

IMPROVE YOUR HEALTH WITH A FAR INFRARED SAUNA

Detoxification, or the removal of toxins from the body, offers numerous health advantages. “It’s cleansing your body from the inside out,” says Dr. Stuart Hoover, founder of Essential2Health, an advanced natural health and wellness center. Ridding your body of accumulated toxins can reduce fatigue, improve your energy levels, provide muscle pain relief, beautify your skin and even promote weight loss.

The safest and most effective way to detoxify your body is by sweating. “As you get older, you can lose your ability to sweat,” says Dr. Hoover. “That’s a sign that toxins have built up in your body.” But not all types of sweat are beneficial. “Water sweat,” produced when the body is trying to cool itself, is also an indication that your body is under stress. Detoxification is accomplished through “fat sweat,” or the breaking down of fat cells, which releases toxins stored under the skin.

Conventional saunas use steam and high heat to stress the body, producing water sweat. But the Far Infrared Sauna uses the latest technology to produce wavelengths of light that are absorbed by the body. The frequency of these wavelengths penetrates the skin up to three inches to break down fat cells and release toxins stored in the body without placing the body under stress.

Thirty minutes in a Far Infrared Sauna is a comfortable, soothing, relaxing experience—no steam, no oppressive heat. Rather than feeling drained, as in a conventional sauna, you’ll feel energized. Thirty soothing minutes in a Far Infrared Sauna can relieve aches and pains in muscles and joints. Thirty calming minutes in a Far infrared Sauna can reduce the signs of aging and beautify your skin. Thirty relaxing minutes in a Far Infrared Sauna can burn up to 900 calories. And thirty comfortable minutes in a Far Infrared Sauna can produce the same advantages for your heart as a 2-3 mile run.

Dr. Hoover offers his clients two ways to take advantage of the benefits of the Far Infrared Sauna. Essential2Health offers 30-minute on-site sessions. But many clients are so pleased with the results of detoxification in the Far Infrared Sauna that they want a sauna in their home. “It’s an appliance for health, just like a dishwasher is an appliance for your home,” says Dr. Hoover. “We encourage our clients to use their Far Infrared Sauna every day to achieve maximum health benefits.”

Midwest Sauna, owned by Dr. Hoover and his wife, Barb, offers Far Infrared Saunas for home use. The sauna’s revolutionary Carbon Wave 360 panel technology provides the most beneficial Far Infrared heat available, which leads to a greater amount of absorption. It provides far more total heating surface area than any other sauna. The Far Infrared Sauna costs less to run than a hair dryer, and unlike a conventional sauna, it will not add excessive amounts of humidity and moisture to your home.

The Far Infrared Sauna is available in four sizes to fit any home and accommodate up to five people. The saunas are beautifully finished in natural hemlock planks; a cedar upgrade is also available. Smaller models plug into a standard household outlet; larger models require the same type of 220-volt outlet needed to power a clothes dryer. The sauna can be assembled and ready to use in less than an hour; professional installation is also available. Standard equipment on a Far Infrared Sauna includes chromotherapy, to provide therapeutic light and color; oxygen ionizer; AM/FM/CD player and cup holders. A DVD/LCD system is optional.

Midwest Saunas makes these saunas available locally, which means you save on shipping charges. Financing is available, and the Far Infrared Sauna is backed by a lifetime warranty. For more information about the health benefits of Far Infrared Sauna, visit www.midwestsaunas.com or call Essential2Health Advanced Natural Health Center at 417-883-0115.



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