

DISCLAIMER

The information contained within this document does not constitute medical advice or diagnosis and is intended for education and information purposes only. It was current at the time of publication and every effort is made to keep the document up to date.

The information contained herein includes both psychological and non psychological interventions. The delivery of psychological services requires a medical referral whilst non psychological services do not.

Each person is an individual and has a unique psychological profile, biochemistry, developmental and social history. As such, advice will not be given over the internet and recommendations and interventions within this website cannot be taken as a substitute for a thorough medical or allied health professional assessment or diagnosis.

Far Infra Red Sauna

DETOX SAFELY AND EFFECTIVELY

The Far infra red sauna uses naturally occurring far Infrared Rays that safely and effectively detoxify the body of many lifelong accumulated toxins and heavy metals.

It is useful in assisting the clearing of cellulite, improving skin tone, helping with weight management and energising the body while relaxing the mind. When using the Far infra red sauna you will notice a great sense of relaxation and revitalisation.

It is vital when using the Far Infrared system for detoxification purposes, that you support your body with good nutrition, good, clean water and exercise to ensure that you minimise any detoxification reaction or 'healing crisis'. Accordingly, we arrange specific metabolic testing to ensure your diet and supplementation regime is tailored to meet your specific needs.

HOW IT WORKS

The Far infra red sauna uses Far Infrared Rays to provide a gentle and deep penetrating heat to the body to induce a high volume of sweat but at a very comfortable level of around 40-50° C.

Far Infrared is the most beneficial and healing spectrum of the Sun's energy and is also emitted by our own bodies.

The energy is able to penetrate the body to a depth of 6 cm, inducing 2-3 times the sweat volume of a regular sauna, whilst operating at more comfortable and safer temperatures. This makes the far infrared sauna the preferred method for purifying and detoxifying the body.

As Dr. Sherry Rogers, the author of "Detoxify or Die" says: "I'm convinced that the Far Infrared Sauna is something that everyone should do to restore health, and then continue to do on a less frequent basis to maintain the 'cleaned' state for the rest of their lives."

For more information or to make an appointment please contact us on (02) 9637 9998 during business hours.

LINKS

PLEASE NOTE :

Learning Discoveries offers the link below as a convenience to our clients and the users of this website. However, we do not control third party websites and we are not responsible for the websites content.

- Health Start

<http://www.tohealth.com.au/hwhat.html>

Contains further information on the Far Infra Red Sauna

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