

Healing with Far Infrared Light

Reiki, Huna Kane, Healing Touch, the laying of hands, and crystal healing all have one thing in common. Each healing modality uses light to do the healing. In truth, light is the only thing that actually does the healing. What a simple principle! Find a way for light to enter an area of disease or injury, and the healing begins. Find a way to get enough light to the area, and complete healing will happen.



From the extensive body of knowledge about how divine light works on Earth and in the heavens found in my books, [*The Story of Light, Path to Enlightenment*](#) and [*The Story of Light, Through Heaven's Gate*](#), red light is a highly penetrating band of frequencies. If you are going to use light to enter a diseased or injured area, the red band is the most certain of all frequencies to get through. To appreciate this quality of red light, consider that the frequencies of the ruby are harnessed to create laser beam cutting tools.

The far infrared spectrum of frequencies does not lend itself to being a cutting beam, but its range of frequencies, in the quantity emitted by the far infrared ceramic elements of these saunas, makes a significant contribution to the healing process. Because there are multiple elements, each putting out a breadth of rays within the sauna, light will find its way into significant portions of the body, if not all of it. Healing becomes generalized throughout. Will a far infrared sauna make a difference to your healing process? The website from Far North Saunas of Edmonton has several endorsements from medical doctors, and I know that my personal GP believes in the process enough to have sent me to take laser light therapy, which involved both red and far infrared bands of light. After experiencing how effect the process knocked out the pain and made it easier to walk, I started looking around for a treatment regime that I could do at home. I did the research on the pros and cons of infrared saunas. I went with the Far North Sauna people in Edmonton, primarily because the heating elements that emit the infrared rays are ceramic, as opposed to carbon or aluminum. Beyond that, the price was reasonable, the unit was easy to assemble, it fit easily into the basement, and there is a stereo built-in.

Judy and I understand light and healing, and understand the value of using a far infrared light sauna on a regular basis. Personally, if I miss more than one consecutive day, I begin to notice the pain

in my injuries, especially in my knee. We decided to promote these saunas because we hope that they can help others as well. So if you quote the code, 9304, you can get a \$50 break on the price, and we get a similar kickback from the company. It's win-win-heel. In Calgary, the primary dealer is in the South-East and can be reached to make an appointment at 1-877-214-8660. If you do not wish to go to their showroom, you can always have a look at our sauna whenever you want to come by.

Yours truly, in love and light,
Roger Joyeux

The info that follows is taken directly from the [*Far North Wellness*](#) company website. Far infrared light is starting to make its effects known in the sports community, where injuries are more common than in the general public, and where sports teams are leading the way with innovations that fit a more mainstream medical model. The bottom line is that it works.

Injuries and Far Infrared Sauna Therapy

Far Infrared Sauna therapy has gained immense notoriety with weekend warriors and professional athletes alike. Far infrared sauna therapy has the unique ability to speed up and improve the healing process of many injuries including joint and muscle pain, back pain, scarring, colds and flues as well as a host of other conditions. Far infrared sauna therapy penetrates the skin up to two inches and causes increased blood flow and vasodilation. In the healing process and specifically during the sub-acute stage where we see new growth of connective tissue and capillaries that help repair damaged structures far infrared sauna therapy works very well. Scar tissue also continues to grow during this time and is minimized by using the far infrared saunas. FIRT helps promote rebuilding of injured tissue by having a positive effect on the fibroblasts (connective tissue cells necessary for the repair of injury). Furthermore, it increases growth of cells, DNA syntheses, and protein synthesis all necessary during tissue repair and regeneration. Far infrared sauna therapy also expands capillaries which stimulate increased blood flow, regeneration, circulation and oxygenation. The chronic stage follows in which scar tissue is remodelled by the stresses placed on it. During this stage the deep heat of far infrared sauna therapy helps blood vessels dilate, bringing relief and healing to muscle and soft tissue injuries. Increased blood circulation carries off metabolic waste products and delivers oxygen rich blood to oxygen depleted muscles, so they recover faster. All in all, Far Infrared sauna therapy is an excellent addition to any muscle and joint rehabilitation program. Far infrared sauna therapy has been great in helping to reduce downtime caused by colds and flues as well due to its effect on the immune system. Be sure to visit the Immune System section of the website to see the entire scope of healing that far infrared sauna therapy has to offer.

Immune Systems and Far Infrared Sauna Therapy

Far infrared sauna therapy (FIRT) works in many ways to help strengthen a weakened immune system. Firstly, the gentle warmth created from the heat of the far infrared saunas raises the internal body temperature which in turn mimics a type of artificial fever. This stimulates the body's immune system to turn on and get busy producing more of the different body defence cells that can be used to combat any foreign invaders. Secondly, far infrared sauna therapy stimulates full detoxification of the body. Detoxification can be defined as "the process of reducing the build-up of various poisonous substances in the body". Because the far infrared sauna wavelength penetrates the entire surface of the body up to two inches, a thorough cleansing can take place. The far infrared heat opens the pores to their base which helps mobilize the toxins which are then flushed out when you sweat. Every system in our body performs better when it functions in a detoxified state including the digestive system, endocrine system, cardiovascular system, lymphatic system and most importantly the Immune System. The United States Centre for Disease Control estimates that over 80% of all illnesses have environmental and lifestyle causes. Remember to drink lots of water throughout the day, especially before and after your far infrared sauna session to help with the detox flushing. A third and also very important aspect of immune system health that far infrared sauna therapy works with is creating Relaxation and Stress Relief. As we all know, stress either acute or chronic plays a major role in diminishing our immune system function as it causes chemical and hormonal imbalances to occur. The soothing heat generated from the far infrared sauna therapy creates total relaxation and decreased stress levels. Research has shown that continuous far infrared sauna therapy promotes a rebalancing of the body's hormones through its effect on the autonomic nervous system.