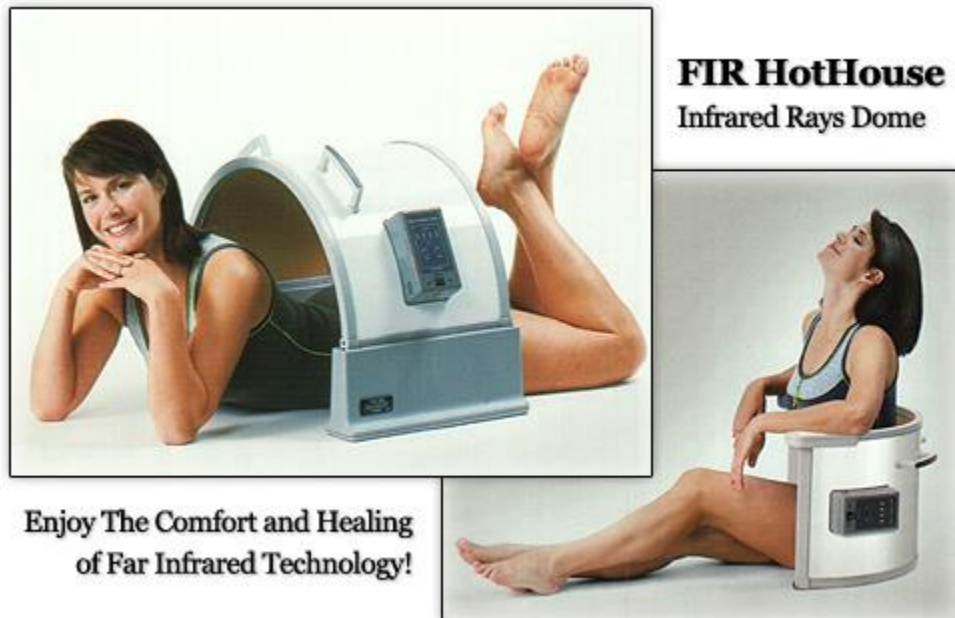


Far Infrared Rays (FIR) HotHouse



Deep penetration and cell restoration:

FIR penetrates four or five centimeters into the dermis — from muscles into blood vessels, lymphatic glands and nerves. It affects every living cell and produces warmth. In other words, through cell tissue “micro friction” and the vibration of molecular resonance, chemicals within cells are activated.

Better circulation and warming:

The human body is warmed internally through molecular resonance. Capillaries expand activating blood circulation throughout the whole body to enhance metabolism. As a result, metabolic disturbances are ameliorated, tissue regeneration is promoted, and there is markedly enhanced growth potential.

Waste elimination:

It plays a comprehensive and compensating role in living things. That is why it can be designated as a heat-type physical therapy apparatus. The warming effect can be very helpful in elimination of such things as the waste products generated by aging, heavy-metals, toxic substances secreted by the sweat and dermis-layer fat glands.

(Source: “Far Infrared Ray — Hopes For Cancer”)

Far Infrared Rays (FIR) Benefits



Within the magnetic spectrum, while some rays, such as light, can be seen by the unaided human eye, most are totally invisible to us. Far Infrared Rays (FIR) are well beyond the ability of the naked eye to see.

FIR is capable of penetrating deep into the human body. It can gently and delightfully elevate the body's temperature. When it does so, it helps to expand capillaries which stimulates blood circulation. This increases the body's energy reserve, and accelerates the metabolic exchange between blood and body tissue.

That's not all! FIR can actually increase the body tissue's regenerative ability. It also reduces abnormalities in nervous system and help the autonomous system function properly. Needless to say, now that FIR's outstanding properties are gaining worldwide recognition and acclaim, we are beginning to see it appear in a wide variety of medical applications.

Are you giving enough thought to your own health and that of your family? Are you satisfied with your present condition - no complaints or concerns?

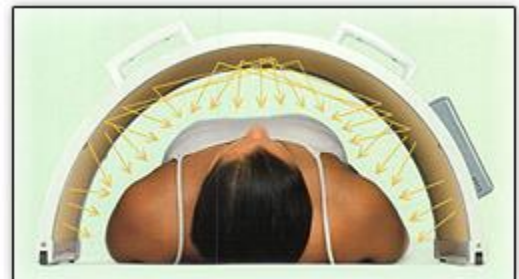
It is important not to overlook the importance of a daily, routine health maintenance program! It is certainly better to avoid a health crisis than it is to have to treat one.

The FIR Hothouse Health Builder produces its unique effect through radiant FIR heat. Its unique arched design enhances the thermal-effect. You get total enjoyment - it is completely safe and very comfortable.

Manufactured under a Japan Technology Patent, this FIR Health Care and Health Builder has earned approval in Japan as a medical device after many successful clinical trials.

How Far Infrared Rays Work

Microwave research specialists in Shanghai, China, found that "Chi Gong" masters radiated some sort of energy. They recorded some of the common wavelengths they emanated. Equipment was then manufactured that would radiate



energy at these same frequencies. These devices are now being used to treat patients with the same beneficial effect as the “Chi Gong” masters.

This has been verified in trials with patients suffering from hypertension and nerve-related diseases. The bodies of ordinary humans can also radiate energy, but it is generally too weak to perceive. When a “Chi Gong” master produces “Chi”, its strength is several times stronger than that of ordinary people and can only be measured by very sensitive instruments. They can also radiate far infrared ray (FIR) energy of varying frequencies, which is something ordinary people can not do. The varying nature of this energy is very significant. Successful treatment depends entirely on these changing wavelengths.

In Chi Gong therapy, Chi radiated by a Chi Gong master is called external Chi. Chi circulating within the body is disturbed, resulting in an imbalance in bodily mechanisms. With the help of “imported energy” — new energy obtained from a Chi master — each mechanism can resume proper function and the disease is cured. This is based on the same principles as acupuncture, electrotherapy, magnetic gas and FIR; they are employed to combat disease and maintain health. When FIR penetrates our bodies, it can be converted into the appropriate energy. This activates the self-regulating systems in our living tissue so as to alleviate the bodily imbalance and lead to recovery.

The human body is a natural thermal source. Physicists hold that any thermal source can radiate FIR; therefore, the human body is also a natural FIR radiant source. Research shows that the FIR wavelengths radiated by human skin is in the 3-50 micron range. It turns out that 46% of the total energy radiated by the human body is in the 8 to 14 micron range. Our research also shows that the wavelength radiated from typical infrared lamps (80%) is less than 3 microns. Consequently, they will not have much effect on the human body. The effect of traditional infrared therapy cannot be compared to the new types of FIR.

FIR can have considerable effects on the human body: FIR can elevate the temperature of subcutaneous layers thus expanding blood capillaries, stimulating blood circulation, increasing metabolism between blood and tissue, promoting tissue regeneration and reducing cramping. It is also effective in adjusting the autonomic nerve function and reducing the over stimulation of sensory nerves. Therefore, FIR can be not only a beneficial health therapy, but can also be a substitute for other therapeutic modalities. One scientific journal announced, “Because of its heat penetration property, FIR radiates to the meridian points of human body, just as acupuncture needles reach deep into tissue but without leaving any marks on the exterior dermis.”

Far Infrared Rays Technical Information

Far Infrared Rays (FIR), a part of natural sunlight having the longest wavelength, cannot be seen with the naked eye. When we bask in the sun, the sunlight activates every cell in the human body. Since ancient times, people have believed that appropriate exposure to sunshine can maintain and even enhance health.

However, long exposure to the summer sun has a negative impact on the skin. This fact is undeniable. Excessive sunlight can lead to freckles or other skin changes, some of which can be

detrimental. Although FIR cannot be seen with the naked eye, it has the ability to penetrate, refract, radiate and reflect. The human body can absorb FIR because of FIR's deep penetrating ability.

All matter is made up of uniquely arranged atoms and molecules and the molecules are all moving in unison. Molecules are composed of atoms. There is a continuous cyclical vibration among and between those atoms. When molecules are illuminated with electromagnetic radiation of the same intrinsic vibration frequency as the substance itself, the electromagnetic wave energy is absorbed and the amplitude of that substance's molecular vibration is increased.

The increased vibration produces heat through friction. Many organic molecules have the same intrinsic vibration frequency as FIR. That's why when FIR, having the same vibration frequency, illuminates a substance, that substance will filter out the FIR and experience a "resonance absorption." This is a process known as "resonance-absorption to heat-generation" with the aid of FIR.

In other words, the vibration of atoms and molecules will generate heat and result in resonance absorption. In skin, the result will be elevated dermis temperature, expanded blood capillaries, and stimulated blood circulation. Metabolic disturbances, such as extravasated blood (bruising) will be scavenged, cell tissues are activated and production of enzymes is enhanced. Wastes from the aging process, the result of the natural process of metabolism, and detrimental aqueous substances will be eliminated through the sweat glands.

The warming effect of FIR can stimulate metabolism and blood circulation. It can also promote the elimination of such things as poisonous, carcinogenic heavy metals, toxic substances from food processing, lactic acid, free fatty acids, and subcutaneous fat associated with aging and fatigue, excess sodium associated with hypertension, and uric acid which causes pain. Furthermore, if sebaceous glands are activated, accumulated cosmetics in pores can be eliminated through the skin rather than by the kidneys. FIR is helpful in this respect.

When we feel hot, we will instinctively seek shade. When we feel cold, we seek the warmth of sunshine. No one teaches us these responses. We have an innate desire for a comfortable temperature. Comfortable temperatures are actually synonymous with a comfortable energy frequency or "wavelength". That wavelength happens to be 8 to 14 microns - the same as FIR.

The seventy-five percent of our bodies composed of water, protein, fat and other substances all must function properly to sustain life. When living things absorb FIR of 8 to 14 micron wavelength, they experience resonance absorption. The vibrating movement of molecules in living tissue produces an increase in heat energy which in turn activates cells and enhances metabolism.

FIR has three properties: radiation, deep penetration, and resonance absorption.

Let's look at the relationship between these three properties and living things.

Beneficial Radiation: it means it can directly reach human bodies just light does. For example, sunlight, which is also radiation, reaches earth through the vastness of space.

Deep Penetration: FIR can reach well into subcutaneous layers of the body with its deep penetration ability, generating internal warmth suitable for molecule activation in living tissue.

Resonance absorption: Once illuminated, there is intrinsic vibration of body components - water, protein, fat, enzymes. And, the interior of molecules - atoms and atomic structures - experience the resonance absorption of FIR of their same frequency. This elevation of molecular energy is known as “resonance and absorption”.

In summary, FIR not only makes the human body warm, but also can activate bodily functions. In other words, it will enhance and energize both your physical and spiritual states.

(Source: “Far Infrared Ray — Hopes for Cancer”)

Far Infrared (FIR) Treatments

Treatments generally last 20 minutes to an hour. Initially, relief is only temporary, but with repeated treatments the duration of relief becomes longer and eventually becomes lasting

There are guidelines for dosage, intensity and duration of treatment, one should not experience pain nor have a marked perception of heat. Following treatment, the skin may be slightly pinker than usual, and 30 to 60 minutes after a treatment the treated area should feel much like it has been massaged.

Of 150 patients given clinical treatment for sciatica, trifacial neuralgia, articular rheumatism, and stiffness in the shoulders, 70 percent experienced improvement or complete relief.

Moreover, very good results were achieved and pain was relieved in cases of shoulder stiffness, bursitis, and lumbago after as few as one or two treatments. Speed of effectiveness and range of applicability are much better than for other heat therapies.

| Condition | Area to Treat | Treatment Minutes | Treatment (Number) | REMARKS |
|------------------------|---|-------------------|--------------------|---|
| Muscular Aches & Pains | Locally and along the nerves toward the vertebra. | 30 to 40 | 3 - 10 | Soft tissue pain, such as in muscles, tendons, and ligaments can have many causes. The symptoms can also be varied: tenderness, referred pain, muscle spasm, stiffness, and painful cramping. |

| | | | | |
|------------------------------------|--|----------|---------|---|
| Muscular Rheumatism | Locally, along the nerves toward the vertebra | 30 to 40 | 10 - 20 | Appropriate for fascia in non-articular rheumatism. The objective of the treatment is pain relief and muscle relaxation. |
| Arthritis | Locally in the vicinity of the joint. | 30 to 40 | 3 - 10 | Use medium or low dosage for acute arthritis to reduce pain and swelling. With repeated treatments, the pain will go away. |
| Inflammations of the shoulder area | Locally, toward the lower cervical vertebra and on the stellate ganglion. | 20 to 40 | 10 - 20 | The effects of treatment on this malady are particularly striking. Both pain from motion and pain at rest go away as treatments continue. Subjective symptoms abate and the X-ray picture improves. |
| Sciatica | Along the nerves toward the third lumbar vertebra thru the first sacral vertebra, along the ischium. | 20 to 40 | 5 - 20 | Irradiate along the sciatic nerve for 5 or 10 minutes and finish by illuminating the lumbosacral plexus for a short duration. |
| Lumbago | Along the spine from the third lumbar vertebra thru the first coccygeal vertebra, and the spinous process. | 20 to 40 | 2 - 10 | Muscular pain due to overexertion will be relieved by treatment. But with degenerative bone and nerve pathologies, a combination of therapies should be used. For severe pain, use a corset. |
| Trifacial Neuralgia | Locally | 20 to 30 | 10 - 15 | When the cause is known, treat the cause. Radiant therapy is effective for idiopathic problems. Treat locally as well as the locus of pronounced |

| | | | | |
|---------------------------|---|----------|---------|---|
| | | | | tenderness. For hypersensitivity, reduce the dosage. |
| | | | | Intercostal nerves run near the surface, so local heat treatment works well. Effectiveness is judged by diminished tenderness in the area of the nerves. Irradiate the spinous processus from time to time. |
| Intercostal Neuralgia | Along the ribs and vertebra. | 20 to 30 | 5 - 10 | |
| Edema of the joints | Locally | 20 to 30 | 3 - 12 | Some get relief of edema of the knee in as few as 3 - 4 treatments. |
| Frost Bite / Chilblains | Locally | 10 to 20 | 4 - 15 | Far Infrared radiation markedly improves blood circulation and results are achieved without resorting to medication due to enhanced circulation and metabolism. |
| Upper Arm & Shoulder Pain | Locally and along the nerves toward the vertebra. | 20 to 30 | 3 - 10 | Degenerative diseases associated with aging, such as shoulder stiffness and scapulohumeral periarthritic syndrome, are improved and pain lessened through a combination of heat therapy and exercise. |
| Rheumatism | Locally and along the nerves toward the vertebra. | 20 to 30 | 10 - 20 | Causes expansion of local blood vessels, increases circulation and so increases metabolism and reduces pain and inflammation – whether for muscular rheumatism, neuralgia or lumbago. |
| Temporal | Locally | 20 to 30 | 1 - 6 | Apply a little radiant heat |

| | | | | | |
|-------------------------|--|----------|--------|--|---|
| Headache | | | | | in conjunction with relaxation therapy. |
| Bed Wetting | Along the 12th thoracic vertebra to the 3rd lumbar vertebra, the lower abdomen near the bladder and the perineal area. | 30 to 40 | 3 - 10 | | Apply occasionally to the inner thighs. |
| Itching | Locally | 20 to 40 | 5 - 10 | | When used for itching of the female genitalia (rashes, etc.) it should be used the same way radiant heat treatment is used in dermatology. |
| Post-Herpetic Neuralgia | Along the vertebra and the nerves serving the affected areas. | 20 to 30 | 3 - 10 | | Herpes occurs in areas that control sensory nerves. Eliminate the herpes and in many cases the neuralgia will be cured. |
| Chronic Bronchitis | Locally and along the nerves toward the vertebra. | 30 to 40 | 5 - 20 | | In general, use radiant therapy to encourage discharge of phlegm from the bronchia. |
| Tendinitis | Locally | 5 to 10 | 5 - 20 | | Inflammation of the tendon sheath (tensynovitis) is categorized as being either acute or chronic. Suppurative tensynovitis should be treated surgically, promptly. Depending on the cause, radiant heat is useful in lessening the pain of chronic tenosynovitis. |
| Sprain | Locally | 5 to 15 | 5 - 15 | | Use low radiation while swelling is severe and after the tenderness subsides, apply moderate heat to the joint and |

surrounding areas.

FIR HotHouse – 2 SIZES
Grande \$899 - Regular - \$799
plus Tax and Shipping.

(Discounted When Order More Than One of Any Size)

**To Order or Request More Information,
Contact Dr. Donna F. Smith at.....**

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CLINICAL NUTRITION NOTE:

The focus of a Clinical Nutrition Program with Dr. Smith is to provide the nutrients the cells require to heal, repair AND to generate chemical energy. (See the Clinical Nutrition Note in the E-Power information for more on this.)

Nutrients are utilized more efficiently when the nervous system communicates more effectively (See the Clinical Nutrition Note in the ERE – Electro Reflex Energizer information for more on this).

A key to healing and repairing is detoxification of all parasites (germs and worms), chemicals, metals, undigested food, fat, fluid and other toxic build-up that leads to inflammation. Inflammation is what causes pain. Your Clinical Nutrition Program is a personally designed therapeutic, whole food supplement and dietary program based upon your own nutritional biochemistry testing (blood, hair, saliva, urine, stool, etc.). Using the FIR Hot House during a Clinical Nutrition Detoxification Program brings the fastest results.

The healing relationship utilizing a Clinical Nutrition Program and each HTE machine is provided at the end of each of these four documents on the Chi Machine, FIR Hot House, ERE-Electro Reflex Energizer, and E-Power.

Those who utilize all four HTE machines as a total health and exercise home system while engaging in a Clinical Nutrition Therapeutic Program will increase the power of their healing, repair and ATP generation dramatically. Then once healed, those who engage in a Clinical Nutrition Maintenance Program while utilizing these four HTE machines will maintain health more effectively.

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