

# Far-Infrared Benefits

<http://members.spree.com/tsaimt/index.htm>

## What is the effect of Far-infrared rays on our human body?

- ❖ Increase blood flow by promoting dilation (expansion) of the micro-circulatory system of capillaries
- ❖ Reduce muscle spasms as muscle fibers are heated
- ❖ Warming and eliminating fats, chemicals and toxins from our blood
- ❖ Assist in the reduction of swelling and inflammation by improving lymph flow
- ❖ Reduce soreness through direct action on both free-nerve endings in tissues and on peripheral nerves
- ❖ Reducing the acidic level in our body
- ❖ Relief of discomfort
- ❖ Improve strength and health
- ❖ Maintain warmth and better sleep
- ❖ FIR cause resonance with water molecules. It ionizes and activates water molecules in our cells and blood thus improving our blood circulation and health condition. The human body contains more than 70% water by weight.

Far infrared is a portion of the light spectrum that is emitted by the sun. All living plants and animals absorb this light as heat energy. It is essential for the health, reproduction and growth of all plants and living things.

Nikken has researched and developed a way to use the far infrared tiles used by NASA to reflect heat in the space shuttle programs. Their far-infrared products utilize this space age technology by using bioceramic fibers. These fibers are able to create a natural heat in the body. The far-infrared products relieve the minor stresses and strains caused by day to day living. Nikken is bringing this technology into the consumer/health care/prevention market and finding they have a profound effect on how people feel. This special technology is woven into fibers for clothing, bedding, seat cushions and wraps to put on specific areas of the body for temperature control, dynamic sports recovery and improved quality of sleep.

Nikken's use of far infrared energy has revolutionized how we can use nature's own resources. It allows our bodies to function more effectively, often reducing many of our health problems. It encourages the body to maximize any nutrients etc. already available in the body. **In other words – the body can work and heal itself more efficiently.**

**📖 FIR activates water molecules in the body**

**📖 These active molecules increases blood circulation**

**📖 Increases metabolism efficiency**

**📖 Get rid of waste more quickly and efficiently**

**📖 Decreases acidity in the blood**

**📖 Increases the blood's Oxygen contents**

