Revitalize Your Health With Far Infrared Sauna Therapy Transcript

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Introduction to Infrared Sauna for Lyme

Hi, and welcome to another episode of the healing Lyme's summit. I'm your host, Dr. Myriah Hinchey, 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 of 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. Then I had a, an energetic spinal awakening, and my whole body chemistry changed. I could hardly eat anything. I had to eat a really, really pure diet just to maintain sanity.

I 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 food stores and health professionals.

about 20 years later, I went to a, 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 to the spa show and one of my massage tools suppliers had a sauna there, a portable sauna. I said, oh my God, I cannot believe you can have a portable sun 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 saunas and I did it three times in my youth because I just have always loved the idea of sweating and saunas.

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 year later I got a call from Taiwan, directly.

The the lady who called me said, our sauna has advanced technology different than the one that you're selling online. I said, okay, how much is it? They told me.

I said, okay, send me one and everyone. Oh my God, it was a night and day difference. I had sold six of those other saunas in 2002, and now it's October of 2002, and I sold 24 saunas the next year.

In 20, in 2003, then 60 saunas, then 120 saunas, and actually, in 2019, we sold 2000 saunas, 2021 for 2000 saunas. And last year we almost sold 6000 saunas.

So the world is becoming aware that far infrared saunas are not a passing fad. But as Rebecca Harder says in her book Gastra 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. 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.

Phil Wilsonu2019s Background and Sauna Origins

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, the word we're called warmers.

Their purpose was to warm the body so the body could naturally heal itself. And so some of those do not heal. They give they raise the body temperature so the body can naturally heal itself.

And that's that's the beauty of far infrared sauna is different than any other energy medicine device available. And there are many good ones to the public and to doctors.

That are actually, So why do you think Rebecca Harder said that? What do you think she was getting at? Well, as a cooling hydra therapist and, also, who owns a, hyperbaric oxygen chamber clinic, she was selling wooden saunas for ten 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 dry it. What the heck? Three minutes. She could feel the difference. And, it's it's like in, in, you know, when there's a problem in the world, the solution comes at the same time.

That's just the way it is. That's the way the universe works. on both sides of the same coin, something can't exist without its opposite. So the world was not toxic in 1960.

They didn't need foreign for saunas. You can study the history, the Amazon Indians, the American Indians, the Finnish, the Finns, every culture, the Aborigines, the Grecian baths, the Turkish baths, the Russian bands.

Every culture has found a way to to help the body heal itself naturally. What would the amount of toxin in the world the far infrared saunas, which are called the superior sauna by Dr. Sherry Rogers in her her classic book Detoxify or Die, which is all about far infrared saunas and how people were left for dead environmental.

She's an environmental doctor. People with chemical sensitivities and environmental problems were, you know, made a, a foot to her door, and she was able to get them all back to feeling great using far infrared sauna.

And she called far infrared saunas the the superior sauna. And even the Mayo Clinic said in 2004 that far infrared sauna was are very therapeutic for heart patients, but that the heart patients should never use a Finnish sauna or a hot tub because the heart has to raise to maintain a equilibrium between the body temperature and the outside with foreign food saunas, because they increased body temperature 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, the purpose of a far infrared sauna, and Sherry Rogers Dr. Sherry Rogers points us out in her book is to raise body temperature.

That's the whole purpose of a 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 the water molecule is a far infrared molecule. It it emits far infrared light at eight microns and it absorbs far infrared light. Human bodies. Mammals. Birds.

We're 9.4 microns. So if we can shine the same exact frequency of light, it resonates with the water molecules. It it vibrates, spins. And a physicist I talked to a couple of years ago, she told me that that increases the voltage of the water molecule, which increases the body temperature.

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

Right. So it's really it's actually like a fever treatment, which is what we, you know, heard the term, what we 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 you bet. I remember age 11, 12, 13, 10. Whatever. Waking up on the third day of, of a flu, totally wet in bed, having sweated all night and feeling so fantastic.

I mean, I, I just love sweating. But you can you can have Lyme disease and go out and play handball or. I don't know if you have Lyme disease, if you 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 like can you explain the difference between you go in a regular sauna and the temperature sure is hot and it makes us sweat, versus when you go in the far infrared sauna and 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 far infrared, the far infrared energy, actually between 4 and 14 microns. It penetrates 1 to 40 to 50mm, which is one and three quarters to two inches.

Now near infrared energy penetrates 1 to 2mm 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 relax on has been tested by, the the Polytechnic University and LA.

All of the energy 100% of it's is between 7 and 14 microns. Now we've tested the relax on a just recently in Philadelphia, along with, another portable sauna and the other portable sauna increases body temperature.

only about 10 to 15 to 20% of that energy actually makes an impact on the, water molecules. And 100% of the relax on energy actually makes an impact. And and we're like, well, we've been saying for 21 years that that it's different.

It's different. It's like when you go in, relax on it, it actually feels loving. You feel like your grandma is giving you a loving hug. You feel like your best.

You know, divine love is what you know. There's no preheating you. You sweat in about seven eight minutes and a lot of times you can have a complete sweat in 15 minutes or 18 or 20 minutes.

And the other son of the other 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 to sweat and 55 minutes for me to feel.

I had a good sweat, but there's still a difference. It wasn't loving light. There's a big difference. because the the far infrared is soft because it resonates with us and matches our energy and because it matches our energy, it's absorbed and penetrates.

And the other energies between like Sherry, Dr. Sherry, Roger says that we emit 3 to 50 microns, which is 3000 to 50,000, microns, but mainly is to 4000.

I'm sorry, nanometers. Okay.

Far Infrared vs Finnish Sauna

But it's mainly the 4 to 14 micron, which is 4000 to 14,000 nanometers. It's red is 760 nanometers, violet 480. So

the wavelength of water is about ten times the wavelength of red.

And so red light energy. That's a great, technology has a lot of benefits, but and PMF and microcurrent technology and hyperbaric oxygen and ozone and reef 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 the body heals itself.

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

And in fact, it has a host of other rippling benefits. Would you like to talk a little bit more about that? Yes. there's a lady, Amanda who I interviewed about, four or 5 or 6 months ago.

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

Now, why is it revitalizing? 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 and if if it's the same energy as you, you don't know it's not you. So there's no conscious awareness. It just penetrates very deeply.

Now, this is the energy. When you go out and do a sun on a hot day, you close your eyes and oh my God, it just penetrates you to the core. That feels so good.

This is the same energy that goes to the sand and resonates with the water and turtle eggs, and activates a turtle embryo to grow into a turtle in the sand.

Doesn't get hot, but it goes to and it only affects the water molecules. If you have a heart pacemaker, you have a titanium rod, breast implants, all that stuff.

None of that is affected. Only the water, only the water in your body and the organic cells. And that's the beauty of it. So it's totally safe. It's just 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 does feel very depleting.

But so how do the far infrared saunas enhance immune system activity? That's a great question. I, we have a little tiny brochure. We say that raising body temperature does five major things.

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

it just it cleanses the body because it it shakes the cell and allows the nutrients to go in and the toxins to go out. many people have said many wise, health professionals have said that the only cause of disease is toxin.

We are getting rid of the toxins. And so, number one, it gets rid of, it mobilizes the lymphatic system. Number two, it increases micro micro circulation.

And that always lowers, blood pressure. So high blood pressure. Oh, my gosh, people are so happy when they go in because the the the the blood pressure always lowers.

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 scarred when I was a 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 rid of scar tissue.

And we've had incredible, you know, 1020 video testimonies on that. But Lyme disease, we have 20 video testimonies on people saying their Lyme symptoms are not there.

they come back a year later. one lady at a show, she had neuropathy associated with Lyme, and she had a portable sauna that she'd been using for a year.

And she got in many times for an hour. But 12 minutes in the Relax Sauna and 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 crying because they had feeling in their fingers for the first time in two and a quarter years. And that's that's really heartwarming.

The other lady, she had no, she could not feel the circulation in her leg. And, after she got in and 5 or 7 minutes and what, what I've, what I've noticed is like, see, it's it's see, there's three there's there's the finish soreness, the infrared saunas and the far infrared saunas.

There's a big difference because the, the far infrared saunas give you only the 4 to 14 micron light and, the other infrared saunas. See, there's full spectrum infrared, which is the same.

Have infrared. It's just it's just you know, when Quaker Oats came out with natural. Wait a second. How can you call it naturals? Got sugar in it? Refined sugar. Well, you know, it's like, all full spectrum infrared is just saying it's infrared.

And again, what the relax on it does. It uses the tent as a mirror. There are three principles of far infrared light that most people didn't learn in seventh grade.

It's it's a light. So those aren't radiant. Those aren't heaters. They're lighters because they shine light in there. And light goes at 186,000 miles.

The second light goes to the furnace, it goes to close. Because of how can we feel so good, the core of our being through our clothes, it goes through.

And the other thing is that, and this is the hardest one, is reflected by a mirror, even though it's invisible. And so the relax on it behind me, you will see it has a silver tint and it goes to the blue cloth.

It's a silver and bounces. Now what's nice is with Lyme disease and especially with Lyme disease, they're, they're they're they're tricky little, you know, whatever you want to call them.

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

Now, when you sit in a wooden sauna, the whole and you sit in front of the window or the it you have, the cat lives in the sun, not in the shade. Because.

Because it's a light. It's not heat. It has to penetrate. You have to be in front of the light. So you 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 the Lyme spirit kicks in.

The, the other thing I can't pronounce. I'm sorry. they, they, they can hide their. And of course, then you also have the things about laying the eggs.

So doing the, the far infrared sauna regularly is really, really important. And, and we are so pleased we went to the Islands conference about 12 years ago and that's still our record.

We sold 43 saunas in one week. And, 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 5 to 7 minutes, guaranteed, guaranteed.

Every time I have. I say this tongue in cheek because it's really true, 50% to 100% 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 never been brazen enough to say it until the last year. Usually I tell people it feels like your grandma is giving you love in a hug, or feels like you're basking in divine love.

Now, you've been using the on a for many years, haven't you? Yes, I have, I have 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 Islands conference for about three, four days straight. And, you know, there has been time where my back has been killing me.

And yes, I will come over to you and hop in the sauna. And I mean it is it's significantly reduced, if not gone, which I know sounds too good to be true, but, it it actually is true.

Now, obviously that's different than people suffering from, you know, pain induced by Lyme disease. And that can be a little bit more stubborn. But, Yes.

You definitely can feel the difference. So can you please share your contact information with our listeners? Yes. The the website is relax honest.com.

We have a special landing page on that specifically talks about Lyme disease and that relaxed soreness. And that's with the nest relax honors.com/line L me it doesn't have to be capitalized.

It can be lowered doesn't matter. So relax on scams line. my email is fill at relaxed sinus.com. there are more than welcome to come call me on the phone as well.

I'm still giving out my phone number. It's 626 284 54. And, I love talking about just the spontaneity of of how to relax on a, does wonders for a person's vitality, their awareness, their freedom.

I want you to talk about the patented semiconductor chips and, like, the technology behind that. And 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, the in the 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, in those, healing waters, along with Lourdes and France and etc.. And so they asked to relax on a company in Taiwan.

Benefits for Detox, Immunity, and Pain Relief

Can you make something like this out of electricity? And ten years later, they finally got back with them and said, we did it. It took us ten years to do it, but we found a way to.

And they created a semiconductor chip. Now, Planck's 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.

And without the some computer semiconductor chip technology, it is impossible to do. And it's patented and others

on is simply do not have the technology.

You either have carbon or you have ceramic and some two. And a long time ago, ten years ago, they used to fight among each other, which is the best. But but frankly, it's a second class of foreign threat energy.

and the relaxed sun is like a third different level. It's it's totally a different level. and so many times I run into people with wooden saunas and they say, I've got a wooden sauna.

That that couldn't, couldn't do with what my wooden sauna does. And frankly, it doesn't. It does way more. And and I like to say, you can buy on Amazon, you there's hundreds of portable saunas and, and they're every sun is going to be helpful to every sort of, in the sauna selling for 3 to 5 hundreds on Amazon.

And they're frankly worth about $100. There's a $1,200 sauna out there. It's probably worth about 4 or $500. The $5,000 saunas are worth that. The Relax Sauna is a $15,000 sauna, as I like to say, and it sells for $1,500.

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 gives you a motorcycle, even happier.

But if you have a 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 and it's like a lot of people think that all saunas are created equal.

And that's like saying all vitamin C supplements are the same. Well, sometimes you have 240 capsules and and there are a gram in, sometimes you have 30 capsules and there 100mg.

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, as soon as the sun, they just look at the price.

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

That's a secret to increase body temperature. Because that's what does the magic. I know Dr. Paul Anderson and, he used to teach at Balestier College for 25 years, and he gives seminars and he says it's remarkable the relaxed sonic can increase body temperature on 101.5 to 101.9 every time.

And this, he says, is very remarkable for a sauna. And it borders on being hypothermia. But and you got to be careful about using the word. But they have hospitals in in Germany.

The purpose is to raise body temperature enough to kill all the parasites, kill all the junk, and they have specific technology available to them. Because if you increase the body to 100 and 405, you kill everything.

But if you increase the body 100 and 708, you kill the you kill the human body. It's you don't want to do that, right? 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, you know, they come back and they're like, oh, look at the sauna that I found for like, you know, $200 on Walmart.

It looks exactly the same. And it's like this plastic bag, for lack of a better, you know, with a heater inside of it. And you know, you're getting in there and you're zipping this up around you and you're basically just off gassing a bunch of, of plastics. So, I think it would be good for you to tell our listeners, like what?

What is the material that they're actually sitting in, you know, like, it's not plastic. Oh, no, it's not plastic. It is polyester. I'm not a fan of polyester.

I'm, wool and cotton and linen and silk. Those are the only things I wear. I, I finally have surrendered. I have a few

long sleeved shirts that are 60% cotton and 40% polyester, which were given to me, but way back, I cannot wear a t shirt that's part polyester because I can't breathe.

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

now there is a man who who posted on Reddit.com in February of 2017. He, he said, my gosh, look at research on wood. An infrared sauna can do. This is remarkable.

He bought a $300 Amazon sauna. Then he bought a $500 Amazon sauna. They failed to increase body temperature more than a half degree. And the most important feature of the foreign food source is the increase in heart rate variability.

They totally failed to do at all. The the research on on saunas says heart rate variability is increased, then able to relax on it. Increased body temperature three degrees in 25 minutes.

But more importantly the heart rate variability increase blew him away because it was far, far more than what the research on Find Fred Sauna says they they can do.

There's a new book out by, Ariel Calista miller called Infrared Illuminated, and she's got about 150 articles. on research on, in on foreign disorders.

And she also has been using relax on it for two years. She has a company where they infuse far infrared energy into jewelry. and so and she's very intelligent and, a good friend of hers is probably one of the foremost experts in on foreign food, energy on the planet.

And and he compares our sun, us to the other ones and says there is absolutely an incredible difference. None of the sun is all right. I mean, they're good.

I mean, they all have testimonies. But if you want to increase body temperature, heart rate variability and and especially with Lyme disease, that's a tricky one.

More toxicity. We get really good results. Chronic pain. we've got six cancer clinics to sell to relax. 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 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. 100 times more dangerous than the EMF in any household appliance, let alone any sauna.

that's just something just to be able to note. But it actually for infants on antidote and and undo the harm caused by microwave EMF energy and that's that's beautiful to know and beautiful to experience.

Yeah. So fell for somebody with Lyme disease specifically. Yes. How many minutes. How many times a day. How many days a week do you recommend using the sauna to have this oxygenating and immune enhancing benefit?

That's that's the beauty of of the Relax Sauna in that it preheat. It takes not 10 to 30 minutes to preheat but ten to 30s so 5 to 7 minute treatments with your clothes on are incredibly effective with people for line, there's sometimes after occasionally, I mean rarely, but we have had people have the same 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 tested gingerly and then they can do it 20 minutes sweat and and they come back a year later saying, you

know, my my girlfriend is all their symptoms are gone.

You know, there's a natural naturopathy doctor out of Washington. her Lyme literate doctor said, well, okay, you're his wife is 70% better now. You need to have a foreign foot sauna.

He got ours. And within a few months of six months, he was 95% better. She doesn't need to do it every day. She does it about three times a week. And so, that's that's really heartwarming when you have so many benefits. But basically you could do it 5 to 7 minutes, five, seven, eight, nine, ten times.

Or you can do it, you know, and I recommend 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 sweat once or twice a day if they can.

And Dr. Roger Belka in in Fort Collins, Colorado, says that when his patients not necessarily Lyme although he treats he used to be director of medical director for NASA for ten years.

And he says when his patients finally start sweating the non sweaters, when they finally start to see 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're not a sweater. But eventually, if you do it enough and everyone has, so many people have reported to me and and when they do start sweating, it's more magic happens.

Yeah. I've had a lot of patients who can't sweat initially when they go in there and, a lot of them have really either impaired detoxification or they have just like a really low vital force.

And I think that using the sauna actually, I like using the sauna in conjunction with APS and salt baths. I think doing the combination of those two therapies really actually helps to increase their their vital force overall.

I think the vital force that is crucial and that and that distinguishes, I believe, the relaxed on it 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. Would take 45 minutes and he'd come out exhausted. He did a 25 minutes total and complete sweating at this conference, and he felt rejuvenated.

And that's that's really important because if you have Lyme disease, you need you want to be revitalized. You want to. And there's something in the Relax Sauna that does that because it penetrates and cleanses and oxygenate 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 of pain.

I say it's the awareness of time. If you've ever hurried or you boarded or you're waited, all that's involved in time. So when you activate the parasympathetic, you get outside of time, you get into the moment.

And that's true healing can take place when that nervous caffeine mind is not doing its thing. It's like when you're sleeping truly can take place because we're not getting in the way.

And so what happens is, once you get all that, nervous energy out and you get to that zero point where you're calm and mellow, then the mitochondria can start creating real energy to energy coming from you being connected with the divine, from you being connected, the source for you being in the present moment.

Because that's where all the magic happens. And that's the beauty of of what far infrared does it oxygenate itself, killing the anaerobic bacteria we've tested to relax on it.

It will increase muscle oxygen 45%. Now, I believe we haven't tested other studies, but I don't know if they could increase muscle oxygen more than 20%.

We have the Dodgers. But to be honest, for most a couple years ago, a lot of the other Major League Baseball teams, it's for performance and recovery.

Marathon runners just recovering is just so, so wonderful. And when you've got Lyme, you've got so much junk, you know, going on in your body, you know, you need a break and getting into, 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 you feel? Relaxed. Next leader how do you feel relaxed? I said, oh my God. That's why they call it the Relax Sauna.

It never even dawned to me after eight years, you know, because you know, like most people don't realize, momentum comes from the word moment or observed comes from the word serve.

We just don't notice those things. But 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 in that book will be out this year.

Look for it, I will. I look forward to reading it. I think it's I mean, that we could go off on a completely different topic right now, but yes, I've been very much realizing, you know, recently that we create our own out our own realities and we create them with our own thoughts.

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

Or recreate it. That's right. So. Bill, 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're not getting any benefit.

Technology, Research, and Usage Guidance

So it is true that you're still going to get benefit from this far infrared light, even if you don't have the ability to sweat or if you 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've 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 a process and 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 you're at and it takes a long time to cleanse the body.

And, you also, by the way, increase in body temperature even one degree if you have low thyroid, will help you assimilate nutrients 20% more, increase the body temperature, allows you to assimilate your nutrients.

And and you know, most of us 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's. See, it softens it. It softens in the. Sir, I can't say the word self-sufficient.

It it gives you I mean, you know, I, I was talking to Dr. Job, who's written a lot of books back in the 90s, is quite an amazing man. And he was explaining to me what fine for 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 infrared sauna along with your protocol, you're not getting the job done nearly as well.

You, you you need to get the toxins out, and then the infrared gives you the warmth to get it out of the body. It's not musical chairs. You need the warmth to get it out of the body.

And far infrared sauna. Almost like. I don't understand why not every single holistic health practitioner in the world doesn't insist on using far infrared sauna.

I mean, it's like it's so it's an educational process, you know, they're different. What distinguishes Spartan from saunas from any whether it be red light or near infrared lasers or a PMA or Microcurrent technology, the sun has increased body temperature.

That's the key. And that create that fever that Hippocrates, you know, raved about. It's so important. It does. And so are these saunas available worldwide or.

Yes, the Relax Sauna is made in Taiwan and they ship to any country in the world. and they give you the Australian sauna with the, with the two 20 volt with the Australian plug, the French plug, the English plug.

They, you know, the Spanish plug, whatever the German the. Yes. And they're unfortunately after Covid shipping used to be about $200 to another country, but now it's about $400.

And I think in Israel it's 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 would said that they're $1,500 cracked 15. Now there is a deluxe for rich Taiwanese I call it the Monet sauna. It's for for people who want to be special.

And it's got the embroidered logo on it, and it is a little sticker and it does reflect a little bit better. and it retains the heat better. And it's if you have money and you want the best, spend 20, 100 and get that if you like the way it looks.

I used to buy colored staples for seven times more than silver staples because it brought me joy. But incidentally, that reminds me the relaxed sauna is the only song I know that brings joy.

And one day she showed up at the booth and said, I'm Joy. I'm. Oh, you're funny. All right. The mental clarity, getting rid of depression, all these mental, emotional I mean, it it cleans it purifies it.

It's like, just imagine basking in divine love, you know, it cleanses and purifies 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 or you know, can you point or listeners who are critics to any sort of like research articles on the benefits of far infrared, energy systems or saunas or, you know, 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 research in 2004 with our little lamp, our portable lamp. I don't have it here, but it's, we're the only sauna company that has that can actually use their technology as a as a lamp.

Whether it be a professional lamp you can put over the tummy while you're doing colonics or the lamp that can get rid of a tooth pain from a 7 to 1 and 5 to 10 minutes.

the we this lamp in 2004, we compared it to a near-infrared lamp and to to nothing. And we were able to significantly increase circulation and to reduce pain, I think, to get rid of inflammation and reduced circulation.

I mean, increased circulation significantly more than the near-infrared lamp and significantly more than nothing. So there is research we have tested recently about increasing muscle oxygen, 45%. We have tested the energy coming out of the Relax Sauna, at the Polytechnic University in LA, and 100% of the energy actually is between, seven and 14 microns.

And again, Dr. Sherry Rodgers says we emit between 3 and 50, but mostly at 9.4 microns in her book on page two eight, detoxify or Die, which spawned the whole foreign influence on industry.

So we do have research and we're working on getting research and not just the foreign fed rate. There's 150 articles about foreign for Dre and what it can do.

And and it's way more than I mean, there's people who have been promoting finished on us for a couple of years. Some of them are very vocal on YouTube, but they don't know about to relax on.

They do not know about the relaxed on it. And it would it would blow them away because this is far more effective than any wooden sauna I've had. And the wooden sauna are great, and they've saved lives and people have had cancer and they've gone into them and their cancers have gone away.

It's been instrumental. doctor. Brian. Climate. The Properties Institute has been, promoting wooden saunas for years. He now uses travels with the relaxed sauna doctor.

Cleaner is the Relax Sauna. doctor Robert Young, has been using soreness for 40 years, and he he now uses the Relax Sauna. He has, you know, we have many, many people.

And it's a slow process, educating people, getting them to try. And again, I'm, I'm I believe in Chinese traditional medicine. I've been using 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 in the, the FA influence on us are amazing.

And I know from experience. But then again, like you say, some people, they have to have the research and I to jump in and experience it. Then you can then you'll want to do the research.

I mean, I know it's it is Joe a doctor. I said, what what is the relaxing? I said, it's the loving light. And then he said, can you give me something more scientific?

I said, okay, and I went on to plane all this, whatever. And the next day he came back and said, you know, I think the loving light was the best description you gave of me to me because it's it.

I mean, it's just, oh my God, it it 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 minutes. You know, I didn't get a whole lot of sleep last night because I was busy getting things done and some other projects.

Yeah. So to recap for our listeners. So we have this loving light that is going to help your body to detox on a cellular level. It is going to 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 fell? well, it'll get the mitochondria, create ATP and nitric oxide, and and a lot of people say, well, near infrared will do this.

Well, maybe it will, but far infrared will penetrate a lot deeper. And frankly, from my experiences, it's far more effective. I there's a lot of myths out there.

You know, people are concerned about EMF, and I know that the fear of being mass is 100 times more dangerous than EMF itself. I feel like if you go on the Harry Potter set and you say, Vladimir, you know, I remember about five years ago this lady said, I don't want any dangerous EMF in my son.

I said, oh my God, they said, Voldemort. But it's and again, you know, I've, I've, we have four people in Southern California now in, Phenix. They go into houses to make them safe.

EMF lights, they all have Relax Saunas in their own homes. So, you know, it's like, you know, it's 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 you pure like ginseng, you know, and maybe there's a tiny, tiny bit of sugar in the coating, but I'm giving you wild ginseng and it's ten times more powerful than regular ginseng.

And so I finally said, okay, fully. 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 learned 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.

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

Until then they're closed minded. And that's okay. That's part of the process. And I'm here as an educator. You know, the sauna is good. All sauna is a good. This one can get results.

And it's sad because sometimes people don't get the results they're looking for. And I know if they had to relax on it they would. And so I'm I'm on a mission and I'm a man with a mission and many missions.

But basically for people to become more free, part of being free is not having pain. you know, my mom used to say, if you don't have your health, you have nothing.

And it certainly it it really is nice to have your health. I've been, for 55 years. I've been, meditating and and on a pure diet. And so, I do my best to to feel connected, to feel free.

And, you know what happens then? You can love. And then you can accept love and that that's that's the best of all things. And when, when you're when you have had wonderful things happen, do you want to share it with the world?

And and so I'm here to say the relaxation is pretty damn good. You might want to try it. No claims.

Contact Details and Closing Remarks

Not that it's better than another one. It's. It's good. It gets the job done. Great. So again, if our listeners want to further this discussion with you or purchase one of their Relax Saunas, please.

Again, share your information with them. Okay. It's Relax Saunas with an S relaxsaunas.com The special landing page online is relaxsaunas.com/lyme my email is phil@relaxsaunas.com and I'm still accepting phone calls one of these days.

I may not be so you know, but it's (626) 200-8454. I live in Las Vegas. I lived in Columbus, Ohio for 50 years. I went to graduate school there in mathematics.

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. And, and by all means, it's a 30 day money back guarantee.

there you can actually 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 saunas, have got the Relax Sauna, and and they don't send the Relax Sauna back They sell their other son or other.

One lady gave it away at $1,200. It just gave it away because it left or depleted and the Relax Sauna revitalized her. She said, I'm a detox specialist.

I need to be revitalized. I'm 52, you know, I need to. And so anyway, that that gives you a little information. The Relax Sauna company has been in business for 42 years.

I have been in business for 44 years. And the Relax Sauna company is is from Taiwan. It's not China. and it it works, it works. And the semiconductor chip that gives you only the, the 7 to 14 micron, that's the secret.

It's the technology that makes it stand head and shoulders above others. The Relax Sauna can transform your house into a home because where there's a home, there's a heart, a place of warmth.

And houses should be built around, like in Finland, around the Relax Sauna. Then put the stove and then the refrigerator. Maybe the washing machine then build the home.

But it's the foundation for a home. If you if you don't have a a Relax Sauna in your house, then you have a house. Now thank you so much, Phil, for being with us.

I'm going to leave it at that. Thank you so much to all of our listeners for joining us for this episode of Healing Lyme. I hope that the information that you've heard in this episode was helpful on your journey to healing from Lyme.

Thank you so much. Thank you Phil It was great. Thank you so much, Myriah.