Introduction to Far Infrared Saunas

Hi and welcome to another episode of the Healing Lyme Summit 2.0. I'm your host, Doctor Maria Hinchey, and in today's episode, we're diving into the powerful benefits of far infrared saunas how they support detoxification, reduce inflammation, and enhance overall healing for those with chronic health conditions.

Here with me today is Phil Wilson. Phil has his honors degree in mathematics and has an additional four years of graduate work in mathematics. He has spent pretty much his entire career and life in the alternative medicine field and really, personally believes in and has helped others with everything from fasting to herbal medicine to meditation and various spiritual practices.

And then most recently, has dived into the power of far infrared sauna, and he's going to share everything that he knows about them with us today. So welcome, Phil.

Thank you so much for joining me and our listeners at home. Tell everyone kind of how you got into your fascination with far infrared sauna. Us. I'd been selling massage tools and herbal products, to health food stores and health professionals for about, 20 some years.

And, I was always doing cutting edge products, like, I was selling green food, green powders in 84 Chinese herbal combinations in 84, chlorine dioxide at 88, essential oils in 86, and medicinal mushrooms in 80.

And I was selling tons of massage tools. I actually got inducted into the World Massage Festival Hall of Fame. Even though I've never charged for a massage.

But, I, I went to a conference in Las Vegas after a, we were selling massage tools at a biological dentist show in 2000, 2000. And afterwards in the same hotel was a spa show.

So I went to it and there was one of my suppliers who I was buying massage tools, and they had a portable sauna. I said, oh my God, I can't believe you can have a sauna in your home.

It's like, oh my gosh, this is you know, I think any little boy on Christmas couldn't be as excited as I was because I've always loved saunas ever since I was 16.

There's nothing, to me more invigorating getting into a sauna and sweating. I mean, that's just like, you know, a duck to water. That's great. Yeah, I know it's, any sort of ailment that's going on.

I always find that the heat and the light. So I have one of the relaxed, far infrared saunas in my office. And it's like, you know, it seems like it always makes everything feel better.

You know, even if you're getting sick, even if you feel like you're getting the flu or a cold or, you know, some sort of virus, I think raising your core temperature actually aids your immune system's ability, you know, to fight it off.

And then with the farm, Fred, technology actually helps to decrease inflammation. So I love mine for all of our listeners. I can see one right there behind Phil.

Right. If you guys are, are, curious as to what it looks like, but why don't you start off by telling our listeners what is a far infrared sauna? And how is this night and day different from a traditional heat type of sauna?

Exactly. Well, first let me point out that Hippocrates, the father of modern medicine, said, find me a way to create fever and sweat, and I will cure any disease that's very powerful, very powerful.

If you look up the benefits of a fever, it's profound. So I never say this is what relaxed sauna will do. I said, this is what having a fever will do and therefore I'm not making any claims.

How Phil Discovered Infrared Sauna Therapy

Now there's a very famous book called Detoxify or Die, by Doctor Sherry Rogers. I think you've heard of that. Yes. And and it's a classic. And she was an environmental medical doctor and the late 1990s, many people with multi chemical sensitivities and environmental problems, you know, led, led to were led to her door by the, medical establishment had left them all for dead and they came to her and she got almost every one of them, functioning in the society by using spas, infrared sauna.

And she said far infrared saunas are the superior sauna compared to the to the Finnish saunas. There's a lot of research, unfinished saunas, and everything that it says about Finnish saunas can be applied the far infrared sauna.

I like to jokingly say that a far infrared sauna is fact. Actually not even a sauna. It's an energy medicine device. And, you know, well, people said, why did they call it a sauna?

I said, well, a prairie dog is not a dog, is it? And the friend of mine told me that that is that if you call a koala bear a bear in Australia, you could be lynched.

And other examples are seahorses and sea lions. Yeah. But, and another example, a friend pointed out a hot dog is not a dog either. So, at any rate, the far infrared sauna works on a specific frequency.

And there's a very excellent book written in Japanese by a doctor named Doctor Yama. Toshiba Yamazaki. The name of the book is The Science of Far Infrared Therapy, and she's quoted in there as saying that upon application of foreign for an energy of the frequency 7 to 14 microns, that's a special frequency 7 to 14 micron.

When you apply that to the human body, it will vibrate the water molecules, because the water molecule vibrates at eight microns and the human body vibrates at 9.4 microns, as we are.

According to Doctor Gerald Pollack, the who wrote the book, the fourth Phase of Water. We're 99% water, although 79% of ourselves. Our water, the body is 99% water.

So the vibration of water is eight, human energy is 9.4. Mammals, birds 9.4. So we give you the 7 to 14 micron frequency. And Doctor Yamasaki says that vibrates the water molecules. Now that not only does it do that, but that weakens the ionic bonds between the hydrogen, the oxygen and thereby and the water molecules have a tendency to cluster so far, infrared energy, especially to relax on structures.

The water, which is really, really important in today's world and is highly acclaimed if you want to structure the water and to relax on a fine for the energy does that and that that causes the the trapped poisonous gases and heavy metals to be released from the body.

According to Doctor Yamazaki, now the 7 to 14 micron we've been promoting, 4 to 14, 7 to 14 for a long, long time. It turns out that the when I first started promoting the relaxant in 2002, they gave me a report, an analysis by one of the universities in Taiwan saying we're all between 4 and 14 microns, all the relax energy.

And I said, yeah, that's great. You know, that's nice. The relaxation is all between 4 and 14. We had a tested recently and Polytechnic University in LA and they tested it for one hour.

And for that whole one hour the vibration frequency was always between 7 and 14 microns. We sent the relaxed sauna and two other portable saunas to Harvard, MIT Science and Technology Lab, about a year ago.

And, they also confirmed that the relaxation energy was between 7 and 14 microns, which very interested is the $1,300 portable sauna. The full spectrum sauna, low EMF, supposedly, they tested that one, and that one turned

out to be 8% far infrared ray only.

And the the frequency that that sauna generated from 1.2 to 6 microns. So about 8% of that was far between 4 and 6. And I was really shocked. The Amazon sauna, the the all the energy was near infrared from 0.95 microns to to 1.3 to microns.

But the more important information from that was that the the penetration intensity of the relax on an energy was three and a half and four and a half times that of the other saunas.

Wow. That's really what it's boiling down to. These two other saunas acted more like Finnish saunas, right? Where they would increase the body temperature and maybe, you know, perhaps get somebody to sweat.

So you're getting the benefits of the heat. But really, there was no fa infrared technology, whereas the relaxed sauna has been tested over and over again to show that it's actually getting you between that 7 to 14 microns, which is where you need to get it to have the water in the in those cells actually turn into structured water.

Right. And and far more than that, because when we tested the relaxed sauna, we sent that $1,300 sauna and the relaxed sauna to, a laboratory. They did a study in Chicago.

The relaxed sauna increased muscle oxygen, 45%. Wow.

What Makes Far Infrared Different

Most saunas can't do more than 20%, but the the more important, study of that study was that we we the relax on it increased heart rate variability significantly more than the other sauna.

Can you explain what that means for our listeners that aren't, familiar with that term? It's like it's the heart's ability to to be able to handle any situation that comes at it.

It's, you know, that's, you know, it's it's it's, I know we had a chiropractor get in there, relaxed on it two months ago at a conference in Pittsburgh.

Yeah. And he his heart rate variability was 50. And when he got into the relaxed on it went down to 30. And when he came out it went up 136. And he said this is this is almost not believable.

I mean I, I've never seen any device be able to to put my heart rate variability in such a good shape. It's, it's sort of like the, the golden standard of, of measuring the ability of the therapeutic value of a sauna.

And it's again, my background is in mathematics and, and I just, you know, have talked to other people and they've, they've helped me understand heart rate variability a little bit.

It's, we also had a guy do a report on the relaxant and reddit.com, about eight to about, 7 or 8 years ago. And he said that he measured two Amazon saunas and they were not able to increase in 25 minutes the, temperature, the body temperature, more than a half a degree.

And the heart rate variability, they didn't increase it. None whatsoever. But the research confirmed the wooden saunas that he looked at had a big, nice increase in heart rate variability.

And, he said, oh my gosh, this portable Amazon sonnet could do it. That is, I'd be so excited. And the Tucson is he tried the $200. One of the $500 one just didn't do anything.

So he reluctantly got to relax on it and and was amazed because it increased body temperature not a half degree, but 2.9 degrees in 25 minutes. And not only that, the heart rate variability put to shame the increase that of the other, saunas.

And I know the Mayo Clinic has said, in 2004, they reported that, heart, their heart patients should not go into a regular finished sauna or a hot tub, because the heart would then have to race to find an equilibrium between the body temperature and the, outside temperature.

But they recommend highly foreign for the saunas, because that's not a problem, because you increase the body temperature with the foreign fans on us.

So the the heart's not a problem. And I think this is somewhat related to heart rate variability. Yeah. And I know with heart rate variability really like in the end what it's looking at is the autonomic nervous systems ability to handle stress really.

And so when we're dealing with, you know, all of these patients right. That that are the the multitude of patients that you and I are speaking with, you know, have these complex chronic illnesses a lot of times infection driven.

And so that really does a number on, the autonomic nervous system, putting a lot of these patients into a state of sympathetic dominance where they're stuck in that fight flight or freeze.

And, you know, one of my goals when I'm treating someone is to help them to balance the autonomic nervous system and help them to regain the ability to get into the parasympathetic, which is the rest digest and heal, you know, branch of the autonomic nervous system.

So again, you know, the point of looking at heart rate variability and why it's important is because it's a pretty cheap and easy measure, you know, of the state of the autonomic nervous system.

Yes, exactly. And I was listening to every minute, of that. Oh, I know you were. Yeah. So, Phil, talk to me about how how does the far infrared technology affect inflammation, right.

Because inflammation is another huge piece of Lyme and vector borne disease. And in my opinion, it's a big piece not only to helping to decrease severity and frequency of some of the symptoms that the patient has, but it's also a crucial step in helping the patient to regain immune system function, which to me in the end is is what the treatment is all about.

Regaining immune function. You know, we have we first, went to the Lyme conference, the Lyme, the Elad conference. I think that was 2013 when we first went there.

And, and that is actually we have never had a better show because it was the first introduction of introduction of the relax sauna. The those who had Lyme and Lyme literate doctors with episodes 43 saunas at that first show.

And since then we've gotten lots of feedback. We've been there almost every year since we've been to your your, Lyme Bites conference. And, we have about 20 video testimonial interviews from people who had Lyme disease or who had a lot of Lyme symptoms.

And most of them have, they're they're fine and they're functional. I know one one naturopath doctor mentioned to us that his wife was 75% better through going to a Lyme literate doctor.

And the doctor said, okay, it's time to do a farm for the sauna. You got to relax on it. And within months she was 95% functioning. And so we find that the relaxed sauna is is very, very effective.

And what you were talking about, see when you increase body temperature and get a fever, five main things happen. You detox the body, you increase circulation lowering blood pressure, getting rid of inflammation.

You flood the body with oxygen, killing anaerobic bacteria and parasites. And the fourth thing, and which is the most important. And this is where the relaxant appears to excel over any other sauna for some reason.

And that's why we're called the relaxed sauna. We activate the parasympathetic, nervous system in a way that

other saunas can't seem to do. And again, it's because we give you the exact frequency.

We give you 100% of the pure foreign for the energy that resonates with the water molecules. And this so it's absorbed in the body and penetrates. And if another stone is only giving you 8% or 20% or 50%, it's, it's, it's the same frequency as our human body.

So because of that, we don't resist it. We absorb it. We we open up to it. And that's why it's soft. And we call it loving light. So we have 100% loving light.

And it's, there's a detox specialist in Las Vegas who, you know, had a, that $1,300 son had a higher dose, blanket. And then she got to relax on it. She gave them both away because she she wasn't detoxed as much.

But the most important thing, she felt revitalized. She felt very, very revitalized. And, the the activating, the parasympathetic is why you get relaxed.

We we were in a mental health conference about ten years ago, and, this lady, her husband was a doctor, had a, an $8,000 wooden sauna that they since sold.

She got to relax on her bathing suit and for 30 minutes came back an hour later and says, Phil, I wanted to tell you that after 8 to 10 minutes in the relaxed sauna, I experienced the deepest, most profound sense of relaxation I've ever had in my life.

And so for for treating Lyme, as you mentioned, you want to get people in that relaxed state. And so so the conscious mind gets out of the way. And like when we sleep, the conscious mind is not anywhere around.

So therefore, you know, the the divine healing can take place because you're not getting in the way. And that's the purpose of the parasympathetic nervous system to get you into the present moment.

And I have a, a nice quasi definition of pain.

Detoxification, Inflammation, and Heart Rate Variability

You want to hear it? Yes, of course it it's it's the awareness of time. So have you ever worried or hurried or weighted all those involved with time? And if you think about those, those are all painful activities.

Yeah. So we want to get you when you get in the relaxed sauna. I mean, most people will do 20 minutes at night or 20 minutes in the morning, or ten minutes at night or ten minutes in the morning.

Now, what's very unique about to relax on over any other sauna? And this is, you know, like the unique position that we hold is that we the preheating takes ten to 30s, not 10 to 40 minutes.

And because of that, we can give 5 to 7 minute sessions in the relaxed sauna and have a profound influence on the body. And I will say, when I'm at conferences in 5 to 7 minutes, I guarantee you 50% to 100% of your pain will be gone without sweating with your clothes on in 5 to 7 minutes every time.

Every time. Right? People, people, a lot of them don't believe me. They get in and oh my God. But what? Before that? I tell them that it feels like your grandma's giving you a loving hug because it's a loving light.

Yeah. And I think the great thing, too, is that, you know, you don't have to sweat to get the benefit. So I think when people hear the word sauna, they think that they have to sweat to get the benefit.

You're not detoxing if you're not sweating, right? So therefore if you're not sweating, you're not getting the benefit. And it's kind of like, you know that that's not the point of this.

Like, yes. And the sweat that you get when you do sweat in this far infrared in the relaxed, far infrared sauna is

very different. You can tell that it's coming.

It's not just water coming out of your skin. It's actually more of like this oily. Like you can tell that it's coming from a deeper place and that it's actually sweating toxins out of you as well.

And one of the things that I love is that it's not, again, it's not the type of sweat that you're thinking, and you don't have to go shower right after.

And Phil, you've always told me it's better that you don't shower because your body will continue to have the benefits and to detoxify after the session is over.

Correct. Or another 20 minutes or so, you know. And if you do it every day, then then you can shower. But if you just do it twice a week, you know you want to, you know, get more benefits.

So it's always but it's yeah. So it's nice if you can wait 10 or 20 minutes, you can wait. If you if you don't like being wet, you can towel dry. Yeah.

But you'll continue to because I remember I gave a talk in Las Vegas at a naturopathy doctor show and, and the lady had just gotten in and she came to the talk.

She said, I'm still sweating. I'm still detoxifying, you know? So, I mean, you can choose to sweat. Yeah. You know, when you go in for five, seven minutes and if you sweat just a little bit on your clothes on, you're fine.

Yeah. Another thing that I love about this unit, too, is, you know, as as you can see behind fell everyone see how it has, like, the little cutout where, like, your head fell.

You want to pop in there and show everyone that you cared. So what I love is that your head actually sticks out of the sauna. And so I have a lot of patients who are claustrophobic.

Be have various, you know, breathing type issues. And by being able to get in and have your head out, there's no claustrophobic phobia and you're not necessarily breathing it in.

Now, if you wanted to, you could remove the chair or you could slouch down and stick your head under, but you also can pull the little folding chair out and you can sit on the ground.

And sometimes I will put a towel over that little neck hole on the top. But also from a sweating perspective, when your head is out, like your face, your, you know, your makeup isn't going to get all sweaty.

Your hair doesn't get all sweaty. So again, multiple times a week, I will actually jump into mine when I have a little break in between patients. And I will actually return emails because as you saw Phil, you can pop your hands out.

So I love to multitask and I love self-care, but I also have to, you know, get my work done. So this unit, in addition to being super affordable compared to these other, you know, big enclosed saunas, you can work it into your workday and you can actually get work done while you're in it.

I love to throw my brain tapping system on, right. Which, you know, you'll hear me talk about in another episode. And I will actually sometimes do like a guided meditation, with the brain tapping system while I am in the sauna as well, and kind of get a two for one.

There we are, working with, Brain Tap to get a sauna, relax on a program with them. Oh, that's great. I, I interviewed, Patrick Porter, you know, who's the the inventor of brain tap about.

Yeah, a few months ago. And he he used to relax on it every morning. And his daily, daily routine. That's wonderful. Yes. And and of course, a lot, a lot of other well known, doctors like Mariah Hennessy.

Who's that? I don't know, some woman I met, and, but the, you know, I mean, people who who've been injured by that shot also, have been men to say I had to, nurses who had been injured both cry because they had feeling in their fingers for the first time, or they could feel this circulation.

And and I also a lady had had a flu shot about 13 years ago and, she had, some kind of pain shooting pain in her feet for 30 years. She got in the relaxed on in ten minutes it was gone.

And a month and a half later, she wasn't in a wheelchair anymore. Wow. These are the kind of things that happen with the relax on that do not happen as nearly as often.

Other soreness, all soreness are good. They're all going to be helpful. But the relaxed on it is is probably 3 or 4 times more powerful than any $8,000 wooden sauna.

And we also did some research in Taiwan in 2023. And, the research proved that that the relaxed on a radiator, the relaxed sauna can actually get, toxins lead lead out of pigs.

Wow. Yeah. And that's profound because, you know, you know, the the naysayers say, oh, well, sauna don't detoxify you. Even though we know foreign puts on us do.

But you know, never to actually have research that says that I don't know of any research that says saunas will detox you of of letter Mercury or anything like that.

But this is actually a proven study in 2023. And we also have a study in 2020, 2004 comparing the relax on it to a near infrared light bulb and the, the relaxed sauna, lamp was able to penetrate and, and increase circulation significantly more than the near infrared lamp in humans and in pigs and in mice.

So basically, if it works for a pig and a mouse, it will usually work for a human too. Usually. That's a profound, you know, research that we've done.

So we we we've, you know, spent a lot of, time and money developing research to prove what we've been saying for years and years, about to relax on it.

I mean, on YouTube, you go to YouTube, say relax on a testimonials line, and there's about 20 testimonials, and a lot of them are old. We haven't gotten any recent ones.

But, you know, the people said, my symptoms are gone, my partner's symptoms are gone. It's been a year. You know, she's a wonderful person to live with now and stuff like, we all know how that goes.

Now, also what you said, mentioned then you can 17% of the toxins they say from foreign from soreness is I mean, 17% of the sweat is toxins. And in a Finnish sauna they measure it's only about 2%.

And in August, one year, about ten years ago, I was lying out in the sun and I started sweating. I said, God, that is so watery. And and I didn't realize how thick the relax on a sweat is because I've been doing it every day.

You know, it's a distinct difference. I can tell you that person only, so can you kind of explain why that is?

Lyme Disease, Parasympathetic Activation, and Rapid Relief

Like, how is it that the far infrared technology enhances the detoxification as opposed to just a normal sweat? Well, the deep penetrate to see, a doctor Chuck Stubbins, pointed out to me the other day, he's, a medical doctor, and he's also, I think, got a PhD in physics, and he's been studying fine Fred for 15 years.

And he said that the the far infrared energy works on the water molecules. Now, the near infrared and the red have no effect on the water molecules. They affect the protein of the body.

So that's a totally different technology. And we find that the far infrared, energy is oscillatory. See, it's wavelength and the near infrared and the red light is more photonic.

So I'm not sure if I said that. Right. It's, it's more chemical. And so the if you want to detoxify you, the far infrared energy is the most important.

And the more you can get a bit according to, my name, a guy by the name of, Matt Justice. He says the more far infrared energy you have in your sauna, the more therapeutic it's going to be.

So the myth about, you know, full spectrum infrared sauna is the full spectrum. Infrared sauna is the same thing as an infrared sauna. It's it's like it's it's the same thing.

And the Harvard MIT, technology lab pointed out that our sauna, by the way, we had 1/12, the EMF, the Lowy EMF sauna. I was going to ask you that. And we have four people who go into houses in Southern California and Arizona making houses safe, EMF wise.

Yeah. And they all have relaxed saunas in their home. And Doctor Yamazaki mentions in her book that far infrared energy antidotes the negative effects of microwave EMF.

This is, this is a microwave device, and it's 100 times more dangerous than any household appliance. So, you know, and even doctor Clean hearts, partner, when in the relaxed on of her, her elbow pain for a whole year with all the technology they have, they couldn't get it to go away in one session and relax on it.

It went away. And there's no problem with with the EMF from both of them. And, we've also, you know, tested the relaxed sauna. There's a there's a guy in Oklahoma.

He says, I've got 14 EMF, protecting devices I've tested and relax on a radiator by itself. Works far better than any of them could ever hope to be able to think.

And then way back in the past, you know, people have accused of having dangerous EMF when we're actually and we don't have any EMF. It's just by the feet.

So we don't have any EMF, at all above the knees, because we don't have any electricity. Right. And and, it, it and if you know what I tell people, if you've been damaged by EMF exposure in the past, what you want to do is you want to get a relaxant, because that will help antidote.

And, you know, Doctor Yamazaki also said, and I took this to heart. She said, farm for energy. Antidote, sunburn. I have put seven people with sunburn, pain of 7 or 8 in the relaxed sauna.

In the last ten years. Every single one of them came out with no pain. Wow. Yeah. Who would have thought? You have a sunburn? You. I'm going to get in the hot box, right?

Right. Yeah. Very counterintuitive. Exactly. And that's the word I was going to use. So I have a question with the position of the, conductors. Right.

Like the so the, the two little boxes that sit on the floor that you put your feet on top of, that's where, you know, the generators of the far infrared light is correct. Yes.

So if they're in the bottom and they're kind of facing the back of the sauna, right. Explain to our listeners how are they actually penetrating the body, like how because we would want them to come at us right in in all of these different directions.

We have to actually have the light hitting us. So what's the technology there in the relaxed on it that allows that to happen? Okay. Number one, you can't have absolute zero.

You can't have absolute 180 degrees. Now the speed of light is 186,000 miles a second. So if if the radiators on the bottom 179.9 at 186,000 miles a second, they're going to hit the the silver, which is acts as a mirror now, the silver in the inside of the black sauna or the silver on the outside of the inside, because if it goes too close and the way for you to know this is you go out into the hot sun on a hot day, close your eyes and you feel that deep, penetrating warmth to the bone, to the core.

That's far infrared energy. That's what goes to the sand and resonates with the water in turtle eggs, and activates the turtle embryo to grow into a turtle doctor.

Gerald Pollack says in his book for, The Fourth Phase of Water, that the foreign Bud Light goes that gives the power of the plant the power to move into bend.

So it's responsible for photosynthesis. So it's the loving light of the sun is the far infrared, not the near. The near penetrates 1 to 2mm. We get enough near because most of the sunlight is near.

We don't get enough far in the far infrared light that comes from to relax on. It is 100% pure, and that's what makes it so special. And you know, all the other technology microcurrent technology, ozone, hyperbaric oxygen chambers, PMA, I mentioned the red light, the near-infrared light.

They're all good. They're all healthy. And of course, you have the right machines. There's many, many energy medicine devices, but the relaxed sauna will compliment each and every one of them.

And if they think they're Batman, then I say we're Robin. Because we will make you work better. We will make you more therapeutic. So if whatever kind of device you have, you know, I mean, there was people who had a micro, technology conference.

I mean, at a booth next to ours. She got in, brought her partner over, and the partner, after seven minutes, she said, oh my gosh, I had cancer five years ago.

And all my systems are rebuilding themselves with the relaxed sauna. She'd never experienced that in her life. Another person, he he's got 5000, $6,000 machines and he got in and says, oh my gosh, I can feel my mitochondria in my hands now, my feet now my chest, now my brain.

I've never experienced anything like this, you know, because he's really energy sensitive. And that's and that's what happened to me. I had an experience in 1970 and 71 who I became very energy sensitive.

And that's why I've always been at the forefront of selling innovative products. And that's why the relax on it, it's different. It's totally different than any other saunas.

I've been in number of saunas and they're nice. And I won't say they're harsh, but they're not soft loving. And if you if you get in there, you notice there's a little bit of harshness in them and that that interferes with your totally peace ability of just being able to totally surrender because, you know, you don't have to fend off, the near infrared or the or the mid infrared because it doesn't penetrate the far infrared is your is your it's the loving light.

It feels like a grandma hug. It feels like you're basking in divine love. And we also had a lady, Karen. Russell, in that 2007 at the at camp conference, she went to, doctor, the she wrote, our toxic world.

Doris wrap and she said, what should I do? My doctors says I should get a foreign foot sign up for my heavy metal. But but the last 22.5 years, my blood report had become way off on the lead in the mercury and and on the mouse.

And so she said, go see Phil's got to relax on it. Within two months, she lost, you know, 37% of her, 67% of her cellulite. So her skin was no longer dry, was brilliant and bright.

And see, her blood report came back normal for the first time in two and a half years. So these are the kind of responses we get, you know, the pain goes away.

I mean, I've been to I mean, if you if you could be a fly on the wall while I listened to people telling me about the relaxed, honest experiences after 5 to 7 minutes, you you would in a heartbeat buy a relaxed sauna and there is a 30 day money back guarantee.

And that's really important, you know, for because I'm used to selling them at shows. Now I've done some interviews and sometimes we sell 100, 200 or 300 saunas, sometimes 40, sometimes 20, just to win the interview.

And very few people return it because, you know, I figured out why they don't return it. They can't use it the next day. You know, because it works. It really it's it's like some families, people, you know, I talked to a ten year old kid.

It's been in his house all his life. He couldn't imagine having a house without a relaxed sauna. And he probably would ask his his kid friends, what do you mean you don't have a relaxed son in your home?

It's like, you know, I mean, you know, it's it's they should build homes around the relaxed sauna. And I can guarantee that that if you have a relaxed son in your house, it will transform into a home.

Because where there's a home, there's a hearth.

EMF, Penetration, and Sauna Design Differences

And the relax on a works like a washing machine. The water from the washing machine cleanses every fiber of the clothes. It penetrates the clothes even though the clothes is solid and the farm food like penetrates every cell of your body and cleanses every cell your body.

Fine food penetrates, one and three quarter, two inches, 40 to 50mm during fat penetrates 1 to 2mm unless it's a laser. But that's a specific frequency.

But the the near infrared light bulbs can not only penetrate 1 to 2mm. And they again they don't affect the water molecules. And so we're talking about a very very specific treatment.

And it is very therapeutic. And we have very many many well known authors and doctors holistic doctors using and recommending the relaxed sauna because and they've tried we've got probably 100 video testimonies or on people who said I've, I've had wooden saunas with an infrared sauna, I've had other portable saunas and they don't feel the same.

And that's and that's what I'm trying to get across. It's qualitative. This feels it's, it's, it's when I and I talked to a doctor and I said, hey, it's loving light.

It's can you be a little bit more scientific? And so then I went on for ten minutes explaining. He came back the next day and said, you know, the best description of the relaxer was loving light, because it really is.

I mean, and I can attest to that as someone who's been using it for, oh my gosh, probably. Almost ten years fell. It's been almost ten years. And by the way, that's that same original sauna that I've been using multiple times a week that various patients use, you know, so for the for the price point, which is very affordable, it is very durable.

I've had zero issues with it. And it's amazing. And I think, you know, I've had a wooden sauna that had the far infrared panels and it doesn't have this sort of, I call it like a mirror ball built into it.

Right. That reflects the light. So like in that sauna you're only getting and Phil, you correct me if I'm wrong. You're only getting the far infrared on the part of your body that is sitting directly in front of that panel.

So it's not kind of coming at you at all of the various angles, because the inside of that sauna is wood, so that technology is only going to benefit you where you have your body basically stationed right in front of that panel.

So that's a big difference, too. It's not like the whole entire wooden sauna is actually filled with this technology. So I

think that can be an issue with a lot of these other more expensive saunas.

And then again, it is just a very, very different feeling. It's a different feeling of the light and the way that it feels. And again, even with the sweat, even though that's not what we're focused on, the sweat is a very, very different feeling.

Sweat. Yes. Now, the, if you're sitting in front of a glass door, no, you're not getting any foreign put light on your on your face. With the relaxed on.

I sort of didn't finish, but, you know, the the silver tint at 100. If it's 70, it's going to ricochet like, like a billiard table. It's you're going to be immersed, totally immersed in a light box with invisible light.

And, and if you measure the, the brightness of the invisible light, which is pretty hard to imagine. But snakes can see that the relaxed aura brightness is far greater than the brightness of any other sauna, because we give you the pure, far infrared light.

And we've we've interviewed snakes. We're the only sauna endorsed by snakes. Yes. To be next to us was an animal communicator with their two snakes. And they all got in and gave us a 26 minute interview.

And they said, this light is way, way better than the light in their cave, in their cage. Oh, so think is that can we find that on YouTube? Yeah, it's on YouTube. There is, you know, pretty relaxed.

A testimonial snakes or animal trainer and it should be in there's 26 minute interview and the snakes really really love to relax on the. Yes they did okay.

All right. So in summary we have anti-inflammatory effects. We have obviously the detoxification piece right. On a deep cellular level we have improvement in mitochondrial function.

We have a decrease in oxidative stress. We have a balancing effect right of the autonomic nervous system which we've seen and the heart rate variability studies.

We have increased oxygen to muscle cells. And then we have all of these other benefits that we didn't actually get into that basically come from increasing the core body temperature by over two points.

And again, since this is a Lyme, you know, summit interview, right? Part of that, you know what I think a lot of people don't realize is that it's antimicrobial.

So like the whole reason why our body even mounts a fever, one of the reasons that our body mounts a fever when we are exposed to a virus or bacteria is to actually raise the temperature of the body to the point that it kills that organism.

So by raising your body's temperature, you are getting some anti-microbial effects. Not to mention all of the other immune system benefit of mounting a fever.

Now hypothermia is is is known. I shouldn't say known, but, it is it is sometimes called the fourth cure of cancer. Oh, for sure. And, there are about 5 or 6 cancer clinics that promote the relaxin and actually sell it to their patients, after they visit their, their, their centers or their, their cancer clinics.

And, there's a, place in, Saint George, hospital in Germany where they increase the body temperature to 100 and 506. That kills everything. And they have very, very sophisticated equipment that doesn't let the body to get to 100 and 708, because the body will die, and that'll defeat the whole purpose of getting rid of the cancer.

But but using the relaxed sauna every day, you know, or twice a day or three times a week that can be a very, very, very easy alternative. And, and we are so grateful that so many people who, who have tried other saunas and have had Lyme disease have then tried to relapse sauna and gotten the super the success that they were looking for.

They've gotten the relief. And that's why, you know, I have this passion because, you know, the relaxation is so special, so special. And, you know, for years I meant I would go to conferences and people would walk by and they they chuckle at me and they said, well, I have a wooden sign, I have a real sauna.

Yeah. Well, you know, Doctor Robert Young, has been using science for about 30, 35 years. He's one of the pioneers. And he for the last ten years, he's been using the relaxed sauna.

And he's giving me two interviews and explaining about the interstitial fluid. And, you know, doctor Roger Billick has, he used to be, medical director of Nassau for ten years, and he's got a place in Colorado, and he's been using the relaxed.

We met him at a cancer clinic for about ten years. And doctor Bill, opponent in New York, he wrote the book. No sweat, no sweat. The lady who wrote the book Gangster Girl.

Rebecca harder, healing the world, one colon at a time. She, says if you want to feel fantastic in the 21st century, an app, a phone, the sun is an absolute necessity.

And she's one person who used wooden saunas for ten, ten years. She should go by our booth and said that couldn't do. Yeah, this couldn't do what a desktop computer of ten years ago could do that somebody couldn't do.

Well, my, you know. And then she got in and and two minutes she could feel the difference. And she has like 15 pages on the relaxed sauna in her book Gastro Girl.

And there's another book out called Infrared Illuminated, by, Ariel Calista miller that she'd been using to relax on it for 2 to 2 years. And she sells some kind of fine for jewelry or something like that, but but she's got about 150 research articles and foreign for sun annotated in her book that's available on Amazon or our website, too, that our website is relaxed on us within this.com.

That's probably important for people to know, because if you go to relax on a.com, it's a crazy website that they want me to buy for $17,000. Wow. Yeah.

All right.

Research, Testimonials, and Final Recommendations

So once again, our listeners, if they would like to purchase a relaxed sauna or find you the website is relax saunas with a nest.com relax on us dot com.

So relax as a you and a Askham. You're good. Awesome. Well thank you so much for joining us fellow. I do want to make one point to the listeners and well, one clarification.

You're not suggest setting that someone can use the relax sauna to get their body temperature up to like 104 or 105, right? You can get the core temperature up by about two, two and a half.

So really we're looking at probably not raising it over, you know like 100.5. Correct. Yeah. Doctor Paul Anderson, gave us a two minute video says that he can get the the body temperature up to 101.5 to 101.9 every time.

And he said, this is really almost unheard of in the sun industry. And he it's it's the sun that they recommend as well. Okay. I just want to make that clarification, right. Yes.

It's not going to get to that high. But but if you know, I mean I suppose if you're like the finished the wood saunas, you know, 186 degrees to 200 and, 12 degrees.

And I say that the relax on a can can create heat shock proteins more at 140 to 150 degrees that they can and they don't know about the relaxed solid.

They say the wooden infrared saunas cannot increase heat at proteins like they can that at that extreme athlete temperature. But but to relax on a can they just haven't discovered us yet.

And when we talk to them about us, they don't answer. But you know in time I suspect they'll say, except for the relaxed sauna. Yeah. And, you know, just another points.

The listeners, you know, I've had I show people this sauna, I talk to them, my patients about the technology and whatnot, and a lot of things that Phil and I have have talked about today.

And, you know, like I said, have patients using them in my clinic as an adjunctive therapy. And I've had a couple patients go out and find the one on Amazon or at Walmart that looks identical, but it isn't okay.

You're basically just heating yourself in a plastic bag. There is a very, very big difference. You don't want to be sitting in plastic that's off gassing.

You don't want to have the emfs. And again, bottom line, the far infrared is not necessarily about the heat and the sweat. It's about this light technology.

And like Phil said, this is like in an energetic healing device. It's not just about the sweat. It's not just about being in a sauna. So now the the Amazon saunas, they don't have the correct wavelength.

And that's, that's the issue. They don't have the correct wavelength. It's like an example is I'm promoting B12, saying how great it is and I'm selling a, B, a B complex supplement and you buy the B supplement for me and said there's hardly any B12 in it.

And so the, the on Amazon, they, they extoll the values of foreign food saunas. And then they say here's my son. That's nice. But you haven't done any research on your sauna.

And it turns out when we when we measured it, we couldn't believe it was 100% Nir. And 0% fire. And even if it had, you know, it's, it's and yeah, it's, it's, they're still good.

They, you know, it's like another analogy I had you, you live five miles from a grocery store and someone gives you a bicycle, and you were so excited because, you know, it just cut your time and and, like, in, like.

Yeah. And then someone gives you a Mercedes. Is it? God, I can even take the groceries home with me. And the Mercedes is like the relaxed sauna. And the bicycle is like, you know, exaggerating.

Like a lot of the other saunas. But. So that's why everyone's raving about them. They're great. But if they tried to relax sauna, they said, oh, well, this was great, but oh my gosh, this is this is the bomb.

Yeah, yeah. And so we want we want you to have the best because when you have Lyme disease that's a very, very serious disease. And and again when I was you know I, I've had a health food store since 1980 and people have been coming to us since the 80s saying we are blind, we have Morgellons, we have all sorts of health problems.

And, you know, we've been able to help them with with some of the many products that we've been promoting that I've educated myself about. But the pinnacle of all products that we have that helps you become more aware and more centered and more tuned in, is to relax on it.

It really is. It's like one of the, the greatest, tools we have in our holistic health toolbox to help people improve their health. Yeah I agree, thank you, fell.

And thank you to everyone at home for joining us. I hope that you found this episode helpful on your journey to healing from Lyme. Take care. We'll see you next time. Thank you Mariah.