

Anti-Aging Factor of FIR

As we age, we all experience a shift in our hormones, and researchers now feel this change is responsible for many of the maladies we associate with aging, such as menopause, sleeplessness, fatigue, arteriosclerosis, and others. In his research in Pennsylvania at the Thomas Jefferson Medical School, Dr. George Brainard has stated that light affects the hormonal balance of the body, in levels of melatonin, prolactin, cortisone, testosterone, TS4, LH, FSH, T3, and thyroid hormones. John Ott, a modern pioneer in this subject, attributes these affects to a process similar to the photosynthesis process in plants. In this process, light is converted by the body into electrochemical impulses that are sent to the pineal and pituitary glands, which send the hormones through the body's central nervous system to all the cells of the body. The hormones affected through this process and the functioning of these glands are the growth hormone, thyroid hormone(TSH), adrenocorticotrophic hormone (ACTH), prolactin, oxytocin, melanocyte stimulating hormone (MSH), and anti-diuretic hormone. Therefore, light is essential to the functioning of our entire endocrine system.

As hormone replacement has mixed results at times, it is possible that in the future, doctors will prescribe light for therapy, in forms such as the FAR Infrared.

Common problems associated with lifestyle and aging, such as hypertension and osteoporosis, headaches and digestive problems, are attributed by some scientists to be the result of excess acidity in our system. The American Medical Journal found that in patients with bone loss, alkalizing their system caused a decrease in bone loss. Their conclusion was that our typical diet is acid-producing.

The acids deposited in our blood are often stored by the body in forms of cholesterol, fatty acid, uric acid, and other villains that cause havoc in our system.

Sang Whang, the author of "Reverse Aging" claims that these excess acids can be eliminated with the use of far infrared, along with consuming certain alkaline minerals and foods.¹⁰ The far infrared resonance heats up the internal temperature of the body, increasing circulation, thus enabling the blood to melt out the acidic toxins that have been deposited for years in one's arteries.

Negative Ions The other element contained within the FAR

Infrared technology that I investigated was the negative ions that were claimed to increase with the use of it. Nature's "life enhancing particles", negative ions, are molecules with an extra electron, discovered in 1899 by two scientists named Elster and Geitel. Mice live longer in certain cases when exposed to negative ions. They have been linked to killing germs, and preventing infections. Dr. Igbo Hart Kornblueh, a physician, found that patients recovered 57% faster from surgery when exposed to large doses of negative ions. It has also been found that negative ions seem to help with allergies, migraines, and sinus problems.

Although negative ions are plentiful in nature (occurring at almost twice the amount near the ocean or waterfalls as normal), our environment is sadly lacking these energetic boosters. Dr. William Rea, Chief of surgery at Brookhaven Medical Center in Texas, states that "Most houses don't breathe like they used to". Steel and concrete absorb most of the available negative ions in the atmosphere, and plastics have a positive static charge, so that the amount of negative ions that we receive is extremely minimal.

Emotional problems? Blame it on the ions, or the lack of them. The opposite of negative ions, positive ions, are particles with a missing electron. In certain courts, the issue of winds that bring in positive ions has been used as an excuse for erratic and criminal behavior. On the contrary, negative ions promote alpha brain waves, creating a calming effect. Dr. Albert P. Krueger, an American scientist well respected for his extensive work with ions, discovered that negative ions affect the rate at which serotonin is oxidized in the bloodstream. Serotonin is secreted by the pineal glands and intestines, and affects sleep, mood, nerve-impulses, blood-clotting, and contraction of smooth muscles. It is most popularly associated with feelings of security, peace, and satisfaction. Negative ions have been shown to reduce neurosis and anxiety.

Negative ions are found plentifully around waterfalls and oceans. Vasil'yev, a Russian ion pioneer, showed in the 1970's that ions act on the endings of pulmonary afferent nerve fibers, and alter the functional state of the central nervous system, and through it, the peripheral organs.

The FAR Infrared increases the rate of negative ions. This should be a relief for all of us who don't live or work at waterfalls or on the ocean shore.