



Thermal Life Far Infrared Sauna Effectiveness

Our Thermal Life Infrared Sauna combined with our protocols is the only therapy we know of that has had independent analysis confirming effective and powerful detoxification. No other sauna has proven to be more effective.

Sweat Analysis: Independent Clinical Sweat Analysis of Sweat Excreted in Our Thermal Life Sauna

A male doctor and medical researcher in his mid-forties, free of toxic symptoms, who prides himself on living a healthy life, captured his own sweat produced using his High Tech Health Thermal Life sauna.

Skeptical of finding anything given his healthy lifestyle, he captured 3cc of sweat during a single 35 minute session and had it analyzed by Genova Diagnostics for the presence of 37 elements. Among these 37 elements tested were some of the worst and most prevalent toxins, such as mercury, lead, arsenic, aluminum, and cadmium. To his surprise, in one session he had excreted significant and measureable quantities of all but 2 of the elements tested for.

He was generous enough to share with us and you his results. The following elements were tested and found in the following concentrations:

Results:

Element	Concentration in micrograms per liter (ug/L)
Lithium (Li)	3.21
Sodium (Na)	4,123,500
Magnesium (Mg)	8,260
Aluminum (Al)	98.2
Phosphorus (P)	577.5
Sulfur (S)	14,885
Potassium (K)	515,500
Calcium (Ca)	25,425
Vanadium (V)	1.395
Chromium (Cr)	3.875
Iron (Fe)	32.355
Manganese (Mn)	4.815
Cobalt (Co)	0.25
Nickel (Ni)	8.72
Copper (Cu)	4,296
Zinc (Zn)	84.35
Gallium (Ga)	0
Arsenic (As)	2.825
Selenium (Se)	14.355
Rubidium (Rb)	332

Strontium (Sr)	75.75
Niobium (Nb)	0.015
Molybdenum (Mo)	0.88
Cadmium (Cd)	0.23
Tin (Sn)	1.025
Antimony (Sb)	0.46
Cesium (Cs)	1.11
Barium (Ba)	15.89
Gadolinium (Gd)	0
Tungsten (W)	0.015
Platinum (Pt)	0.045
Mercury (Hg)	0.79
Thalium (Tl)	0.025
Lead (Pb)	1.44
Bismuth (Bi)	0.08
Thorium (Th)	0.005
Uranium (U)	0.3

Urine Analysis: 53 Year Old Female, Before and After Two Months of Thermal Life Sauna Use

A 53-year old female customer had her urine tested for toxic metals by Doctor's Data before and after using her High Tech Health sauna for 2 months. Here are her test results:

Element	BEFORE Concentration (ug/g creat)	AFTER Concentration (ug/g creat)
Arsenic (As)	340	110
Bismuth (Bi)	5370	22
Cadmium (Cd)	1.6	0.8
Lead (Pb)	37	4.5
Mercury (Hg)	110	16
Nickel (Ni)	8.8	Below detectable level
Tin (Sn)	11	2.2

Tissue Analysis: Cadmium Excretion from Thermal Life Infrared Sauna Use

An 85 year old male customer came to us after getting a diagnosis of stage IV metastatic prostate cancer. His own research had found that heavy metals, and in particular cadmium, can contribute to this terrible disease. An initial tissue analysis indicated his body did indeed have a very high level of cadmium (0.120). Further research suggested to him that far infrared sauna was the way to deal with it and that led him to High Tech Health. After 10 months of using his High Tech Health Infrared Sauna, he had his tissue levels of cadmium tested again and they found only a trace amount left in his body (0.021)!

Hair Analysis: Aluminum Excretion from Thermal Life Infrared Sauna Use

A dentist customer purchased our sauna to lower his aluminum levels. Initial hair analysis performed by Doctor's Data measured a level of 197 micrograms per gram of hair (<7 micrograms per gram are considered "acceptable"). In 8 months of sauna use, he brought this number down to 44 micrograms per gram. In a little over a year after that, his hair sample measured below the "acceptable" level of 7 micrograms per gram, and he had lowered his levels of antimony, arsenic, bismuth, cadmium, lead, mercury, and silver from initial measurements as well.

Note: None of the four cases above received any kind of compensation in exchange for their tests or the results. They performed the tests entirely on their own initiative and were so pleased with the results they decided to share them with us and with our customers.

DISCLAIMER: None of these statements have been evaluated by the FDA. Infrared saunas do not diagnose, prevent, treat, or cure any disease – they merely help restore balance to the body so that it can heal itself. Everyone's results will vary.