

## Advantages of IR heating & Health Benefits

There are numerous benefits to using infrared heat refer to ASHREA and International Health Care System and Regulation (IHR)

	<p style="writing-mode: vertical-rl; transform: rotate(180deg);">Health Benefits</p>	<p>Infrared has been used for many years to treat many ailments including, rheumatism arthritis and various skin complaints. They are also used by sports injury clinics to help speed up recovery of muscle and tissue damage. They are also used as the source of heating incubators for premature and small babies due to it's healing and health benefits.</p>
	<p style="writing-mode: vertical-rl; transform: rotate(180deg);">Healthier Skin</p>	<p>Infrared heat doesn't dry the air, so moisture in the skin remains in the skin, just as nature intended. This helps ease eczema and has been used to treat a wide range of other skin conditions such as Psoriasis, abscess, flushes, bumps, acne, Basal cell (Carcinoma), Melanoma, discolouration, flaking or scaly, fatty growths, haemorrhages, pale or greyness, rashes, inflammation and wrinkles – by boosting reproduction of collagen cells, it helps reduce the ageing process.</p>
	<p style="writing-mode: vertical-rl; transform: rotate(180deg);">Increased Blood Flow</p>	<p>Clogged and blocked arteries find it harder to expand and contract, which slows the blood flow around the body. When exposed to Infrared heat, toxins are neutralised, the arteries widen, and the blood cells expand, resulting in increased blood flow, which helps balance blood pressure and allow more oxygen around the body, leaving us feeling more alert and energetic. This increased blood flow can also help us sleep better, and waken more refreshed when the panel is used in the bedroom.</p>
	<p style="writing-mode: vertical-rl; transform: rotate(180deg);">Increased Immune System</p>	<p>The white blood cells, lymphocytes, are our defence system, along with other types of white blood cells. So, by increasing the production of white blood cells, the immune system is stronger, helping us fight off infections, virus and germs.</p>
	<p style="writing-mode: vertical-rl; transform: rotate(180deg);">Reduction of Allergies &amp; Breathing Problems</p>	<p>Cleaner air Infrared heaters do not rely on air circulation to transfer heat, which reduces the movement and transfer of dust particles, pollutants, pollen and bacteria. This greatly reduces chances of asthma attacks, and eases the symptoms of many other allergies and breathing conditions, and has been used to treat bronchitis, sinusitis and nasal congestion as it reduces inflammation, swelling and mucous blocked passages, easing cold and flu symptoms.</p>
	<p style="writing-mode: vertical-rl; transform: rotate(180deg);">Help Release Toxins</p>	<p>Trapped toxins Molecular vibration Freed toxins As well as supplying nutrients and oxygen to our cells, tiny blood vessels also carry away the bits we don't need. Lactic acid, additives used in food processing, fat from both consumed foods subcutaneous fat caused by tiredness and ageing, interfere with this process. As toxins, encased in blood and water, accumulate around the body, blood circulation is impaired, leaving us feeling unenergetic, and generally unhealthy. Infrared rays cause the blood and water molecules to vibrate against each other, separating the casing that traps the toxins, and widening the blood cells to increase circulation which carries the toxins away.</p>

Prevents mold growth \* Ensures a healthy room climate \* Long service life\* Quick and easy to install  
 Low room temperature with a high perceived temperature\* No noise produced when in operation  
 Low acquisition costs \* High flexibility \* Provides pleasant warmth \* Fast response time  
 Maintain optimal humidity and even and comfortable temperature  
 No service and maintenance required