saunas are worth that.

Relax Sauna is a fifteen thousand dollars sauna, as I like to say, and it sells for $1500. And that's the difference if you have a grocery store four miles away from you and someone gives you a bicycle, you're ecstatic.

If someone give you motorcycle, even happier. But if have Mercedes, it's really nice and you can take all the groceries home with you in the car too. So there is a difference.

And it is like a lot of people think that all saunas are created equal. That's like saying all vitamin C supplements are the same. Well, sometimes you have 240 capsules and they're a gram and sometimes, you've 30 capsuls and there are a hundred milligrams.

So a lot of people don't realize that the dose of a sauna is something to look at. And people just, they say, oh, a saunas, the sauna, and then they just look the price.

Well every sauna different. They all have good benefits. Some have, but what you want is you wanna be able to increase body temperature. That's the secret.

That's the secret to increased body temperature because that's what does the magic. I know Dr. Paul Anderson, and he used to teach at Bastyr College for 25 years, he gives seminars.

He says it's remarkable the relaxed sauna can increase body temperatures from 101.5 to 101,9 every time. This he says is very remarkable for a sauna, it borders on being hyperthermia, which and you've got to be careful about using the word, but they have hospitals in Germany.

The purpose is to raise body temperature enough to kill all the parasites, kill the junk, and have specific technology available to them because if you increase the body to 104, 105, you kill everything.

But if increase to body 107, 108, it kills the human body, so you don't want to do that. So I want to interrupt you for one second here, because you're talking about the different saunas that are out there.

And I will tell you, I have had patient after patient, after introducing them, you know, to my sauna in my clinic, and then, they come back and they're like, Oh, look at the sauna that I found for like $200 on Walmart, it looks exactly the same.

bag for lack of a better, you know, with a heater inside of it. And you're getting in there and you are zipping this up around you and your basically just off gassing a bunch of plastics.

So I think it would be good for you to tell our listeners like what is the material that they're actually sitting in? You know like it's not plastic. Are you suffering from Lyme disease or another complex chronic illness and aren't sure who to trust when it comes to herbal supplements?

Hi, I'm Dr.

Relax Sauna Experience and Nervous System Effects

Mariah Hinchey, founder of LyMe Core Botanicals. As a naturopathic physician specializing in complex, chronic, infection-driven illnesses like LyME disease, i needed herbal medicine I could truly trust.

That's why I formulated LyMe Core botanicles. where our herbal tinctures are handcrafted in small batches right here in Connecticut. We use the whole herb, never isolates, to preserve the full spectrum of medicinal compounds.

Every single step from sourcing to extraction is done with precision to ensure maximum purity, potency, and consistency. These are the same herbal formulas I used to heal myself and have used for years to help my patients and family members heal too.

And now I'm making them available to practitioners and patients everywhere. Lyme Core Botanicals, herbal medicine you can trust from a doctor who lives this work.

Learn more at LymencoreBotanicles.com It's not plastic. It is polyester. I'm not a fan of polyesters. Wool and cotton and linen and silk, those are the only things I wear.

Finally I have surrendered. A few long sleeve shirts that are 60% cotton, 40% polyestery, which were given to me. But way back, I cannot wear a t-shirt that's part polyestry because I can't breathe.

I mean, I'm suffocating, but the polyester is good because it holds the heat in, and it's not off-gassing. The carpet in any house or any hotel is way more dangerous.

Now, there is a man who posted on reddit.com in February of 2017. He said, my gosh, look what the research on wooden infrared saunas can do. This is remarkable.

He bought a $300 Amazon sauna, then he bought $500 Amazon Sauna. They failed to increase body temperature more than a half a degree. And the most important feature of the foreign fed saunas is increasing heart rate variability.

they totally failed do at all. The research on sauna says heart-rate variability is increased. Then he brought a relaxed sauna and increased body temperatures three degrees in 25 minutes, but more importantly, the heart rate variability increase blew them away because it was far, far more than what the research on far infrared saunas says they can do.

There's a new book out by Ariel Calista Mellor called Infrared Illuminated, and she's got about 150 articles on research, on infrared sauna. And she also has been using Relaxana for two years.

She has a company where they infuse far-infra red energy into jewelry. So, she is very intelligent. and a good friend of hers is probably one of the foremost experts on fire and food energy on the planet, and he compares our saunas to the other ones and says, there is actually an incredible difference.

None of those sauns are, I mean, they're good. I means, if they all have testimonies, but if you want to increase body temperature, heart rate variability, especially with Lyme disease, that's a tricky one.

Mole toxicity, we get really good results. chronic pain. We've got six cancer clinics to sell the relaxed sauna. I'm just so pleased to be able to educate people.

And there's also probably concerns about EMF. But see, since we have nine times more far infrared energy than any other sauna, and it's been proven in Japan that that far infrared energy antidotes the negative effects of microwave EMF.

See this? That's a microwave device. A hundred times more dangerous than the EMf in any household appliance, let alone any sauna. That is something just to be able to note, but it actually, far-infrared sauna will antidote and undo the harm caused by microwave emf energy.

And that's beautiful to know and beautiful experience. So, Phil, for somebody with Lyme disease specifically, how many minutes, times a day, days a week do you recommend using the sauna to have this oxygenating and immune enhancing benefit?

That's the beauty of the relaxed sauna in that it preheats. It takes not 10 to 30 minutes to preheat, but 10-30 seconds. So five to seven minute treatments with your clothes on are incredibly effective with people for Lyme.

Sometimes after, occasionally, I mean rarely, we have had people have the Herxheimer effect. They go in for three minutes and oh my god. And so there are people who need to be careful and measure that.

But most Lyme patients that I've come across have been able to go-in for five, ten minutes. They test it gingerly and then they can do a 20-minute sweat and they come back a year later saying, you know, my girlfriend's All her symptoms are gone.

There's a naturopathic doctor out of Washington. Her line literate doctor said, well, okay, his wife is 70% better. Now you need to have a foreign-fed sauna.

He got ours, and within a few months, six months she was 95% She doesn't need to do it every day. She does it about three times a week. And so that's really heartwarming when you have so many benefits, but basically you could do at five to seven minutes, five, seven, eight, nine, 10 times, or you can do, you know, and I recommend it going with your clothes on.

and then all of a sudden, if you're feeling really good and you get to that crossroads in your life. Do I get out because I don't want to sweat or do I stay in because it feels so damn good?

Then you can take your clothes off and sweat. And so, you know, but a lot of people will do 20 minutes sweats once or twice a day if they can. Colorado says that when his patients, not necessarily Lyme, although he used to be medical director for Nassau for 10 years, and he says when patients finally start sweating, the non-sweaters, when they finally starts sweating there's a marked difference in their healing journey.

So that's what you want to do. But if you're not a sweater, you are not sweater. Eventually, if do it enough, And so many people have reported to me. And when they do start sweating, more magic happens.

Yeah, I've had a lot of patients who can't sweat initially when the go in there.

Semiconductor Chip Technology and Sauna Comparison

A lot them have really either impaired detoxification or they have just a really low vital force. I like using the sauna in conjunction with Epsom salt baths.

Doing the combination of those two therapies really actually helps to increase their vital forces. I think the vital force, that is crucial. And that distinguishes, I believe, the relaxed sauna from many of the other saunas.

I know we were at a cancer conference in Reno, Nevada, about 12, 15 years ago. This guy used to go across LA to his mom's house, 45 minutes, and go in the sauna, it would take 45 minute, he'd come out exhausted.

He did a 25 minutes total complete sweat at this conference and he felt rejuvenated. That's really important

because if you have Lyme disease, you want to be revitalized.

You want too, and there's something in the relaxed sauna that does that because it penetrates and cleanses and oxygenates the body. But what it does, it activates the parasympathetic nervous system in a way that others can't touch.

And that's the secret because see, I have a quasi definition of pain. I say it's awareness of time. If you've ever hurried or you worried, or you're weighted, all that's involved in time.

So when you activate the parasympathetic, you get outside of time, and you'll get into the moment. And that is where true healing can take place. When that nervous caffeine mind is not doing its thing, it's like when we're sleeping.

True healing takes place because we are not getting in the way. What happens is once you you, get all the nervous energy out, and you get to that zero point where you're calm and mellow, then the mitochondria can start creating real energy, true energy coming from you being connected with the divine, for you been connected to source, you've been in the present moment because that's where all the magic happens.

That's the beauty of what far infrared does. It oxygenates the cell, killing the anaerobic bacteria. We've tested to relax on it. it will increase muscle oxygen 45 percent.

I believe we haven't tested other saunas, but I don't know if they can increase muscle oxygen more than 20%. We have the Dodgers bought three saundas from us a couple of years ago, a lot of the other major league baseball teams.

It's for performance and recovery. Marathon runners, just recovering. This is so, so wonderful. And when you've got Lyme, you have got so much junk, going on in your body.

You need a break. I mean, I was putting people in the sauna about 15 years ago and I asked the lady, well, how do you feel? She said, relaxed. Next lady.

How do feel relaxed? Next later, How Do You Feel Relaxed? I said oh my God, that's why they call it the Relax Sauna. It never even dawned on me after eight years.

Because, you know, like most people don't realize momentum comes from the word moment or observed comes in the words serve. We just don' t notice those things.

But I think becoming aware of the pictures you're looking at is such a secret to life. And I'm actually writing a book about that called Pictures of The Mind, freeing yourself from beliefs that no longer serve you.

That book will be out this year. Look for it. I will. I look forward to reading it. We could go off on a completely different topic right now, but yes, I've been very much realizing recently that we create our own realities and we created them with our thoughts.

And so that can be a good thing or a bad thing. It's great because if you created your reality, you can't blame anyone and you're and, and therefore you have the power to uncreate it, It gives you freedom.

Or recreate it. That's right. So, Phil, I want to make it clear for our listeners because I don't want them to think from what I said that if you're not sweating, you are not getting any benefit.

It is true that you will still get benefit from this far infrared light even if don t have the ability to sweat or if cannot stay in it long enough to the point where you do start sweating.

Is that a correct statement? I've been at shows, I'd seen 30,000 people without sweating, get rid of 50% to 100% of their pain. There's so many benefits because you're still locally increasing the body temperature and it's a process.

It's process and one eventually has patience and honors the process, being where you are, allowing the healing to take place. If you, you know, it took you a long time to get to where your at.

and it takes a long time to cleanse the body. And you also, by the way, increasing body temperature, even one degree, if you have low thyroid, will help you assimilate nutrients 20% more.

Increasing the temperature allows you to assimilate your nutrients. I don't know most of us, but a lot of people have digestive problems. Problems assimilating, absorbing nutrients, but again absorbing the light and cleansing.

Cleansing the cells allows the nutrients to come in. That's so important and it restructures the water. It softens it. I can't say the word surfacent.

You know, I was talking to Dr. Jov who's written a lot of books back in the 90s. quite an amazing man and he was explaining to me what Far and Fred does and how it's so essential.

And when he had his clinics in New York City, he always told people to go into the wooden saunas and they didn't do it very often. But if you have a protocol and you're not doing a Far-and-Fred sauna along with your protocol, you're not getting the job done nearly as well.

You need to get the toxins out, and then the far-in-thread gives you the oomph to Get it out of the body. It's not musical chairs. you need the OOMPH to GET IT OUT OF THE BODY.

Far-In-Thread Saunas are almost like, I don't understand why not. Every single holistic health practitioner in the world doesn't insist on using far in- thread saunahs.

I mean, it's like it so it is an educational process. You know, they're different. What distinguishes farting from saunas from any, whether it be red light or near-infrared lasers or PEMF or microcurrent technology, the fart-in-foot sawnas increase body temperature.

That's the key. And that creep, that fever that Hippocrates, you know raved about. It's so important. It is. And so are these saunas available worldwide?

Yes, the Relax sauna is made in Taiwan and they ship to any country in the world. They give you the Australian sauna with the 220 volt, with Australian plug, French plug and English plug.

The Spanish plug, whatever, the German, yes. Unfortunately, after COVID, shipping used to be about $200 to another country, but now it's about 400 dollars.

I think in Israel it is 650, and that's just what can I do or say. But they will ship you from Taiwan directly the exact currency, electric currency and the plug that you need.

Okay. And you had said that there are $1,500, correct? Now, there is a deluxe for rich Taiwanese. I call it the Monet Sauna. It's for people who want to be special and it's got the embroidered logo on it.

And it does reflect a little bit better and it retains the heat better. And if you have money and you want the best, spend 2100 and get that. If you like the way it looks, I used to buy colored staples for seven times more than silver staplers because it brought me joy.

But incidentally, that reminds me, the relaxed sauna is the only sauna I know that brings joy and one day she showed up at the booth and said, oh, you're funny.

Mental clarity, getting rid of depression, all these mental, emotional, I mean it cleans, it purifies. It's like, just imagine basking in divine love, you know?

Recommended Use for Lyme and Clinical Results

It cleanses and purified everything, emotionally, mentally and physically. So I believe that and I've seen it and i've experienced it, but is there research on this?

Have you seen, you know, can you point our listeners who are critics to any sort of like research articles on the benefits of far infrared energy systems or saunas or, for those listeners that want to see like the concrete evidence before they are going to invest in something like this for themselves?

We have researched in 2004 with our little lamp, our portable lamp. I don't have it here, but we're the only sauna company that can actually use their technology as a lamp whether it be a professional lamp you can put over the tummy while you're doing colonics or the lamp that could get rid of a tooth pain from a 7 to 1 and 5 to 10 minutes.

This lamp in 2014, we compared it to a near infrared lamp and to nothing. And we were able to significantly increase circulation and to reduce pain, I think, to get rid of inflammation and reduce circulation.

I mean, increase circulations significantly more than the Nirenfred Lamp and significantly than nothing. So there is research. We have tested it recently about increasing muscle oxygen 45%. We've tested the energy coming out of the relaxed sauna at the Polytechnic University in LA, and 100% of energy actually is between 7 and 14 microns.

And again, Dr. Sherry Rogers says, we emit between 3 and 50, but mostly at 9.4 micron. The inner book on page 208, Detoxify or Die, which spawned the whole far-infrared sauna industry.

So we do have research, and we're working on getting research on not just the Pharenfred Ray. There's 150 articles about Pharnfred's Ray and what it can do.

And it's way more than, I mean, there's people who have been promoting Finnish saunas for a couple of years. Some of them are very vocal on YouTube, but they don't know about the Relax sauna.

They do not know the relax sauna, and it would blow them away because this is far more effective than any wooden sauna I've had and the wooden saunas are great and they've saved lives and people have had cancer.

They've gone into them and their cancers have gone away. It's been instrumental. Brian Clement at Hippocrates Institute has been promoting wooden sonas for years.

He now uses travels with the relaxed sauna. Dr. Klinger uses the relax sauna, Dr Robert O. Young has been using saunas for 40 years and he now uses to relax sauna.

We have many, many people and it's a slow process, educating people, getting them to try. And again, I believe in Chinese traditional medicine. I've been Chinese herbs since 84. My company was selling Chinese Herbs, medicinal mushrooms, green powders, oxygen products, aroma, essential oils in the 80s to health food stores.

I've been progressive and the fart and food saunas are amazing and I know from experience. But then again, like you say, some people, they have to have the research.

And I'm saying, jump in, experience it. Then you can, then you'll want to do the research. I mean, I was at his job, a doctor. What is the relaxed thought?

I said, it's loving light. Then he said. Can you give me something more scientific? And I went on to explain all this, whatever. And the next day he came back and said I think the loving light was the best description you gave of me to me because it's, I mean, it says my God, you feel revitalized after five minutes.

That's what I did right before I said I'm going to be a minute or two late. I had to get in the sauna for five minute. You know, didn't get a whole lot of sleep last night because I was busy getting things done on some other projects.

So to recap for our listeners, we have this loving light that is going to help your body to detox on a cellular level. It is gonna help to enhance immune system function, decrease inflammation, increase oxygen blood flow, but also

oxygen concentration and oxygen, concentration in the muscle.

Anything else that I'm leaving out, Phil? Well, it'll get the mitochondria, create ATP and nitric oxide. And a lot of people say, well, Nera and Fred will do this.

Well, maybe it will, but far infrared penetrates a little deeper. And frankly, from my experiences, it's far more effective. There's a lotta myths out there.

You know, people are concerned about EMF, and I know that the fear of EMS is a hundred times more dangerous than EMM itself. Like if you go on the Harry Potter set, you say Valdemir, I remember about five years ago.

This lady said, I don't want any dangerous EMF in my sauna. I said oh my guys, they said Valdemir, but it's, and again, you know, we have four people in Southern California and Phoenix.

They go into houses to make them safe EML. they all have relaxed saunas in their own homes. So, it like, let's talk about. the pure technology and giving you the far infrared light.

So the tent and all the, it's like, I'm giving your pure like ginseng, you know, and maybe there's a tiny, tiny bit of sugar in the coating, but I've given you wild genseng and it is 10 times more powerful than regular gnseng.

And so I finally said, okay, Fui and I started eating it and said oh my gosh, And I was not doing it before because of the little tiny. Bit of Sugar. so we learn after a while.

to not sweat the small stuff. We learned to just relax, listen to our inner guidance and just say, okay, let me go in and see.

Research, Safety, and EMF Discussion

And lo and behold, it's amazing. It blows people away because they cannot believe it feels so good so quickly. But that's, you know, each person when they're at their time, when their ready, then they are ready until then their closed minded and that is okay.

That's part of the process. And I'm here as an educator, this sauna is good, all saunas are good. This one can get results and it's sad because sometimes people don't get the results they were looking for.

I know if they had the relaxed sauna they would. So I am on a mission. A man with a misson, many missons. Basically, for people to become more free, part of being free is not having pain.

My mom used to say, if you don't have your health, you have nothing. Certainly, it really is nice to have health. For 55 years, I've been meditating on a pure diet.

I do my best to feel connected, to free. You know what happens? Then you can love and then you accept love. That's the best of all things. when you have had wonderful things happen, do you want to share it with the world?

And so I'm here to say the Relax Sauna is pretty damn good. You might want try it. No claims, not that it's better than another one. It's good, it gets the job done.

Great. So again, if our listeners want further this discussion with you or purchase one of the relax saunas, please again share your information with them.

Okay. It's Relax Saunas with an S, relaxsaunass.com. The special landing page online is Relaxsauna's forward slash line. My email is phil at relaxsana.

com. And I'm still accepting phone calls. One of these days I may not be so, you know, but it's six to six. I live in Las Vegas, I lived in Columbus, Ohio for 50 years.

I went to graduate school there in mathematics. So I still have my health food store there for 44 years that I opened up in 1980 selling progressive products.

And that's how to contact me. By all means, it's a 30 day money back guarantee. There's payment plans you can do online. We want you to get the sauna and if you don't feel better.

I mean, people who have had other saunas, other portable saundas have got the relaxed sauna, and they don' t send the relax sauna back. They sell their other sauna.

The one lady gave it away, a $1200 sauna..

Contact Information and Closing Remarks

. just gave it away because it left her depleted and the relaxon revitalized her. She said, I'm a detox specialist. I need to be revitalised. And so anyway, that gives you a little information.

The relaxona company has been business for 42 years. I have been in business 44 years and the Relax Sauna company is from Taiwan. It's not China and it works.

And the semiconductor chip that gives you only the 7 to 14 micron. That's the secret. it's a technology that makes it stand head and shoulders above others.

The Relax sauna can transform your house into a home because where there's home, there is a heart. a place of warmth. And houses should be built around, like in Finland, around the relaxed sauna.

Then put the stove in, then the refrigerator, maybe the washing machine, and then build the home. But it's a foundation for a home, if you don't have a relaxed sun in your house, than you have the house.

Not at all. Thank you so much, Phil, for being with us. I'm going to leave it at that. If this episode gave you an answer, brought you new insight, or made you think differently, subscribe to the Lime Bites podcast and share with someone who's ready to take control of their healing journey.

And if you can, please leave a review. It helps others to find the show. Thanks for listening and we'll see you next time.