



HEALTH BENEFITS OF FAR INFRARED

- An outline of potential health benefits of
Far Infrared Heating, Health Treatments
and Far Infrared Therapies

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1. Introduction

This document will outline some of the potential health benefits of Far Infrared heat in various applications, as well as the benefits of using the Shenzhen Yandiya Infrared Heating System to heat your home using Far Infrared.

You have probably enjoyed the soothing, therapeutic benefits of Infrared heat without even knowing it. The sun provides nature's best Infrared heat therapy and it's the reason that you seem to instantly relax when your skin is touched by its warmth. About 80% of the sun's rays are Infrared; the band of invisible light in the electromagnetic spectrum. Far Infrared Rays do not cause sunburn or damage your skin and should not be confused with Ultraviolet Lights that can cause sunburn and damage the skin.

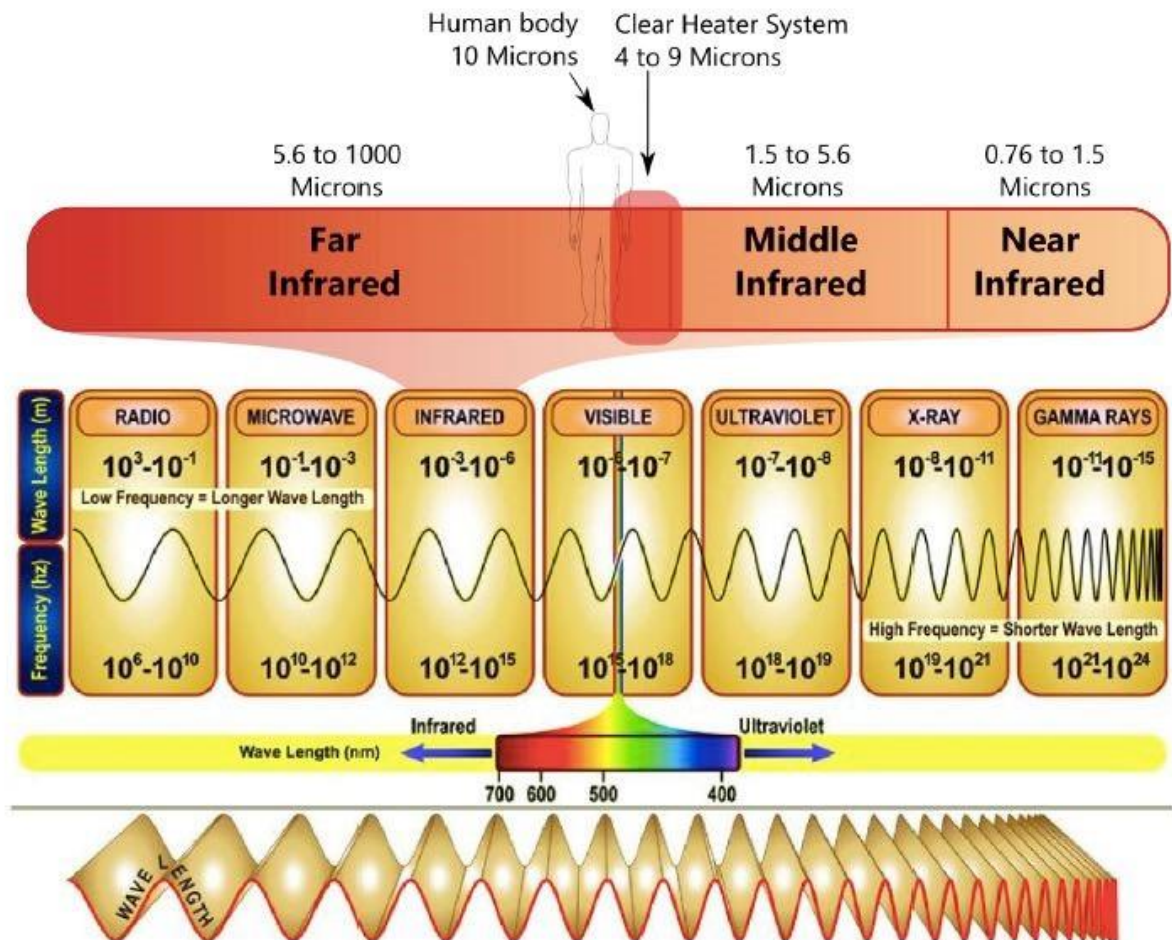
Infrared heat warms objects directly, including you rather than just warming just the air around you like a conventional heater does. This has many associated health benefits, but also economic benefits when used to efficiently heat the home. Far Infrared heating is a very economical way to heat the home without losing heat to the air as with conventional heating systems.

2. Infrared

2.1 What is Infrared Heat?

Infrared heat is actually light that lies between the visible and microwave portions of the electromagnetic spectrum. Infrared light has a range of wavelengths, just like visible light has wavelengths that range from red light to violet; just think of a rainbow.

2.1 The Electromagnetic Spectrum





2.2 Near Infrared

Near Infrared light is closest in wavelength to visible light. These shorter, near infrared waves are not hot at all \ in fact you cannot even feel them. Near Infrared is commonly used in appliances around the home, for example, by your T.V. remote control.

2.3 Far Infrared

Far Infrared, often referred to as FIR waves are thermal and are closer to the microwave region of the electromagnetic spectrum and we experience this as heat. Far Infrared heat provides many of the benefits of natural sunlight without the dangerous effects of UV radiation.

Since the primary source of Infrared radiation is thermal radiation, any object that has a temperature radiates in the infrared. The warmer the object, the more Infrared radiation it emits. Even cold objects such as an ice cube will emit some detectable infrared.



When an object is hot but not quite hot enough to radiate visible light, it will emit most of its energy in the Infrared range. For example, hot charcoal may not give off visible light but it does emit Infrared radiation that we feel as heat. This thermal imaging picture shows how the human body radiates some Infrared even through layers of clothing. The warm drink is the hottest shown as red and white, and the skin on the face and hands is clearly visible in green and yellow. Humans, at normal body temperature, radiate most strongly in the infrared at a wavelength of about 10 microns. (A micron is the term commonly used in astronomy for a micro meter or one millionth of a meter.)

The Shenzhen Yandiya Infrared Heating System operates at a similar far infrared wavelength of 4 to 9 microns because this is considered to be most effective at producing heat in harmony with the human body.

2.4 Practical Applications of Infrared

The use of Infrared waves around the home has been with us for years and is now starting to be used in a wide variety of new applications. Near Infrared is the one we all know and is used to transmit information from place to place such as with your T.V. remote control, or data links over short distances between computers or mobile phones.



The therapeutic and practical effects of far infrared heat is used in applications such as hospital incubators for new born babies, modern saunas which avoid the high temperatures of the traditional humid hot air saunas, food heaters in restaurants and even modern hair dryers and straighteners which are claimed to be a gentler on the hair.

3. Health Benefits of Far Infrared

The health benefits of Infrared heat generally fall into two categories. The first being the use of Far Infrared used as a domestic heating system and the second as Infrared heat therapies.

3.1 Far Infrared Heating Systems



Far Infrared heat is healthier, more comfortable, and more efficient method than any other source of domestic heating. Far Infrared heat provides many of the benefits of natural sunlight without the dangerous effects of UV radiation. Conventional heating systems all diminish air quality by drying out the air and producing an irritating dry, static atmosphere.

Shenzhen Yandiya Infrared Heating System is a phased Far Infrared heater system, warming people and objects in a room directly rather than heating the air.

The same level of body comfort can therefore be achieved with a lower air temperature. This minimises air circulation inside a room which reduces the risk of mould and damp formation as well as the spread of airborne particles, dust and spores.

The most striking benefit of using a Far Infrared heating system is that your home or office climate feels healthier and is actually healthier to be in. Using less energy saves you money, which has its own natural feel good factor. An economical heating system brings social benefits in that more people can afford to heat their home to a more comfortable and healthier temperature.

3.2 Infrared Therapies and Health Benefits

There is a large body of evidence, observations and medical acceptance from around the world that Far Infrared heat therapies and heating is actually good for your health too.

Health treatments and therapies using Far Infrared heat usually involve the use of a special Infrared device as well as a balanced lifestyle and plenty of fresh air and a balanced exposure to natural sunlight.

The following examples highlight the range of benefits that have been claimed to arise through Far Infrared therapy.

3.3 Pain Relief

One of the reported health benefits of Far Infrared heat is that it helps to relieve pain better than more traditional sources of heat to apply warmth to the body.

Because Infrared heat radiates heat evenly and does not need a secondary transference method to warm an object or person as with conventional heat sources, infrared is seen as a more efficient heat therapy method. If you've ever used an infrared sauna then you will understand why. You can stay in an Infrared sauna longer and reap greater benefits because the air around you does not reach blistering temperatures like in a traditional sauna. Athletes have been known to use this Infrared heat to relieve aches, pains and strains, and also to help speed up the healing process. Infrared heat is believed to help make circulation more efficient. Wounds heal faster with better circulation, and this is also true of muscle and tissue trauma.

Infrared heat has also shown to help those with arthritis, providing short term pain relief without adverse side effects, and providing stimulation to the circulatory system that they can't otherwise experience because of their physical limitations.

3.4 Detoxification with Far Infrared

Toxic accumulation in the body (or Toxic overload) can be a root cause behind many health conditions including the aging process and diseases such as cancer. Symptoms of toxic overload include fatigue, headaches, joint or muscle pain, and frequent colds and flu, signs of allergy and hormonal imbalance, chemical sensitivity, sinus congestion, psoriasis and other skin conditions, loss of dexterity, insomnia and more. Psychological symptoms include poor concentration, memory loss, mood changes, mental confusion and changes in behaviour.

When toxic gases such as sulphur dioxide and carbon dioxide, or potentially fatal heavy metal toxins such as mercury, lead and chlorine, meet large water molecules, they are encapsulated by clusters of water and trapped in the body. Where these toxins are accumulated, blood circulation is blocked and cellular energy is impaired.

Detoxification is the process of trying to remove these toxins from the body to achieve a healthier balance. Far Infrared is thought to be 7 times more effective at detoxifying heavy metals such as mercury, aluminium, and even cholesterol's, nicotine, alcohol, ammonia, sulphuric acid and other environmental toxins, as opposed to conventional heat or steam saunas.

"One of the reasons that far infrared (FIR) has beneficial results in a variety of illnesses is the ability of FIR waves to remove toxins, which are often at the core of many health problems. Toxins that cannot be removed immediately after they enter the body are encapsulated by clusters of water. Blood circulation becomes blocked and the cellular energy impaired where

these toxins accumulate. However, when a 7 to 11 micron FIR wave is applied to water molecules containing toxins, the water begins to vibrate. This vibration reduces the ion bonds of the atoms that are holding together the molecules of water. As the breakdown of the water molecule occurs, encapsulated gases and other toxic materials are released. One study done by American researchers showed that the sweat released by users of a FIR sauna was different than the sweat of people using a conventional sauna or doing normal exercise.

The non water portion of sweat released in a FIR sauna was cholesterol, fat soluble toxins, toxic heavy metals, sulphuric acid, sodium, ammonia and uric acid." Dr. Kyo, Japan. An overview on FIR history and its therapeutic value is available in an article: "Warming Up to FIR" published in the Jan. 2001 issue of Alternative Medicine Magazine by Dr. D.J. Fletcher.

Here is an extract:

"Detoxification from fibromyalgia and chronic fatigue syndrome: Randy Gomm in Vancouver, became a distributor of FIR saunas after his life was turned around by detoxification. As a fire fighter, his health had begun to deteriorate until he was no longer able to work. He was diagnosed with fibromyalgia, and eventually it was realised that the root of his problem was toxic overload from occupational exposure. During the eight years he was ill, he says, he had a lot of time to research alternative modalities to regain his health. "I discovered that leading researchers in fibromyalgia and chronic fatigue syndrome stated that their patients had high toxic loads," says Randy. "When their loads were reduced, their symptoms often improved dramatically. It worked for me. Detoxing really helped put me back on my feet."

3.5 Experimental Infrared Treatment of Alzheimer's disease

Another application of Infrared therapy involved an experimental infrared helmet in not only halting but actually reversing the progression of dementia in at least one patient. In the case of a 57 year old businessman, Clem Fennel who began to rapidly lose the ability to function due to aggressive dementia, doctors told his family that nothing could stop his decline. Instead of giving up hope, however, they turned to an experimental device developed by British general practitioner Gordon Dougal. They flew Fennel to England, where Dougal began treating him with a helmet that radiates the brain with Infrared light two times per day.

"Honestly, I can tell you that within ten days, the deterioration was stopped; then we started to see improvements. He started to respond to people more quickly when they talked to him" Fennel's wife Vicky said.

"My husband, Clem, was fading away. It is as if he is back. His personality has started to show again. We are absolutely thrilled."

Before receiving the treatment, Fennel was unable to complete regular daily tasks.

"When we go to the restaurant we usually have to order his meals for him, now he can order for himself," Fennel's daughter Maggie said. "Now we are okay about letting him go to the bank or

the post office but he would not have been able to do that three weeks ago." The helmet has not yet been tested clinically, although a trial on 100 patients is scheduled to begin before the end of the year. Dougal noted that because the helmet has not been put through rigorous trials, there is no way to know if it will work the same on everyone. "I made it clear to the Fennels that I didn't know for a fact whether it would work or not, but the results are good," Dougal said. "He was monosyllabic when I first saw him, but if I ring up now he will answer the phone. He didn't have the verbal skills to do that three weeks ago."

Once in commercial production, the helmets are expected to cost about £10,000 each.

4. Japanese Research & Observations of Far Infrared Therapy

Since the 1980's Japanese and Chinese researchers and clinicians have completed extensive research on Far Infrared medical treatments and report many amazing discoveries. In Japan, there is a 'Far Infrared Society' composed of medical doctors and physical therapists dedicated to further Far Infrared heat therapy research (often referred to as 'hyperthermia' therapy). Their findings support the multiple health benefits of Far Infrared therapy as a method of serious healing capability. A brief overview of their findings is listed below.

4.1 Aging and Far Infrared Heat Therapy

The following conditions were reported in Japan to be alleviated or reduced by the use of Far Infrared heat therapy:

- Asthma, bronchitis (cleared up).
- Rheumatoid arthritis (7 out of 10 cases resolved in one clinical trial).
- Benign prostatic hypertrophy (reduced).
- Cancer pain (greatly relieved pain in later stages).
- Cirrhosis of the liver (reversed).
- Chron's Disease (gone).
- Cold hand and feet (a physical therapist discovered 20\50% improvement was maintained).
- Cystitis (gone).
- Duodenal ulcers (eliminated).
- Compression fracture pain.
- Gastritis (relieved).
- Haemorrhoids (reduced).
- Hepatitis (gone). High blood pressure (in the case of a diabetic a systolic decrease from 180 to 125 + concurrent weight loss).
- Keloids (significantly softened and, in some cases, completely gone).

- Leg ulcers (healed when previously static and resistant to other care). Menopause.
- Pain preventing sleep or limiting sleeping positions (relieved).
- Post surgical adhesions (reduced).
- Radiation sickness (relieved signs and symptoms).
- Sequel of strokes (Hern paresis relieved over time).

Dr. Masao Nakamura of the O and P Medical Clinic in Japan reports success with the use of Far Infrared heat treatment for the following:

- Acne.
- Arthritis.
- Ear Diseases.
- Gastro enteric Problems.
- Insomnia.
- Menopause.
- Whiplash.
- Sciatica.
- Shoulder Stiffness.

4.2 Musculo Skeletal Improvements with Far Infrared Heat

Success has also been reported from infrared treatments by Japanese researchers for the following musculo skeletal conditions:

- Arthritis, Gout, Rheumatoid, DJD (each substantially relieved or improved).
- Adhesions (common in competitive athletes, trauma, and repetitive stress syndromes).
- TMJ Arthritis.
- Acel Decel Injury Sequelae.
- Low Back Pain (relieved).
- Bursitis (eliminated).
- Brain Contusion (accelerated healing).
- Disc Protrusion Related Neuralgia.
- Compression Fractures (in one situation pain stopped for three days with one treatment).
- Muscle Tension (relaxed).
- Muscle Spasms (reduced or eliminated).
- Post Exercise Muscle Pain (good results vital to competitive athletes).
- Shoulder pain (relieved or improved).
- Spinal Cord Shock (reversed post traumatic shock).
- Tight Shoulders (more relaxed).
- Traumatic Arthritis.

4.3 Ear, Nose, and Throat Conditions Relieved with Far Infrared Heat

The Japanese research also reported the following ear, nose, and throat conditions relieved with Far Infrared heat treatments:

- Body Odour.
- Chronic middle ear inflammation of infection.
- Clogged pores (unplugged of cosmetics, unexcelled skin texture and tone).
- Dandruff (increased blood flow through the scalp).
- Eczema and Psoriasis (respond well).
- Lacerations (healed quicker with less pain and scarring).
- Nettle rash.
- Nose bleeding (reduced).
- Skin Conditions (improved).
- Teenage skin problems (clearing acne and blackheads).
- Poor skin tone Scars and pain from burns or wounds (decreased in severity and extent).
- Sore throats.
- Tinnitus (chronic severe case cleared with 10 infrared treatments).
- Used routinely in burn units throughout Asia.

5. Other Reported Health Benefits and Treatments

Additional studies and observations from various sources around the world have also highlighted the following examples of using Far Infrared heat as a basis for bringing about positive health benefits for various conditions.

5.1 Blood Circulation

Far Infrared therapy increases blood circulation and oxygen supply to damaged tissues (aiding reduction of chronic joint and muscle pain or sport injuries), promotes relaxation and comfort, induces sleep and relieves stress.

5.2 Blood Pressure

German medical researchers concluded one session of far infrared therapy for over 1 hour can have significant reduction of blood pressure thanks to a persistent peripheral vessels dilation. They also noted that blood viscosity was improved. After 1 hour of Far Infrared radiance, there is a significant decrease of blood pressure cardiac ejection resistance total peripheral resistance and significant increase of heart rate, stroke volume, cardiac output, and ejection fraction.

5.3 Acne

"Far Infrared lasers such as Smoothbeam or CoolTouch, are becoming a very popular method to treat acne, particularly in very resistant cases. They seem to work by shrinking the sebaceous glands, and you get relatively quick results. They hurt like hell though." Jeffrey Dover, MD, Boston, ELLE Magazine March 2004 HTE's Far Infrared Hothouse 'sauna' dome appears to open pores that have been malfunctioning for years, forcing out clogging cosmetics, and loosening dry outer skin, healing acne and scars, all WITHOUT pain.

5.4 Sunburn

According to the Clayton's Electrotherapy, 9th Edition, Far Infrared heat is the only antidote to excessive ultraviolet radiation.

5.5 Far Infrared Thermal Therapy and Electromagnetic Fields (EMF)

Recently there have been reports detailing the hazards of exposure to certain kinds of electromagnetic fields, such as those from high tension power lines, cell phones, or from computer display terminals. Far Infrared heating systems have been tested in Japan and found free of toxic electromagnetic fields. The Swedish National Institute of Radiation Protection has also concluded that Far Infrared heaters are not dangerous. Instead, Japanese researchers have reported that Far Infrared radiant heat antidotes the negative effects of toxic electromagnetic sources.

5.6 Yandiya Technology Energy

YANDIYA energy also known as Qi the life force energy present within every living thing: The Qi that a Qigong master releases is called external Qi whereas the Qi that circulates within the body is called internal Qi. When a person is sick, the flow of Qi internally can be interrupted and various organs might malfunction. If proper information can be delivered inside the body via other media, or if new information can be generated within the body through exercise by patients themselves (the Yandiya Machine in this case is ideal), the organs that are out of order will resume their proper function and the patients are thus cured. This is how acupuncture, electric treatment, magnetic therapy, and Far Infrared ray (the FIR Hothouse Dome), neutralize various illnesses and keep the body fit. 'The Scientific Basis and Therapeutic Benefits of Far Infrared Ray Therapy', Dr. Kyuo.

5.7 McGraw Hill Encyclopaedia of Science and Technology

The McGraw Hill Encyclopaedia of Science and Technology reports medical practitioners make use of Far Infrared radiant heat to treat sprains, strains, bursitis, and peripheral vascular diseases, arthritis, and muscle pain.

5.8 Therapeutic Heat and Cold

Therapeutic Effects of Far Infrared Heat Chapter 9 of Therapeutic Heat and Cold, Fourth Edition, Editors Justus F. Lehmann, M.D., Williams, and Wilkin reports Far Infrared Heat Therapy does the following:

- Decreases joint stiffness.
- Relieves muscle spasms.
- Increases blood flow.
- Leads to pain relief.
- Affects soft tissue injury.
- Increases the extensibility of collagen tissue.
- Assists in resolution of inflammatory infiltrated, edema, and exudes.

5.9 Potential Use of Far Infrared in Dental Clinics

Mr. Shu of Ninomiya Yuri Dental Clinic used far infrared ray in his dental clinic for some years. "I have successfully treated many common dental diseases, for instance, pyorrhea alveolaris, gum inflammation, tooth pain, and muscular spasm." Mr. Shu indicated that the use of Far Infrared ray is undergoing research. Dr. Akira, Director of the Meitoku Association of Dentists and Dr. Waaataru of the Kawano Dental Hospital also use Far Infrared treatment on a regular basis for gum inflammation and post dental pain suppression. 'The Scientific Basis and Therapeutic Benefits of Far Infrared Ray Therapy', Dr. Kyuo.

5.10 Artificial Body Parts

"The FIR Hothouse dome feels wonderful on an artificial hip ... it is so comforting. When pins or metal have been inserted, it does not harm, as it doesn't get over 98 degrees. Keeping it at that constant temperature doesn't make the body go up and doesn't make it go down. If a person is recovering from a break and has metal pins in the body, the Far Infrared Hothouse is very soothing to them." D. Sudweeks, Pleasant Grove, Utah, January 27th, 1999.

5.11 FIR and Healthy Arteries

When the normally smooth, firm lining of the arteries becomes thickened and roughened by deposits of fat, fibrin, calcium and cellular debris, it lessens the arteries ability to expand and contract, and slows the blood movement through narrowed channels. These conditions make it easier for blood clots to form, blocking the arteries and stopping blood flow completely. Far Infrared heat is able to neutralize blood toxicity and smooth the walls of arteries, capillaries and veins.

5.12 Pneumonia

C. Dunson, a Lymphologist in Utah reported that within 15 minutes of a client being treated with the FIR Hothouse and lymphology therapy, their pneumonia was cleared. Far Infrared therapy in both Japan and China has proven to be outstanding for asthma, bronchitis, colds, flu, sinusitis and congestion as it clears inflammation, swelling and mucous clogged passages, as testified to in Dr. Kyuo's book below.

5.13 Dr. Sasaki Kyuo

Dr. Sasaki Kyuo, M.D. has done extensive research on the therapeutic uses of far infrared therapy. She is the author of "The Scientific Basis and Therapeutic Benefits of Far Infrared Ray Therapy" written exclusively for HTE the creators of the FIR Hothouse Dome, which presents the clinical effects of far infrared ray therapy.

Besides cancer Dr. Kyuo reports continual successful treatments of many other diseases by use of FIR waves treatments not only by her but also by many other doctors. The list of diseases documented in her book, includes stress induced chronic diarrhoea, abdominal distension, ulcerated large intestines, gastritis, facial numbness, haemorrhoids, shoulder, back, and knee pain, rheumatism, hypertension, diabetes, weight loss, breast and abdominal tumours, low blood pressure, asthma, anaemia, burns and scalds, body odour, early onset of baldness, fracture of cervical vertebra, radiation exposure and related diseases.

Far Infrared Heat Therapy:

- Improves microcirculation by exerting strong rotational and vibrational effects at molecular level.
- Enhances the delivery of oxygen and nutrients in the blood cell to the body's soft tissue areas.
- Promotes regeneration and fast healing.
- Increases metabolism between blood and tissue.
- Enhances white blood cell function, thereby increasing immune response and the elimination of foreign pathogens and cellular waste products.
- Removes accumulated toxins by improving lymph circulation which are often at the core of many health problems.
- Stimulate the hypothalamus, which controls the production of neurochemicals involved in such biological processes as sleep, mood, pain sensations, and blood pressure.

5.14 Rheumatoid Arthritis

A clinical trial in Japan reported a successful solution for seven out of seven cases of rheumatoid arthritis treated with whole body Far Infrared therapy.

5.15 Raynaud's Syndrome

There have been numerous studies on the therapeutic effects of FIR products. One clinical study done by Dr. Gordon Ko and Dr. David Berbrayer at Sunnybrook and Women's College Health Science Centres at the University of Toronto, published in the August 2002 issue of Alternative Medicine Review "Journal of Clinical Therapeutics", showed that there are significant improvements in both subjective measures of pain and discomfort associated with Raynaud's Syndrome.

5.16 Wound Healing

In Japan, Hideyoshi Toyokawa and others researched the effects of FIR on wound healing. The results showed that Far Infrared heat can improve wound healing significantly. The results can be read at Experimental Biology and Medicine online journal: www.ebmonline.org

5.17 Far Infrared Healing with Photons

From first hand experience, I can tell you Far Infrared is a miraculous tool that on the surface seems contradictory. It can help alleviate the sensation of numbness, but it can also bring back a sense of feeling in areas that have gone numb. It can remove overgrown scar tissue and it can stimulate tissue growth. It can remove excess pigment, but it also restores pigment in areas where needed. It can activate healing components within the immune system, but also decrease the body's sometimes harmful inflammation response.

5.18 Carpal Tunnel Syndrome (CTS)

One of the fastest growing complaints in this country today, carpal tunnel syndrome (CTS) responds to (FIR) as well. CTS is caused by motion and trauma to the median nerve passing through the wrist. Assembly line workers are particularly prone to the problem. The standard medical treatment for CTS is still surgery, which has a dismal success rate of less than 10%. Dr. Wayne Good, the plant physician at General Motors Flint Assembly, has treated close to 600 patients (with FIR) and achieved positive results in over 70% of patients. He is in the process of submitting his results for publication as further studies continue.

5.19 Photo biotherapy

"Photo biotherapy (FIR) will become one of the premier healing tools of our future. It will eliminate the need for many of today's common surgical procedures. I can see the day when every household in the country will have a (FIR) unit on hand. When used properly, it is a safe, effective, natural tool that can enhance, rather than oppose, the body's own innate healing powers." G.E. Poesnecker, N.D., D.C.

5.20 How Fast are you Aging?

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 the typical American 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 products, along with consuming certain alkaline minerals and foods. 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.

'Reversing the Aging Process' an Enlightened Doctor's Discovery'. ©1999 by Dr. Fouad I. Ghaly, M.D. Studies suggest that Far Infrared light stimulates the production of cell tissue and rapidly promotes the regeneration of skin and blood tissue.

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7. Disclaimer:

The information in this document relating to potential health benefits of Infrared Therapy is purely for informational purposes and is not intended as a substitute for medical advice from a healthcare professional or specialist. Information in this document should not be used to diagnose, mitigate, treat, cure or prevent any health problem or disease, without consulting with a healthcare professional or specialist. Yandiya Technologies Limited does not claim that any of our Infrared Products will cure or heal any disease or condition. Testimonials from individuals are personal experience only and hold no guarantee that another individual may achieve the same results.



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