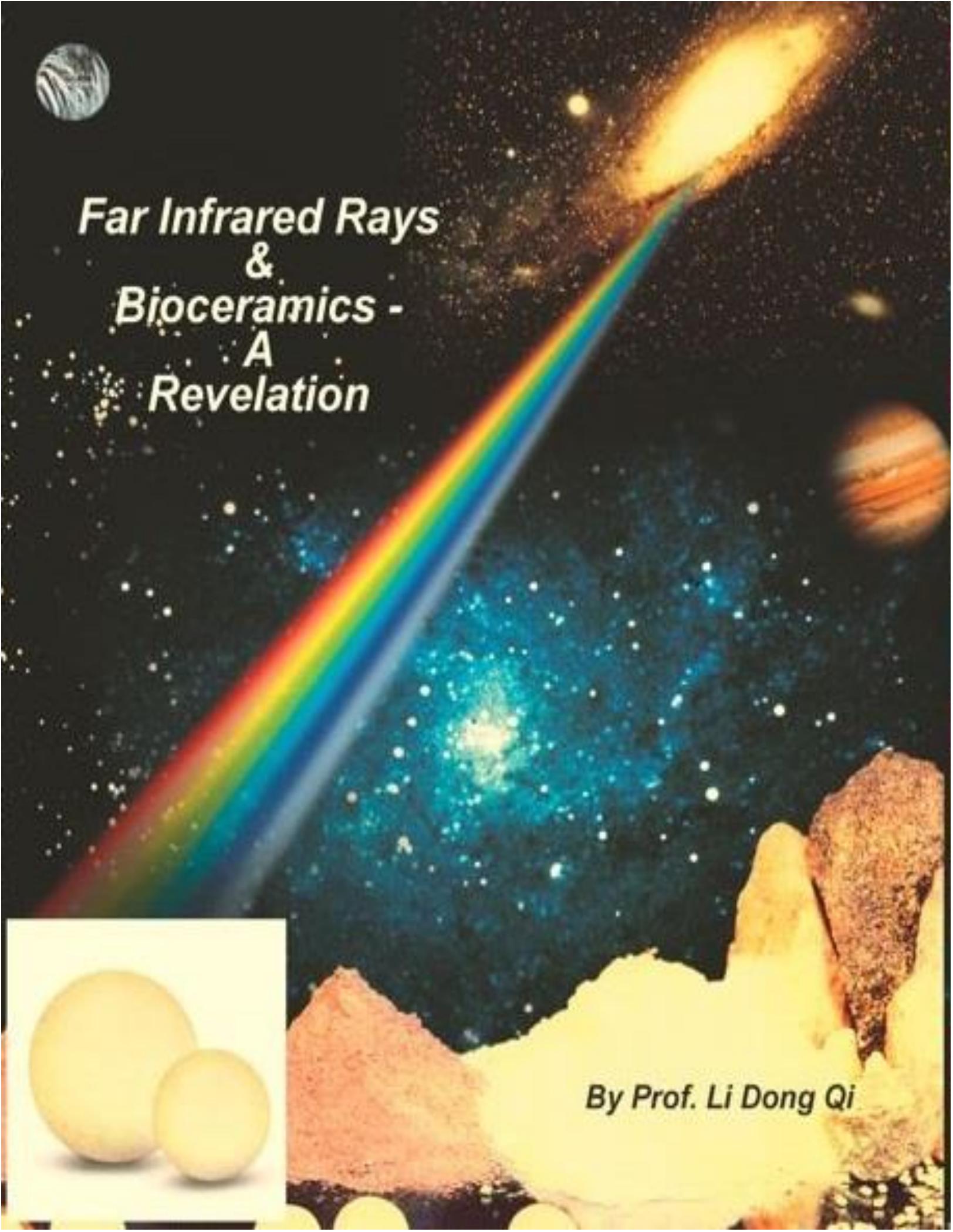




**Far Infrared Rays
&
Bioceramics -
A
Revelation**



By Prof. Li Dong Qi

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Introduction



PROFILE OF PROFESSOR LI DONG QI

Professor Li Dong Qi is a leading exponent and authority in the field of Far Infrared Ray Technology and Bio-Ceramics, with over forty long years of original research done in this area. She is currently the leading Pioneer Consultant for all FIR and Bio Ceramic related technologies and applications.

Prof. Li graduated from college in 1962 and ever since, she was completely engaged in scientific research. The following year, she was recognised and conferred the honour of “Women Pioneer” of Tianjin City for her outstanding performance in her research projects. Many years later in 1980, she pursued her Masters Degree in this field for two years. A couple of years later in 1986, she undertook extensive research on energy radiation from different materials under normal temperature conditions, emitting Far Infrared Rays which matched those emitted from the human body. During this process she acquired 28 patents in her research field.

Five years later in 1991, after successfully conducting field trails and clinical experiments on 1004 cases in four municipal hospitals of Tianjin City, over a period of six months, she transformed her findings into newly invented Far Infrared Ray products, which was approbated by the Tianjin Medicinal Association and subsequently certified by the Tianjin Medicinal Bureau, to market these products

after obtaining permission under Tianjin Medicinal Standard No.(91) 2260001. These FIR Products also received a high appraisal from the acknowledged experts of Chinese Medicinal Association. Her unique Products also won the “Marcobian” prize in the second National Hygienical Exposition.

A year later in 1992, her products won the Gold medal in the Chinese Sanitarian Exposition. She was also recognised and honoured as one of the “Top 10 Exceptional Inventive Entrepreneur of China”, jointly conferred by the National Labour Union, the National Patent Bureau and the National Invention Association. In recognition of her selfless service to the betterment of mankind, she was personally interviewed by the Chinese Prime Minister Mr. Li Peng and received high appraisal and laurels for her outstanding work.

The following year, the newly excogitated FIR product was specified as the exclusive Far Infrared Medical Care product in the 4th World Congress on Women. Five years later, the improved version of all her FIR products won the Gold Medal in the 7th Patent and New Technology Products Exposition of China.

Her astounding success brought her accolades from a lot many South East Asian countries and this paved the way for introducing her FIR products into all these Countries like Malaysia, Singapore, Phillipines, Thailand and Korea, where the products were widely welcomed and highly evaluated for its unprecedented capabilities in providing tremendous relief from various ailments afflicting mankind.

Professor Li now brings all her entire findings into a simple and concise book for the purpose of creating all round awareness in the field of Far Infrared Rays and Bio-ceramics to the millions of aspirants the world over.

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Preface

Among the many situations and facets we come across in our entire life time, good or bad, there are certain inevitable issues or rather realities, such as confrontation with various ailments, death and the inevitable ageing process. All these are a part and parcel of nature and life that goes around it, hence it is necessary to confront them with a positive attitude of the mind. None of us wish to be involved with any of the ailments that befall upon us. Nevertheless, we need to be on our guard and take adequate measures to prevent interaction with such ailments, complying to the old Chinese saying **“You can own everything but health.”**

The most important thing that all of us desire in life is to have a sound good health, without which no other cherished desires can be achieved. There are two ways of maintaining good health. One is to foster the five natural elements of nature and use them to counter the onset of any ailment. The other is to protect one self with various tonics and medication leading to a lot of inherent side effects, creating other ailments in the process.

Between the two, the former method of prevention is most desirable to contain all types of sickness from attacking our bodies. Among the known preventive methods, one can avoid illness by vaccination, ensuring proper hygiene and cleanliness in our daily lives, taking firm measures to create a clean environment to live in and taking adequate precautionary measures for the intake of clean and healthy food as well as fresh water.

It is also necessary, that apart from adhering to these norms, we need to also abstain from unhealthy habits. It is matter of paramount importance for all of us to be aware of the ground realities of this polluted world and be conscious enough to consume healthy food, which will in turn strengthen our bodies by providing increasing body resistance and immunity against diseases. Consumption of proper healthy food would enhance and strengthen the physical functions of various parts of our body, which would provide us the much needed immunity to fight all illnesses. In addition to this, we also need to maintain a

natural balance of our ecology by proper disposal of waste through biodegradable technologies.

Coming from the ages, through evolution, man has made a wonderful progress in the development of Science and Technology, using all the resources available in the natural environment and over a period of time, we have begun to exploit these resources to a point, where the very benefits have now turned into potential sources of human extinction. We are the ones who are continuously destroying our own living environment without realizing the same.

As already stated above, the five essential ingredients that constitute a healthy lively ambience for people to live in i.e, air, fire, soil, water and sunlight, have in today's context been misused to the core. The time has now come for people to realize this self-made grave folly and learn to coexist in harmony, with the natural environment and create necessary steps to stop and reverse the ecological imbalance.

Looking back 50 years in time, one can confidently say that the highest incidence of fatal Diseases like malaria, polio, smallpox, plague, cholera, jaundice etc, had afflicted mankind to such an extent that it drove them to counter these ailments through the development of modern science and technology, eventually containing and eliminating such dreaded diseases.

Nevertheless, in our fight against eradicating all fatal diseases, we are still confronted with the dreaded Cancer and Aids. Today's survey shows that these devastating diseases thrive on account of environmental pollution, as well as on account of massive doses of acidic based food items.

As is known to all, the Sun is the only planet which has not been polluted and it is a known fact all life form in our planet exist on account of the Far Infrared Rays emanating from the Sun; this life giving force constituting almost 80% of the Sun's rays, is so very essential to our existence.

The advancement of Science and Technology has taken its toll, in systematically but slowly destroying the Ozone layer, which used to protect the harmful rays of the Sun like X-Rays, Cosmic Rays, Ultraviolet Rays, from reaching us, thus preventing dangerous ailments like Skin Cancer to proliferate. As a result of this uncontrolled misuse of natural resources for technological advancement, the depletion of the Ozone layer has caused people to avoid sunlight almost totally, live and work indoors with minimum outdoor activity.

Today's lifestyle across the globe, are in stark contrast to those lived by our ancestors. It is a known fact, that our ancestors worked and lived directly under the Sun for their livelihood, thereby building a greater body resistance when compared to us. They were comfortable in drinking water drawn from rivers, pools and lakes, which were not polluted as compared to the present day scenario. This contrast is mainly attributable to our careless attitude and regard for the environment, which we live in, while making technological advancements for a better living. This has resulted in us creating a situation akin to plants in a greenhouse, unexposed to the environment around us. We have voluntarily confined ourselves in a modern greenhouse, avoiding sunlight to the maximum.

It is an irony of technological advancements, that we have now embarked upon finding alternatives more as a mode of escape, rather than facing the self made natural onslaught and making attempts to reverse the same. To cite an example, we feel comfortable to stay indoors in order to avoid the harmful effects emanating from the Sun's X-Rays and Ultraviolet Rays. We make attempts to avoid consuming food, grown from soil which is laden with fertilizers, pesticides and other chemicals including man made waste, by developing and eating "Safe food – Green food". With regard to natural water, which is undoubtedly polluted the world over, with industrial waste and other pollutants, we have found methods of filtering, sterilizing, purifying this polluted water and transforming it into pure distilled water and ionised water.

Such being the state of affairs of our so called technologically advanced world, it has now become a luxury to live a natural healthy life, where the quest for longevity is but a paradox. We have voluntarily brought ourselves into a vicious circle, from which there is apparently no get away. Under these circumstances, in order for us to sustain and live a

good healthy life, amidst all these man made dangers, we need to tap into the goodness of present day health products, which are reliable to the extent of strengthening our body, in terms of resistance and immunity, to confront and take on the various diseases effectively. This along with adequate exercise and proper nutritional intake could perhaps lead us to lead a healthier life style.

In today's market, there are umpteen different types of health products, catering to the needs and uses of different strata of society. To the best of our knowledge, the most effective amongst such health products are those which are constituted and developed with Far Infrared Ray technology. It is but most natural and logical for all of us to accept that, the innovations emanating from this State of the Art FIR Technology has no side effects on the human body, as it is essentially the Goodness of the Sun that is absorbed into our bodies, creating a healthy outlook for oneself.

During my 40 plus years of scientific research in the field of Far Infrared Ray Technology, I have always worked towards discovering Rays, for reducing the incidence of diseases and methods to deal with illnesses through a natural process. In my years of experience in the field of alternative medical research, I have identified many factors in our natural environment, which contribute to harming the human body, factors that are beyond our control. However, on the other hand, I have also discovered that there are other positive factors ,which can restore the human health to large degree. This has been made possible from the huge source of power generated from the Sun, which is so beneficial to mankind and known as Far Infrared Rays.

An attempt has been made by me to explain the benefits of using Far Infrared Ray technology products, using bio-ceramics as the medium, based on my research in this field of Science. I am confident, that the reader will find the contents of this book more interesting and resourceful in terms of gaining knowledge, in a totally lesser known field. It is for you to use these products in its supportive therapy capacity, side by side along with the prescribed medication, in your quest to seek relief from modern day ailments.

Professor Li Dong Qi

Health Knowledge
– Basics –

1. Health - A Cause for concern!

The fundamental prerequisite for sustenance of all life form in this planet is the judicious use of the primary natural elements like air, soil, water, fire and sunlight by mankind. If this happens, the human race can coexist with the natural environment in harmony, but the facts speak otherwise, what with the growing deterioration of the environment day by day, our existence in this planet will soon become a question mark. Out of the five prime elements, only sunlight remains in its purest form. Here again, on account of large scale industrialisation, the ozone layer protecting this planet and all its co-habitants, is slowly being eroded by the day, causing the harmful rays of the Sun like ultraviolet rays to penetrate the protective layer and cause harm to all life forms.

As a consequence of this unabated global industrialisation, people refrain from exposing themselves to sunlight, for fear of getting skin cancer. This has resulted in us changing our work habitat, by confining ourselves to an indoor air-conditioned environment, thereby cutting out exposure to Sun almost totally.

On account of this in-exposure to sunlight, the normal functioning of the human body takes a beating. The blood circulation in the body slowly goes down, which in turn reduces our metabolic rate and this has a cascading effect on the functions of all other internal organs. As a result, the human body becomes absolutely weak, in terms of immunity and resistance and finally gives way to permitting various ailments and diseases to enter into the human body.

2. Defining Health.

We all know that good health provides the foundation for an individual to live a much longer life. Healthy bodies are full with vigour and vitality. Whereas, unhealthy bodies give way to prolonged exhaustion and overall weakness throughout one's life. Hence, it goes

without saying, that all of us need to maintain good health and protect our body, from the onslaught of various ailments.

In pursuit of finding ways and means of preserving good health, man has evolved right from times immemorial, effective methods for preserving health, with resources from nature playing a dominant role. However, all the various methods and doctrines evolved during the ages, are partially successful on account of limitations in Science.

Certain sections of society are carried away by the claims made by some health care products and they tend to believe, that these products are the answers to treat all diseases. The fact however, is that most of the time, these beliefs turn into disbeliefs. Then, there are certain people who outrightly reject the idea of consulting a medical doctor when they fall sick, since they believe that the health care products available in the market, will alleviate them from their sickness. The continued advertisements of such health care products in various media with claims of banishing all diseases totally, finds acceptance amongst the people, who tend to take shelter from the hard reality. Such claims are more dangerous and misleading and it is always advisable and necessary to consult a medical doctor, when one falls sick.

All health products, can by no such stretch of imagination be termed as a medicine. Further, they cannot be consumed / used in the garb of a medicine, or even as a substitute to medicine. Today's health products can only function as a supportive therapy, by nourishing the human body back to good health, in conjunction with prescribed medication. The purpose of consuming and using health products, should be to primarily strengthen our bodies, increase the resistance and immunity levels, to counter all ailments and diseases. In this process, the consumer or user can have a healthier and stronger physically fit body.

Products such as Ginseng, Spirulina, are indeed effective in their respective areas and should be consumed by one and all in general, for better immunity and body resistance. However, if they are used to treat patients in their role as a supportive therapy, they should be consumed in accordance to the individual needs and ailments of each patient, as advised by a medical doctor, in addition to other prescribed medicines.

It is a known fact, that people of different age groups, have varying requirements and standards of health and there cannot be a uniform health code for everyone to practice. It is a natural desire for all human beings, to aspire for good health without falling sick and to retard the ageing process. There are innumerable methods and measures adopted by different strata of society, to keep them healthy. The most common method adopted by one and all, is exercising the various parts of the human body, both physically and mentally. Other methods generally used are following a strict balanced diet, in keeping with the individual's work functions and having the will power to discard unhealthy habits. In addition to these conventional methods, we have an array of health products to suit different needs and requirements of individuals.

The advent of Bio-ceramics and Far Infrared Ray Technology, have provided a multifaceted wide range of products, which are beneficial to mankind. These products, essentially bring you the **Goodness of the Sun**, encapsuled in the form of bio-ceramics, embedded in fabric of daily wear / use. The bio-ceramics, on contact with human body heat at normal body temperature of **36.9 deg.C**, produces **Far Infrared Rays (FIR)**, which is so very beneficial for the sustenance of all life form on this planet.

The major benefits of **FIR** to the human body are as under:

- It helps to maintain blood flow.**
- It helps to improve the bloods' Oxygen content.**
- It helps to improve metabolism efficiency.**
- It helps to maintain blood pH.**
- It helps to retard the ageing process.**

As already stated earlier, all these products conforms to **supportive therapy only**, for the well being of the human body and should be used **in addition** to the prescribed medicines recommended by your doctor, in case of an ailment. These products are **neither a medicine, nor an alternative to medicine** and we **do not claim preventive** and / or **curative properties/ benefits** by usage of these products.

3. What is Far Infrared Rays?

Far Infrared Rays is an electromagnetic wave, emanating from the Sun. The Sun has a wide spectrum of different types of waves, which are broadly categorised as Visible and Invisible Rays. Visible rays are the seven constituents of white light namely Violet, Indigo, Blue, Green, Yellow, Orange, Red, popularly known as **VIBGYOR**. The Invisible Rays emanating from the Sun, fall on either side of the visible spectrum and these rays are classified as Gamma Rays, X-Rays, Ultraviolet Rays, Infrared Rays, Micro Wave, Long Wave, Electrical Wave. (Refer to the picture on the next page.)

A German Scientist named Sir William Herschel discovered Infrared Ray in year 1800, while he was carrying out Sun Spectrograph Research. In his research, he found the presence of a different type of an invisible ray, apart from known visible and invisible rays, which had an unusually strong heat reaction and had a band width range from between 0.75-1000 microns wavelength. This Invisible Ray was later called Infrared Ray.

The Infrared Rays are further classified into 3 segments:

- a. Near Infrared Ray with a wavelength of 0.75 – 1.5 microns.
- b. Mid Infrared Rays with a wavelength of 1.5 – 4 microns and
- c. Far Infrared Rays with a wavelength of 4 – 1000 microns.

As stated earlier and also according to established biological results, Far Infrared Rays (FIR) are easily absorbed by the human body and provides numerous benefits to our bodies, in terms of bodily growth and development. This ray has been known to be responsible for the sustenance of all life form on our planet and it is also called “**Light of Life**”.

SOLAR

Magnetic Wave

Invisible Ray		Visible Ray							Invisible Ray				
GAMMA RAY	X-RAY	ULTRA VIOLET	VIOLET	INDIGO	BLUE	GREEN	YELLOW	ORANGE	RED	INFRARED RAY	MICRO WAVE	LONG WAVE	ELECTRICAL WAVE

	Near Infrared Ray	Mid Infrared Ray	Far Infrared Ray
(micron)	0.75	1.5	4.0 — 1000

BIOGENETIC RAY (4.0-16.0 microns)

Spectrum Benefiting the Human Body

To cite an example, sea turtles come over to the beach to lay eggs, which are subsequently buried under the sand. Far Infrared Rays from the Sun, heats the eggs under the sand and after a period of time, tiny turtles are hatched. Obviously, if there was no Sunlight, the phenomenon would not take place. It is also interesting to note that although a sizeable percentage of the Sun's Rays constitute Far Infrared Rays, there are many living beings in this planet such as human beings, animals, birds, as well as different minerals and soil, which produce Far Infrared Rays under specific conditions.

The “**Light of Life**” is responsible to transform the eggs of insects, sea turtles and birds into full fledged living beings. Far Infrared Rays causes the albumen and yolk to develop into blood vessels, nerves, skeletons, heart and other respective organs, infusing life to the new born. Thus, it is established that Far Infrared Rays are largely responsible for life to flourish.

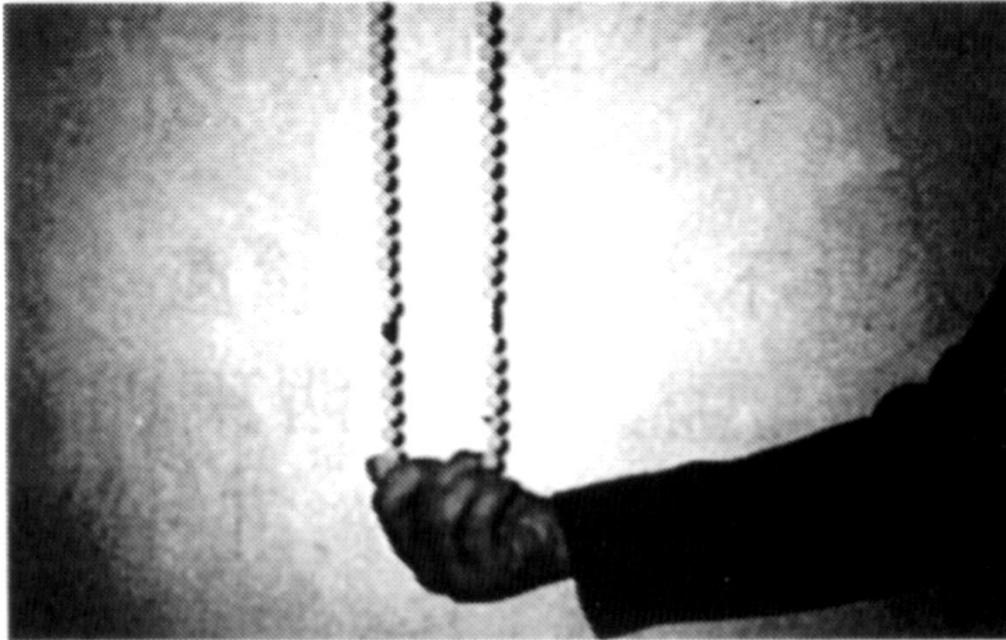
The human body is also capable of producing Far Infrared Rays of varying intensity amongst different individuals. The human body can resist attacks from ailments and diseases, when the intensity of Far Infrared Rays produced by the human body is at an all time high. The converse is also true, when the intensity declines to low levels. When the intensity is low, there will be a deterioration in the state of health, of an individual and a tendency to age faster than normal. Far Infrared Ray Radiation on the human body turns to near zero at the time of death.

People with a high emission of Far Infrared Rays have the capability of treating ailments found in other people, through a process which is known as “**Qi- Gong**”. Apart from internal generation of Far Infrared Rays by the human body, additional dosages of Far Infrared Rays are automatically provided within our bodies, by constant exposure to Sunlight. This is very evident from the fact that our ancestors led a far more healthier life than the present generation.

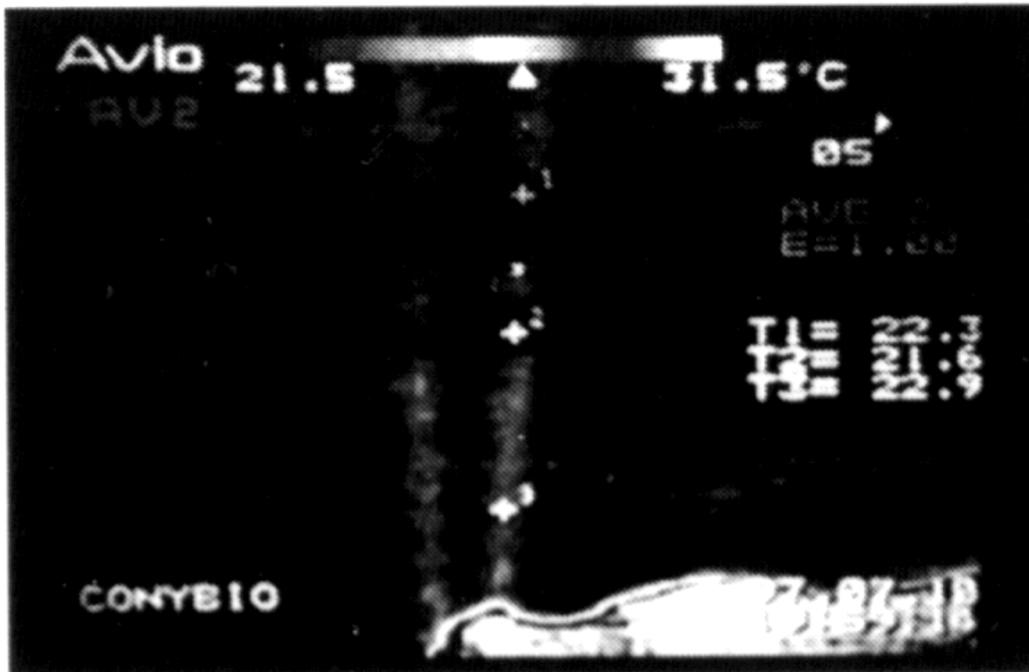
4. Far Infrared Rays – Its uniqueness.

The following characteristics are unique to Far Infrared Rays.

- The wave length range of Far Infrared Rays beneficial to mankind is from 4 –16 microns. These rays vibrate with the same frequency, as the ones emanating from within the human body. When two rays come in contact with each other, in diametrically opposite direction, resonance takes place causing both the waves to vibrate, at the same frequency and in the process dissipating heat, while being absorbed by the human body. This phenomenon is termed as “Resonance Absorption”
- Far Infrared Rays can penetrate into human body as far as 4-5 cms and is easily absorbed.
- Far Infrared Rays travel in straight lines.
- Far Infrared Rays helps to activate the body cells, while breaking the water molecules into its individual constituents. It provides for an enhancement of the Oxygen content in the blood through an Osmotic process.
- Far Infrared Rays helps to increase the metabolic rate, after excreting the body toxins through the excretory systems and also, it helps to maintain the pH of the blood at acceptable levels.
- Far Infrared Rays can be seen, by using modern day scientific equipment called “Far Infrared Ray detector”.



Chain before exposure to Far Infrared Rays



Chain while being exposed to Far Infrared Rays

5. Far Infrared Rays – Applications on the Human Body. – I.

The feeling of warmth on account of exposure to Sunlight is caused by Far Infrared Rays in the process of activating our body cells, thus strengthening our contention, that sufficient doses of Sunlight, would go a long way to maintain and enhance our overall body health.

As already mentioned earlier, the major benefits of **FIR** to the human body are as under:

- It helps to maintain blood flow.**
- It helps to improve the bloods' Oxygen content.**
- It helps to improve metabolism efficiency.**
- It helps to maintain blood pH.**
- It helps to retard the ageing process.**

From the above, it is evident that when Far Infrared Rays are capable of hatching eggs of insects, sea turtles, birds and other animals and evolving a full-fledged life form, it can also help towards creating changes in terms of better functioning of the human body.

It is a known fact that our body is made up of over 70 trillion cells and water constitutes a major component in the composition of the cell. In specific terms, 65 –70% of the total mass contained in the human body is water. The cells in the human body gives rise to tissues, which in turn create organs. A set of organs constitutes a system and a set of systems makes the total human body. Far Infrared Rays helps to activate, revitalise, reactivate, develop and strengthen the various organs and systems in our body from the grass root level i.e., beginning from the cells.

The network of micro-circulatory system spread across the human body, is responsible for the proper functioning of all the organs and systems and its malfunctioning could perhaps lead to fatal situations. The root cause of the ingress of various diseases and

disorders into the human body, is primarily on account of malfunctioning of the micro-circulatory system. When Far Infrared Rays are absorbed into the human body, it strengthens the micro circulatory system, by regulating the flow of blood, which in turn normalises the functioning of various systems of the body.

The functions of the human body, are also dependent on the supply of proper nutrients. The nutrients provide our body with required levels of energy, to sustain our life. After the nutrients are absorbed into the system, the waste matters which are produced need to be removed from the body through the excretory system. This activity and function is called “Metabolism”. In order to maintain a good healthy life, we must have a high metabolic rate. The state of health of a person is indicated by the metabolic rate. Hence, the continuous absorption of Far Infrared Rays into the human body, ensures a steady and continuous rise in the metabolic rate of the body. Both the transportation of nutrients and the removal of waste matter, produced from the multifaceted activities in the body, are dependent on the efficient functioning of the micro-circulatory system, which is caused by continuous exposure to Far Infrared Rays. In this way, Far Infrared Rays is responsible for accelerating the metabolism, resulting in the person attaining higher levels of energy, vigour and vitality.

As a consequence of this increased efficiency in the micro–circulatory system, it also provides the necessary reinforcement of the human body immune system, to ward off the diseases. Far Infrared Rays, further helps to increase the body resistance against ailments, helps to retard the ageing process, thereby promoting longevity.

6. Far Infrared Rays – Applications on the Human Body. – II.



A diagrammatic representation showing the importance of FIR vis-a-vis the human body

There are two distinct effects on the human body, when exposed to Far Infrared Rays.

- a) Short Term Effect
- b) Long Term Effect

a) Short Term Effect:

Of the salient features mentioned earlier, the ability of Far Infrared Rays to strengthen and increase the metabolic rate, as well as stimulate the water molecules and control the blood flow in the micro circulatory system; such effects could be perceptible during a short span of use of bio-ceramic products. It also helps to reduce swelling and inflammation of the various parts of the body, helps to relieve pain, helps to increase the blood flow through micro-circulatory system. These rays, also help in reducing the incidents of ailments, that are suffered by the body.

On account of its electromagnetic characteristics, Far Infrared Rays can be easily absorbed by the human body through resonance absorption, activating the body cells and its functions, strengthening and increasing the blood vessel resilience, in order to support treatment of ailments. This ray also helps to lessen the skin wrinkles and helps to bring back the skin resilience.

b) Long –Term Effect:

It is a known fact that exposure to Far Infrared Rays, over an extended period of time, will certainly improve our health. The body resistance and immunity, will get strengthened and would be restored wherever found lacking, all our internal organs including our mental faculties would be strengthened, thus helping to avoid the onset of various diseases. Far Infrared Rays, goes a long way in its supportive therapy

capacity, while treating chronic diseases such as cancer, gastric ulcer, high blood pressure, heart and blood vessel diseases.

It also helps in protecting the vital energy of our bodies and continuous exposure to these rays, over a long-term period, will show perceptible changes in the retardation of the ageing process. Summing it all up, the long term benefits comprise essentially of having a greater

longevity, increasing body resistance and immunity and maintaining overall general health, by virtue of high metabolic rate and consistent proper blood circulation, through the micro circulatory system.

7. Benefits of Far Infrared Ray Products on the Human body.

On account of the advancements in Science and Technology, the benefits of Far Infrared Rays, are now being understood comprehensively and through research, the discovery of bio-ceramics have led us to manufacture various health related products. The application of this technology has definitely been a step in the positive direction, considering the current achievements in Science and Technology. As is known to one and all, large amounts of Far Infrared Rays can be emitted through bio-ceramics. To put it more specifically, under the influence of body heat and normal temperature, its unique molecular structure and its composite nature, bio-ceramics continuously emits Far Infrared Rays, having a distinct wavelength range from 4-16 microns. Incidentally, this range happens to be the range required by the human body for ultimate absorption. The rays thus emitted, when in contact with human body, is responsible for activating the various biological functions contained in the human body and it does not cause any harmful effects to the human body.

Primarily, Far Infrared Ray health products create a distinct effect on the human body. Its unique effect on the human body is its supportive role for the treatment of various common ailments. This supportive therapy concept is based on fortifying the resistance of the human body against ailments, enabling the person to recuperate at a faster rate, by reducing the suffering from within. This form of supportive therapy, based on simple health preservation principles, is totally different when compared to surgery or chemotherapy. Far Infrared Rays have always been used in Hospitals by Doctors as a form of physiotherapy treatment. The main applications of Far Infrared Rays, however, are in helping to reduce the incidence of disease, by maintaining health and by strengthening the body immune system. Hence, Far Infrared Rayproducts, can also be used by normal healthy persons, in whom the body resistance would gradually increase, preventing ailments from striking them.

As it is able to provide quick recovery from ailments, through the supportive therapy concept, it could as well be considered as one of the key health products required in our daily life.

It is an established fact that Far Infrared Ray products benefit all mankind as the rays produced from these bio-ceramics, is akin to those produced from the Sun. A note worthy observation on the emission of Far Infrared Rays is, that it provides a perceptible and significant change in the weaker and older people, as compared to the young and healthy people.

As already stated, Far Infrared Rays is absorbed into the human body through the process of “Resonance absorption”. In this concept, when two rays of similar wavelength, but with different frequency meet, simultaneous vibrations occur and when there is a decrease in these vibrations, one tends to face various ailments. To counter this, use of Far Infrared Ray health products is recommended, so that the human body will continue to have strong vibrations, simultaneously leading to a healthier and stronger body. This however, does not mean that people who are healthy, do not need to use Far Infrared Ray health products. Always remember that, using these products will enable the individual to avoid diseases and provide a faster recovery rate, thus providing reasonably good health, with comparatively fewer diseases to be confronted with.

8. Health Products – Comparison of Far Infrared Ray Products vis-a-vis other Healthcare Products.

We all know that today’s market is flooded with scores of different types of healthcare products, which have emanated through different stages of development and are specifically designed for adhering to different functions.

With the advent of bio-ceramics, a new breed of unique health products has been developed and is available for public use. A comparison between the various healthcare products along with its stated uses and effects is given below.

Method	Far Infra Red Ray Health Products.
Style	All kinds of products made from Bio-ceramics emitting Far Infrared Rays.
Effect	Provides overall healthcare and strengthens the body. Also provides physiotherapy treatment on certain ailments.
Advantages	Can be used by all kinds of people and has no side effects. Also strengthens the body and maintains health, supports in the treatment of ailments and diseases, helps to slow down the ageing process and for common ailments, it provides the effects of physiotherapy treatments.
Disadvantages	There has been no known disadvantage, since its introduction.

Method	Ancient arts of life preservation.
Style	Chinese Boxing, Martial Arts, Qi-gong.
Effect	Strengthens body, Healthcare, Therapeutic effects.
Advantages	Enhances health and reduces the threat of various ailments.
Disadvantages	Often remains a mystery as most lack scientific explanation. Also difficult to learn and to pass on.

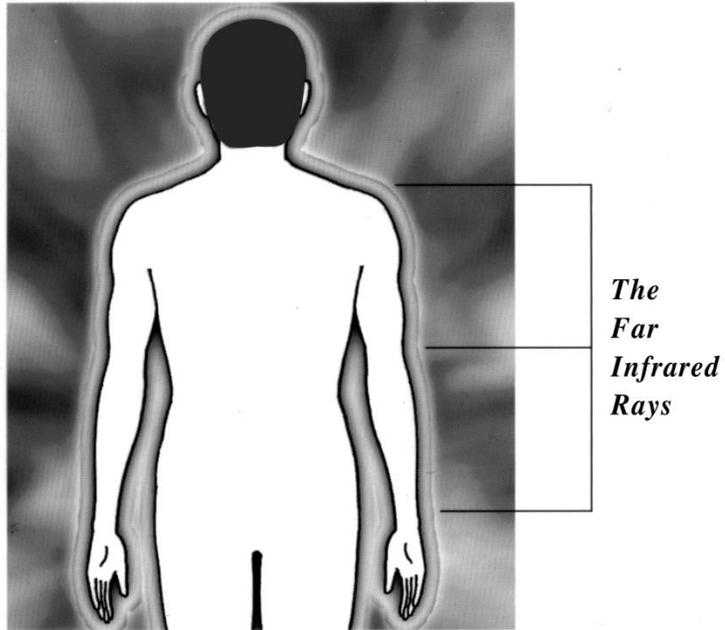
Method	Nutritious – Medical healthcare products.
Style	Nourishment through various nutrients.
Effect	Therapeutic, healthcare.
Advantages	Ideal for malnutrition and weak conditions.
Disadvantages	Limited usage. Only for people who have the direct need. Excessive usage will lead to side effects.

Method	Nutritious health care products.
Style	Various vitamins and nutrients.
Effect	Healthcare, treating ailments of nutrients deficiency.
Advantages	Able to counter all types of vitamin deficiency and weakness in the body.
Disadvantages	Limited usage. Can only be used when needed. Excess vitamins are stored in the body.

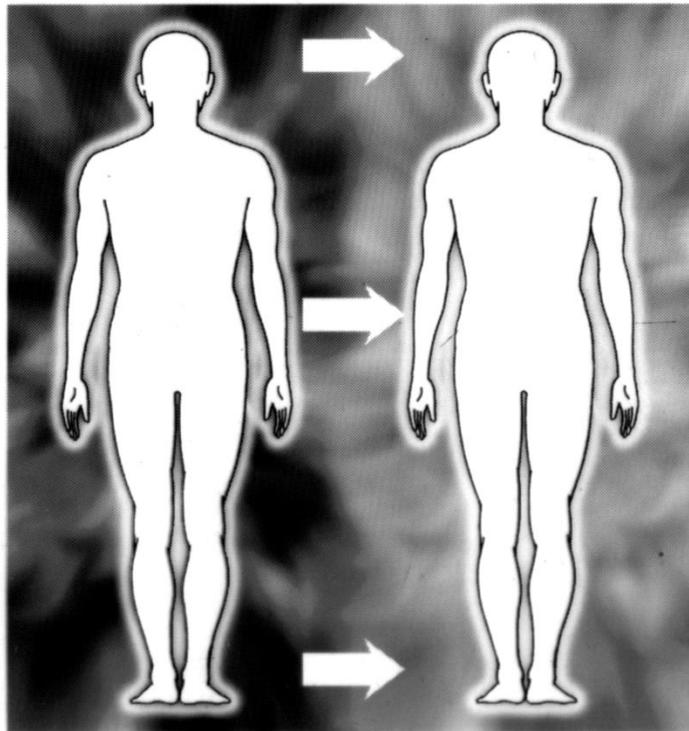
9. Emission of Far Infrared Rays from the Human Body.

We all know, that Far Infrared Rays are emitted from all living beings and certain minerals apart from its emission from the Sun. On account of the natural continuous displacements of the body organs, body structure, blood, cells and minute molecules and by virtue of the constant temperature maintained by the human body, Far Infrared Rays are naturally emitted from the human body. This ray emitted from the human body, is in fact our vital energy and is known as “Qi”. The intensity of these rays emitted are dependent on extraneous factors such as health, age, season and possible advent of any ailment, and these rays cease to emit once a person reaches the stage of death.

Thus, when bio-ceramics products are used, they emit Far Infrared Rays and simultaneous vibration occurs, when these rays clash with the rays emitted by the human body and in the process, the weaker sections of our body tend to absorb the maximum quantum of Far Infrared Rays and on account of this absorption, the weaker sections of the body tend to get strengthened and revitalised giving an overall feeling of well being.



Emission of Far Infrared Rays from the human body



The effect of Far Infrared Rays on two persons having different intensity of emission

10. Relation between Far Infrared Rays and Human Body's Vitality.

We all know, that the source of our vital energy comes from the absorption of the Far Infrared Rays. However, as per Chinese Medical practices, the vital energy “Qi” passes through all body passages, except for the air which is inhaled through our nasal passage. This vital energy comprises of a combination of weak, strong and dead energy and these energies correlate with the state of our human body, right from the day one is born to the day one dies.

The spread of “Qi” in the human body is called “Field of Qi” ; which is the mark of human energy and measures the activity level of all body functions. According to “Nei Jing” written by Huang Di , evil fails to enter the human body, when the vital energy is strong. In other words, when the body functions at an all time high, with a high content of “qi” , the air borne and water borne diseases prevalent in the environment, will not be in a position to attack this energised body. This is true even in modern medical parlance, wherein, a person having a healthy body with a strong immune system, can prevent and withstand any attack of diseases.

It is only when this vital energy is prevented from circulating all over the body, ailments succeed in entering into the body. This implies that, when the energy circulation is regular and proper, good health will be restored naturally. Medical science has conducted tests and proven time and again that, the vital energy prevalent in the human body is actually nothing but Far Infrared Rays, having a wavelength bandwidth of 4-16 microns.

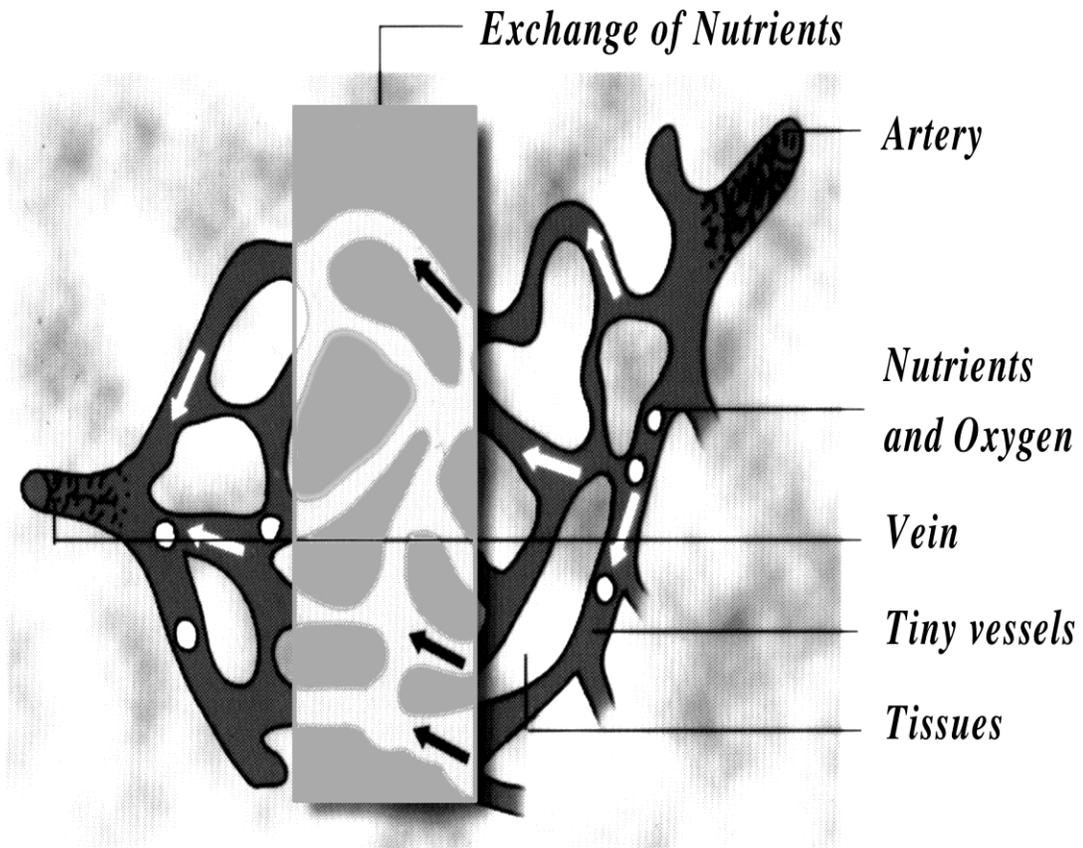
The presence of Far Infrared Rays in the human body, is directly related to the efficient functioning of the micro circulatory systems, metabolism, enrichment of cells and molecules in the body, leading to better immunity. Hence, an individual is able to maintain good health when the vital energy in his body is protective and accumulated. All of us are absolutely dependant on this vital energy, for survival and as the level of this energy decreases, the body comes under a threat of ailments attacking and entering the body system to a point, where the existence of this vital energy is seriously threatened, inviting the inevitable death.

It is for this reason, that use of Far Infrared Ray health products, can help us to substantially increase the vital energy needed for our body, through the absorption process. An increase in the vital energy, reduces the ingress of ailments and helps to restore youthfulness, along with increasing blood circulation, through the micro circulatory system. This explains how the elements comprising the human body and Far Infrared Rays, work in unison for the overall benefit of having a healthy body.

11. All about Micro - Circulation and its importance to Health.

We have mentioned about micro circulatory systems earlier, a thorough understanding of this aspect will help below. The micro-circulatory system is a labyrinth of very fine capillaries, running through the entire body, covering every vessel from the skin, to each and every internal organ and finally connecting to the network of veins and arteries. This microcirculatory system plays an important role, in carrying fresh oxygen rich blood, together with nutrients to the various trillions of cells contained in the body. It is also responsible for discharging waste, from the various organs and cells through the excretory systems of the body. The microcirculatory system can be termed as the backbone of our body's metabolism – the reason being that, if the microcirculatory system becomes non-functional for some reason, the entire metabolic system in the body will come to a halt and this will cause ailments and diseases to set in. Hence, it is imperative that the microcirculatory system has to be properly maintained, in order for us to have a healthy body. One of the root causes of human senility is on account of improper blood circulation through the micro-circulatory system. Out of the four natural milestones encountered by the human beings, during their existence, (i.e. birth, ageing, sickness and death) very few die of old age and senility, whereas maximum number of people succumb to various ailments.

Under ideal conditions, a human being is expected to live up to a maximum of 120 years. However, in today's world, the life expectancy has come down to over 50%. It is possible to improve the life expectancy, by improving the functioning of the microcirculatory system, through the use of bio-ceramics products. By increasing the blood circulation on the microcirculatory system, the probability of increasing our longevity, shoots up many fold and we end up leaving a continued healthy life.



Micro-Circulation System in a human body

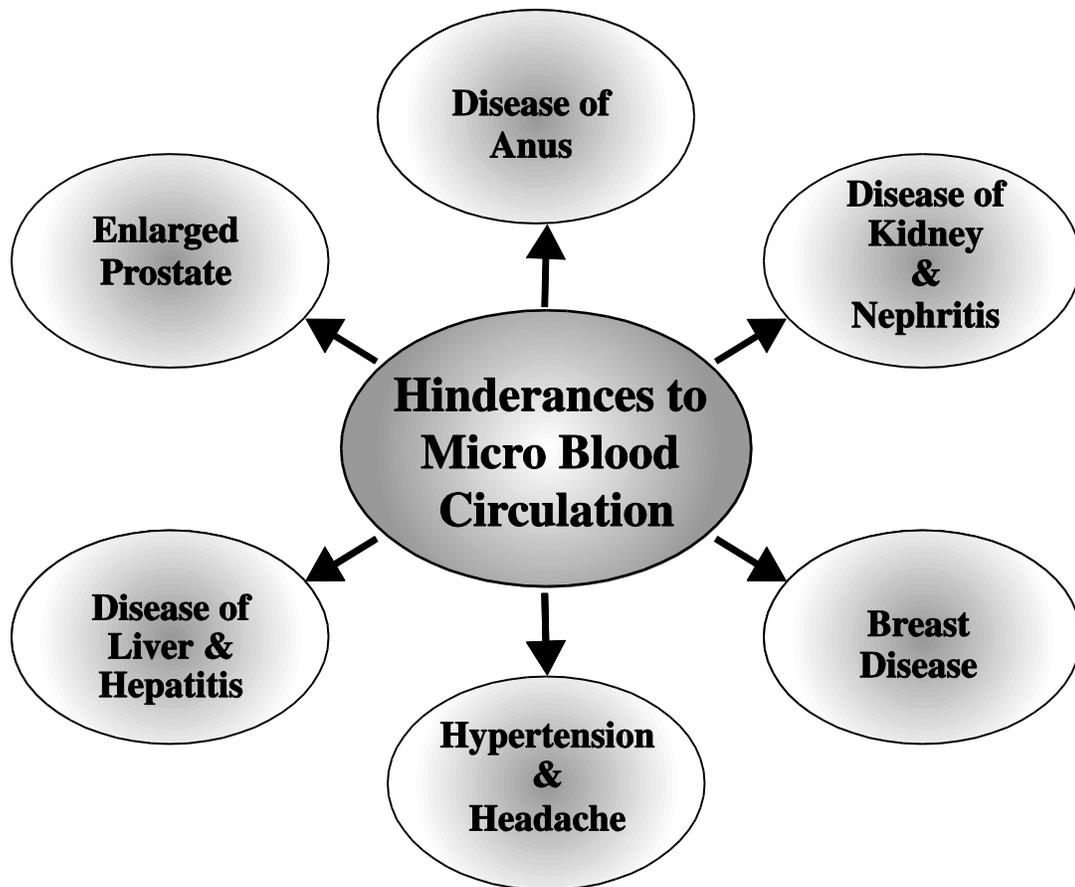
A Pictorial Representation of the Micro Circulation

System in the Human Body

There are very many diseases and disorders, which are related to improper functioning of the microcirculatory system. To cite some examples, the breakdown of the digestive system, metabolic system, nervous system, urogenital system and cardio-vascular system. We need to continuously maintain the functioning of our micro-circulatory system, by continuous absorption of Far Infrared Rays into the human body. Only when this happens, can we be able to prevent the breakdown of the above mentioned systems. Thus, it is very evident that the operations of this microcirculatory system, is responsible for the ability of the human body to combat the various ailments, afflicting the human body and it also becomes an important yard stick, in ascertaining the degree of health of a person.

Microcirculatory System.

The microcirculatory system is also termed as the second heart of the human body. In fact, if we join all the capillaries, veins and arteries of the body in a straight line, it would be more than the distance covered, if one travels around the earth across the equator. Unbelievable isn't it? The blood circulation through the entire micro-circulatory systems, is made possible by its own resilience and unique functioning, apart from the functions attributable to the heart, which is the centre of our being. The following illustration will indicate the importance of maintaining the microcirculatory system, in optimum functioning levels to counter the various ailments mentioned.



Extent of damage that can be done to the human body on account of non functioning of micro circulatory system

12. The Origin of Far Infrared Rays.

As already mentioned earlier, Far Infrared Rays is known to have been emitted from certain objects when they are heated. The Sun, of course is the hottest object in the Universe and it produces the maximum quantity of Far Infrared Rays. Infrared Rays emanating from the Sun constitutes approximately 80% of the total Sun's rays. Apart from the emission of the Far Infrared Rays from the human body and all other living beings, there are a number of minerals such as metallic oxide, sand and rocks, which are capable of producing Far Infrared Rays, when heated to temperatures ranging from 100°C to 200°C . For example, earthen clay pots emit Far Infrared Rays, when they are heated to about 150°C . Ceramic materials used to fry millet, needs to be heated to temperatures at 150° to 200°C , to produce Far Infrared Rays. Similarly, ordinary ceramics have to be heated to 100°C , in order to produce Far Infrared Rays.

There are heating equipment, which produce Far Infrared Rays artificially, when heated electrically. In the case of bio-ceramics, the heat required to emit Far Infrared Rays has been so designed, that it is equivalent to the normal human body heat produced at normal body temperature of 36.9°C . Summing it all up, we can classify the sources of Far Infrared Rays as under:

- a. The Sun.
- b. All Living Beings including human beings.
- c. Minerals such as ceramics and electrical equipment heated to high temperatures.
- d. Customised minerals such as bio-ceramics, heated to low temperatures.

13. Bio-Ceramics and its discovery.

Bio-ceramics is the combination of different types of ceramics and mineral oxides, mixed together in certain proportions and heated to over 1600⁰ C and cooled thereafter. The composite material produced thereof, has the capability of producing Far Infrared Rays when exposed to heat at normal body temperatures of 36.9⁰ C. This discovery is in sharp contrast to the Far Infrared Rays, produced from earth and clay pots, where the heat required is far more enormous with temperatures ranging to 100-200⁰ C. Here again, the Far Infrared Rays, produce a wide wavelength range from 4-1000 microns, in contrast with the human body requirement of 4-16 microns.

Thus, the combination of various ceramics and mineral oxides brought about a technological break through, in the creation of bio-ceramics. As of date, the technology to produce bio-ceramics is known only to a few countries such as Japan, China and Korea. Far Infrared Rays is also sometimes called Superlong wave, or Far long wave. In the late fifty's and early sixty's of the last century, there was a considerable amount of research done in USA at NASA, primarily to safeguard the health of the astronauts proposed to go in space. This was necessary because, in the absence of exposure to Far Infrared Rays, over a continuous period of time, say six months, the individuals tend to age at an alarmingly fast rate, adding on a lot many years through ageing.

NASA astronauts were the first to wear bio-ceramic space outfits. The bio-ceramics were embedded on the inner layer of the space outfits and FIR was produced, when the bio-ceramics got heated by the body heat of the astronauts. This helped to protect the astronauts and prevented them from ageing. This space wear was nick named as space costume, space cellulite, space cotton. It was only in the 80's of the last century that countries like China, Korea and Japan began to conduct extensive research to develop their own bio-ceramic Far Infrared Ray products. A consequence of their untiring efforts has brought about an array of bio-ceramic products for different applications.

14. Efficacy of Far Infrared Ray products.

There is a general concern amongst the users, about the efficacy of Far Infrared Ray products. The concern is, over the fear that the efficacy may reduce over a period of time, on account of improper handling of products as well as by it selves. While the former point could be acceptable the latter is not true.

Bio-ceramics produced and used in Far Infrared Ray products are bonded on to the fabric or product in one of the five following forms.

1. Solid concentrated form.
2. Impregnated form.
3. Interwoven form.
4. Embedded form and
5. Homogenous form.

The effectiveness of Far Infrared Rays, produced from the product will continue till as long as the bio-ceramics are present in the medium.

Thus in order, to ensure long term effectiveness, especially in the case of embedded and interwoven bio-ceramics on the garments, special care need to be taken while washing these products. Gentle washing is recommended, using a mild detergent and hard brushing is discouraged. It would always be advantageous to use special detergents containing bio-ceramics, which will improve the longevity of the product. After hand washing, the garments are to be drip dried. Squeezing of the garments is prohibited.

*Far Infrared Rays -
Its Practical Applications.*

15. Fatigue Reduction.

When there is a temporary imbalance of the physical and mental functions, occurring through constant abuse of one's physical and mental faculties, then the resultant scenario is called fatigue. There are very many factors, which contribute to a person developing fatigue. They are stress, lack of rest, overstudy, over utilization of brain and over work. These factors singularly or collectively, hasten the process of growing old.

Further, the accumulation of lactic acid, fatty acid, cholesterol, in our body over the years, also plays a significant role in increasing fatigue and ageing levels. In the normal course, these acids are discharged from the body through the kidneys and the pores, but in today's scenario, there are more and more number of people who do not drink sufficient water, but spend too much time in an air conditioned environment with absolutely no exercise at all.

Such a lifestyle, unhealthy though, tends to overwork the functions of the kidney. For this, the best way is to excrete the acidic components through the skin, by sweating and this process will have a definite bearing on the functions of the kidneys. One tends to feel fresh and healthy, when all such acidic and toxin components are discharged from the body.

The best way to ensure proper discharge and excretion of wastes and toxins, from the human body is to use Far Infrared Ray products. By using these products, the Far Infrared Rays, absorbed into the body helps to improve the blood flow, thereby improving the functions of all the excretory organs, to operate at 100% efficiency and thereby, ensuring the excretion of all acidic components and toxins. Some of the Far Infrared Ray products, such as Bedsheet and T-Shirt are designed to increase the sweating process. The process of sweating provides the body, with a fresher and lighter feel. Then there are certain ailments contributing to pain in various parts of the body, such as leg-ache, lumbago, waist-ache,

head-ache, arm-ache etc. An early relief from all these physical ailments is possible, with the continued use of Far Infrared Ray products, which would go a long way in reducing fatigue levels and relieving the body, of its various stresses and aches, while at the same time providing a better skin texture.

16. Suggested FIR Product for Fatigue reduction.

The Far Infrared Ray Bedsheet, provides for an effective way to relieve an individual from the day's tension and fatigue. While lying on a Far Infrared Ray Bedsheet, the body's contact with the Bedsheet provides for a comfortable level of warmth, which gently soothes and calms the entire human body, over a period of time, before switching on to deep sleep mode. There are two types of sleeping conditions, the first one is light sleep mode, wherein, we twist and turn ourselves, experience dreams and in this mode the brain is not provided with proper rest. This mode of sleep, constitutes 60-70% of our sleeping time and it cannot help in relieving the body tensions. The second mode is called the deep sleep mode. In this mode, the entire body is thoroughly relaxed, our breathing system becomes slower and slower and the brain is put to complete rest. All body tensions can be relieved in this mode and an individual normally enjoys a 30-60 minutes of deep sleep, which is more than sufficient to relieve the day's tension. The Bedsheet, provides the user to achieve deep sleep conditions daily. On waking up, one will find oneself totally charged and energetic.

Apart from this aspect, the Far Infrared Ray Bedsheet, also provides for improving the blood flow, which in turn helps to improve the body metabolism. On account of improved metabolism, a lot of acidic wastes and toxins are eliminated effectively. In order to ensure proper metabolic functioning, drinking lot of water is absolutely essential, for flushing out all acidic components in the body, through the excretory medium of sweat and urine.

17. Getting used to using FIR products.

The adaptability of the Far Infrared Ray products with people, vary from person to person, depending upon their individual constitution. For some, the effects could be seen in a shorter span of time, while for others it could take a longer period. There will definitely be a marked difference on using Far Infrared Ray products, which on contact with the body, emits heat uniformly and this additional warmth felt, could be a reason for the users initial discomfort. This is the normal effect while using such products, wherein, on account of the absorption of Far Infrared Rays into the body, the blood flows faster. Getting used to this new feeling and adapting to the product, would take time for certain people but once they get used to it, the product becomes a part and parcel of their body. In addition to this, certain people experience a ticklish feeling and an itching sensation. This is however; a temporary phenomenon and people are known to get over it within a week's time. Far Infrared Ray products, should be accepted like any other product used in daily life, in order for an individual to enjoy its benefits.

18. Effects on Swelling and pain.

The Far Infrared Ray products go a long way to reduce pain and swelling. The symptoms for swelling in our body are redness, pain and heat in the affected area. The human self-defencesystem is responsible for creating the swelling, wherein, a particular part of our body when excited is filled up with blood, which later on swells up generating a certain amount of heat. The sensation of pain is a normal reaction of the human body, towards such an excited state. In most cases, the swelling is on account of the continuous impinging of the blood, on to the blocked capillary passage. Once the blockage is flushed out on account of continuous impingement, the flow of blood eases, causing a gradual

reduction in swelling and pain. There are different types of Far Infrared Ray products, designed to suit the different body contours, in respect of providing relief from pain and swelling.

Generally, products such as Health Card and Sunbeads can be placed suitably on any part of the body to help ease pain and swelling.

19. Effects on Headache.

Headaches are experienced by all people very frequently. Generally, headaches are a prelude to various diseases and there are umpteen reasons responsible for causing headaches. They can however be broadly classified into three categories:

- a) Headache due to Pressure
 - b) Headache due to malfunctioning of blood vessel.
 - c) Headache leading to major ailments.
-
- a) Headache due to pressure – This type of headache, is mainly on account of excessive tension, worries and stress, one encounter in daily life. It can be relieved by taking sufficient rest.
 - b) Headache due to malfunctioning of blood vessel – This type of headache, is most commonly known as Migraine, which is caused by the accumulation of tension in the blood vessels, leading to the brain. On account of this tension, the blood vessels contract, thereby reducing the blood flow to the brain. As a result, there is a drop in pressure in the brain. On release of tension, the blood vessels suddenly expand again, giving way for the blood to rush up into the brain and in the process increase the pressure once again. This cyclic contra process is very painful and leads to migraine.

c)Headache leading to major ailments – In this category, the headache is primarily asymptomatic, indicating the onset of a major ailment and the headache is very severe and unbearable. People suffering from such type of headaches, are advised to consult a doctor for proper diagnosis. Most common major diseases, that follow from these headaches are apoplexy of the brain, brain tumor, meningitis and cerebral hemorrhage.

The Far Infrared Ray products have been known to be helpful in reducing the suffering levels, in headaches in the first two categories. Products like headband and different types of caps help to reduce the ache through supportive therapy by focusing on the root cause. Continuous use of Far Infrared Ray products, will help to streamline the blood flow into the brain, thereby aiding in relieving tension in the blood vessels and simultaneously, paving the way for the brain to absorb sufficient nutrients and oxygen from the blood, resulting in a perceptible reduction in fatigue and stress.

Apart from headband and caps, use of the Far Infrared Ray Pillow pad and socks, are recommended to help alleviate headaches. The use of socks for this purpose, may perhaps sound improper, on account of the distance between the head and foot. But the fact is that, the acupoints on the foot and passages through which vital energy circulates between the head and foot, are all interconnected leading to perceptible relief from headaches.

For those who encounter frequent headaches, relief from the same is possible, if they lead a disciplined lifestyle, consciously abstaining from accumulating stress, avoid intake of liquor, chocolates, coffee etc, and instead consume lot of vegetables and fruits. This, coupled with sufficient sleep and rest, Far Infrared Ray products, can go a long way to alleviate the sufferings caused by headaches.

20. Effects on High Blood Pressure and Low Blood Pressure.

High and low blood pressure can be regulated, with the use of Far Infrared Ray products, in its supportive therapy capacity. The normal blood pressure for human beings is 120/80 mm Hg. 120 is referred to as systolic pressure and 80 is referred to as diastolic pressure. The blood pressure of an individual is said to be high, when systolic pressure goes above 140 mmHg, or the diastolic pressure goes above 90 mmHg, or a combination of both. The blood pressure of an individual, varies according to the age of a person. If a person is young, his blood pressure is relatively lower, than a person who is older. In any case, the normal blood pressure would be 120-140 systolic and 80-90 diastolic.

We shall now deal with instances of high blood pressure. The incidence of abnormal high blood pressure, in a person can be for one too many reasons. Some of them are as under. The general reason for high blood pressure, is on account of the arteries and capillaries in the microcirculatory system, shrinking from its original size and becoming narrower due to clogging. High levels of cholesterol in a person leads to clogging of arteries, which in turn increases the individual blood pressure. Then, there are other aspects, which contribute to high blood pressure, such as kidney malfunctioning, loss of elasticity in the blood vessels and state of emotion instability on account of external factors. All these aspects, individually and collectively, cause high blood pressure.

By using Far Infrared Ray products, the rays absorbed by the human body, will help to improve the elasticity of the blood vessels, helps to dissolve the clogging of the micro arteries and capillaries, helps to improve upon the viscosity of the blood, thereby enabling a regular laminar flow, in the microcirculatory system. Far Infrared Ray products, such as Sunbeads, T-Shirt, Brief, Bedsheet go a long way, to contain the high blood pressure, in its supportive therapy capacity.

Coming to situations involving low blood pressure, we classify people in this category, who have a systolic pressure of less than 90mm, or a diastolic pressure of less than 60mm, or a combination of both. Some of the general symptoms exhibited by people, having low blood pressure are nervousness, lack of appetite, loss of weight, cold hands and legs, dizziness and lack of blood. Low blood pressure can also be inherited.

In the case of low blood pressure, there is a contraction of the blood vessels, which reduces the flow of blood through micro-circulatory system, causing low blood pressure. Use of Far Infrared Rays products, such as Sunbeads, Bedsheets, Brief and T-Shirt, will help the contracted blood vessels to expand, which in turn, would lead to increase in blood flow and strengthen the function of the heart. Use of the above-mentioned products, also helps to increase the enzyme and hormone production levels in our body, in its supportive therapy capacity. As a consequence of all this, Far Infrared Rays helps to provide, balancing of the body temperature, so as to regulate the blood pressure to normal level.

It is however to be born in mind, that the use of Far Infrared Ray products, act only as a complementary health product in its supportive therapy capacity. The products are neither a medicine, nor a substitute to medicine and the same should be used in addition to prescribed medication, given by doctors for treatment of the ailment.

21. Effects on Diabetes.

Malfunctioning of the pancreas is the root cause for diabetes. This disease is caused on account of the inability of the pancreas islet, to produce a hormone called insulin, which is required to convert the glucose in the blood in to singular sugar form, which is easily absorbed by the cells and body structures. When the production of insulin by the pancreas falls to lower levels, the conversion of the glucose content in blood does not take place as desired, leading to a high content of glucose, some of which is excreted through urine. This ailment is broadly termed as diabetes.

We generally come across two types of diabetes. In the first one, the conventional remedy is to inject insulin, at regular intervals and dosages for those persons who have a blood sugar level more than 250mg. The second one, pertains to the non-insulin type and treatment is administered orally by tablets. Diabetic patients have a lack of appetite, a weak body, fatigue, itchiness, suffer from dry skin, urinate more frequently, especially at night and are easily thirsty. Further, critical diabetic patients may also suffer from abnormal

nervous system kidney problems, high blood pressure, weak eye sight and damaged limbs. It is only by constantly monitoring the sugar intake in our daily diet, can one maintain lower blood sugar levels and protect the function of the pancreas islet.

By using Far Infrared Ray products, the rays absorbed, go a long way to help in the improvement of functions of the pancreas islet, by increasing the blood flow, thereby helping to increase the production of insulin, as well as helping to dilute the blood sugar concentration. The recommended products for diabetic patients is the Waist Belt, Bedsheet or T-Shirt. To achieve effective results and supportive therapy benefits, these products need to be used on a continuous basis for a long term. In addition to use of these products and consumption of prescribed medication, the diabetic patients need to closely monitor their diet, reduce intake of sugar, drink plenty of Bio-ceramic Activated Alkaline Ionized water, stop smoking and indulge in exercises. It is always pertinent and important to follow the Doctor's prescribed medication and advice at all times, as use of these products are only supportive in nature to the actual medical treatment.

22. Effects on Stroke Patients.

Human beings suffer from Stroke on account of the following factors:

1. Agglutination of blood cells, together with a high dose of ester in the blood, creating high viscosity blood or sticky blood, leading to the formation of "Thrombosis".
2. High Blood pressure.
3. Cholesterol in blood is high.
4. There is little or no elasticity in the blood vessel
5. Excessive Drinking and smoking, over exhaustion and tension.

The combination of the above mentioned factors, make the blood vessels in our body to block, particularly in the brain and make the blood flow to stop. As a result, the components of the brain lack in blood supply and become non-functional, leading to paralysis and loss of speech; it is known as “Cerebral Apoplexy”. It happens to human beings very suddenly, though the symptoms remain for long time in the human body. To overcome cerebral apoplexy, one has to consult the doctor and follow the medication strictly and during the recovery process, the patient has to use FIR products such as Bedsheets, Pillow pads, T-Shirt, Waist belt and Brief, in its supportive therapy capacity. One has to consume FIR activated alkaline ionised water in large quantities, more fruits, vegetables and avoid bad habits such as smoking and consumption of alcohol, avoid high fat and cholesterol food.

It is always advisable to take precautions, by checking the blood pressure regularly, which go a long way in reducing chances of stroke affliction. Use of Far Infrared Ray products regularly, would also contribute to the reduction in the probability of stroke affliction. Then, always remember that Far Infrared Ray products are neither a medicine, nor an alternative to medicine. Doctor’s prescribed medication and advice should be continued at all times.

23. Effects of FIR products on Cancer patients.

Patients of Cancer may use Far Infrared Ray products, to aid in the benefit derived from the treatment. But one has to bear in mind, that it only conforms to supportive therapy, under doctors recommendation. Patients having Cancer, have to undergo radioactive treatment, chemotherapy, surgery and herbal treatment. To these treatments, use of Far Infrared Ray products, act as supportive therapy, to augment the sagging body's immune system and micro-circulatory system. Far Infrared Ray products recommended for Cancer patients are Bedsheet, Brief, T-Shirts and consumption of a large quantity of Bio-ceramics activated alkaline ionised water. The combination of these products, would help in retarding the growth of cancerous cells in the body. Modern medical science has now made it possible to treat this disease with a high degree of success. Then, always remember that Far Infrared Ray products are neither a medicine, nor an alternative to medicine. Doctor's prescribed medication and advice should be continued at all times.

24. Effects on Cancer.

Far Infrared Rays will help to reduce the growth of Cancer cells, which sustain itself in an acidic media. It is for this purpose, that consumption of bio-ceramics activated alkaline ionised water in large amounts plays a dominant role in neutralising the acidic media, in which Cancer cells thrive. In addition to this, the enhancement of the metabolic process helps to improve the immune system, resulting in strengthening the body to counter the cancerous cells.

As you are all aware, Cancer is known to be a killer disease, having a devastating effect on the entire human body. A person who is diagnosed with Cancer, normally has a limited time frame to live. In recent years with the advent of modern scientific innovations, Cancer afflicted patients have been able to extend their life span by five to ten years.

25. Effects of FIR Products on Pregnant Ladies.

The Light of Life, which is nothing but Far Infrared Rays, enables the foetus to develop all associated organs in a better environment. This is made possible because the Far Infrared Rays absorbed by the mother, helps to improve the metabolism, enabling the foetus to absorb more nutrients and the much needed oxygen, for overall development.

Pregnant Ladies do not have to worry, with regard to any side effects, on account of exposure to these rays, as it is the goodness of the Sun that is being absorbed by all life forms. The Far Infrared Ray products, recommended for pregnant ladies are Ladies Brief, Waist Belt and T-Shirt. However, it must be remembered that Far Infrared Ray products are neither a medicine, nor an alternative to medicine and conforms to supportive therapy only. Doctor's prescribed medication and advice should be continued at all times.

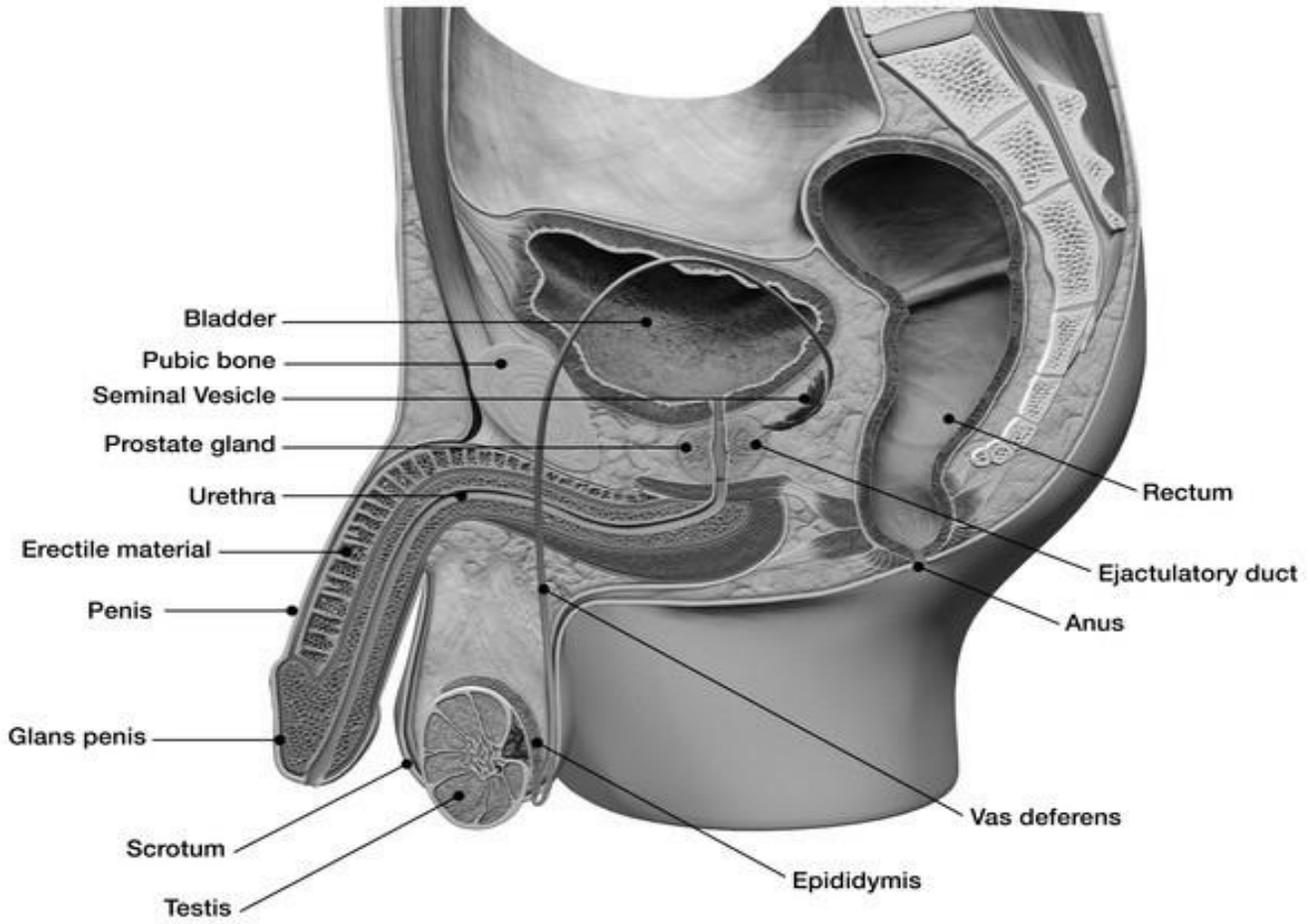
26. Effects on Swollen Prostate Glands.

Swelling of the prostate gland, among men over 40 years of age is quite common. It is known, that this organ produces the male semen. The prostate gland expands due to an increased supply of blood, while in the process of sexual intercourse, prior to ejaculation. In many cases, the blood flow to the prostate gland is abnormally high, resulting in clogging of the blood in the blood vessels, thereby creating a permanent swelling.

This swelling leads to difficulty in urination, as the swollen gland presses against the urethra, it also leads to excruciating pain during urination. Unhealthy sexual habits can also be the cause of such swelling. Some of the other effects of this swelling are inability to urinate, affecting the sexual abilities, incidence of premature ejaculation and impotence.

Using the Far Infrared Ray Brief would provide for a definite relief, as the absorbed rays helps to improve the blood flow, thereby clearing up the clogging of blood in the gland. This is the simplest and most effective method of supportive therapy, which should be used in conjunction with the doctors prescribed medicine and advice.

The narrow constriction in the urinary tract, due to the swollen prostate gland causes difficulty and pain in excreting urine.



27. Effects of F I R Products on Piles.

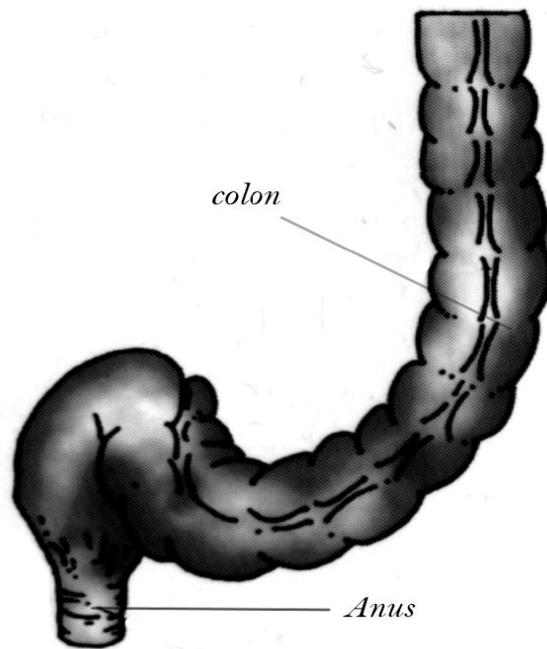
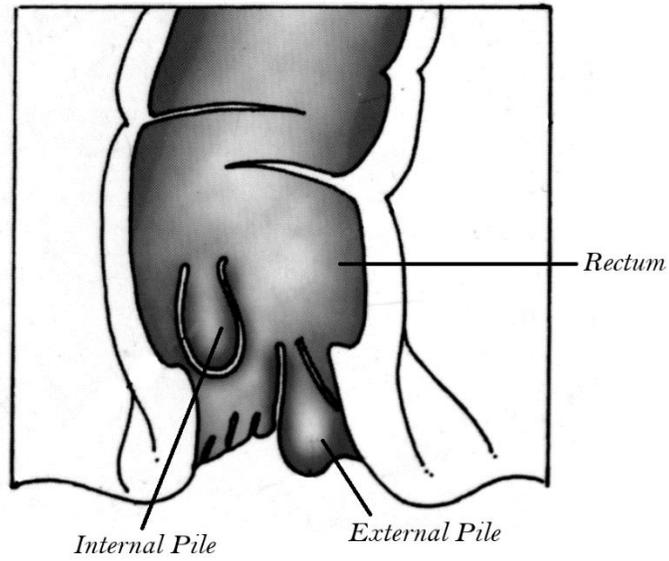
One of the most common ailments afflicting both the sexes is piles. When veins expand, on account of an increase in pressure in the abdominal cavity intestinal canals, piles develop around the anus due to the following reasons.

- (a) Stools are excreted in a stressful way.
- (b) Due to lack of exercise and prolonged immobility, resulting in lack of blood flow in the anus regions.
- (c) Obesity
- (d) Excessive pressure experienced by the human body during childbirth.

The above mentioned conditions will create enormous pressure on the anal vein leading to piles. There are two types of piles. One is internal and the other is external.

In either case, there is tremendous amount of pain and discomfort in and around the anus, while defecating and the fecal matter invariably will be coated with blood.

Far Infrared Ray products go a long way in improving the blood flow, which in turn helps to remove the blood clot from the affected region. This aids in reducing the size of the piles and gradually helps in its disappearance. The products recommended for this ailment, are Men's and Ladies Brief. By using the products, one should consume a lot of fresh fruits, leafy vegetables and whole wheat products, so that constipation is prevented.



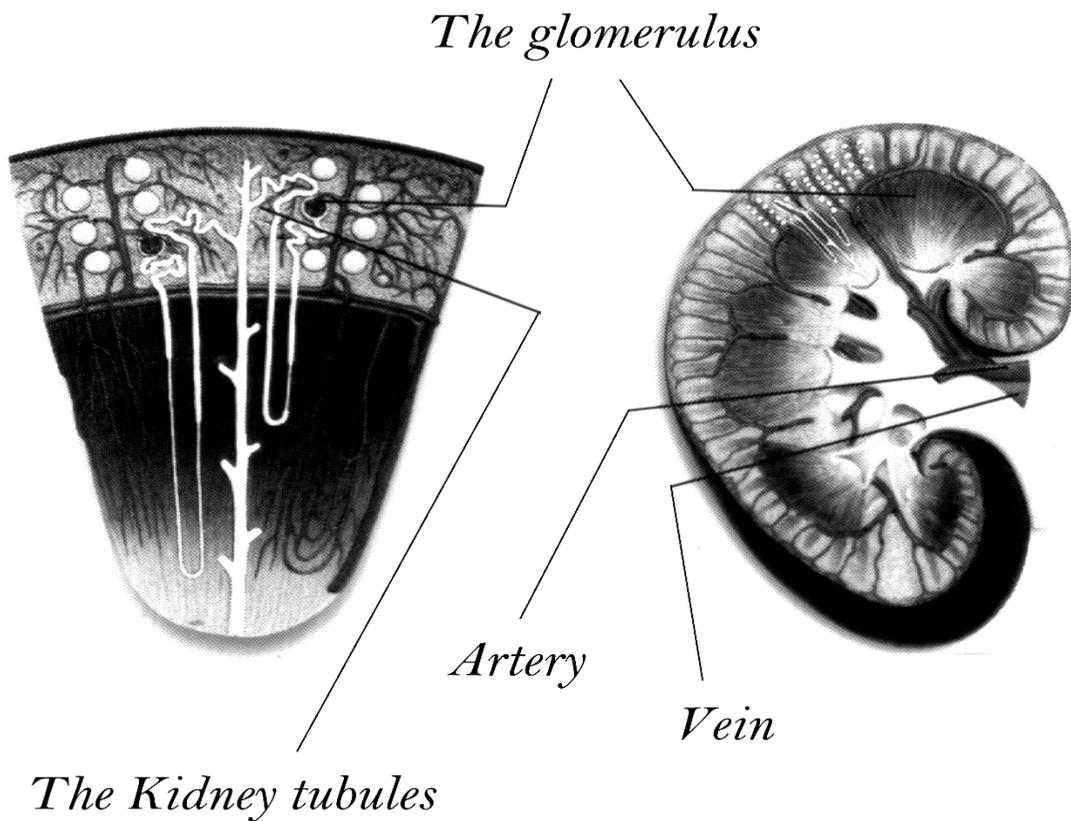
A pictorial representation of piles - both internal & external

In some cases, there are instances where the situation worsens, on using the Far Infrared Ray Brief, wherein, the pain and bleeding increases. This happens, on account of increased flow of blood in the region, causing some blood vessels to burst, due to the exposure of Far Infrared Rays, leading to further bleeding. There is no need to worry in such situations, as this happens only for a temporary period and is termed as Healing Crisis. The recovery process of piles with the use of Far Infrared Ray Brief, in its supportive therapy capacity, will primarily depend on the body constitution, the toxins prevalent in the body, the general health conditions and the individual's age. The recovery process, will be spread over a period of time and the use of Brief will certainly bring an improvement in the condition of the piles, when used in conjunction with the doctor's prescribed medication and advice.

However it must be remembered that Far Infrared Ray products are neither a medicine, nor an alternative to medicine and conforms to supportive therapy only. Doctor's prescribed medication and advice should be continued at all times.

28. Effects of FIR Products on Kidney Problems.

There are various symptoms associated with the malfunctioning of the kidneys, such as lack of energy and appetite, sleeplessness, general body ache, pain in the kidneys and discharge of dark yellow urine with difficulty. It is known that more than 70% of the body waste is discharged out of our body through the kidney. Inside the

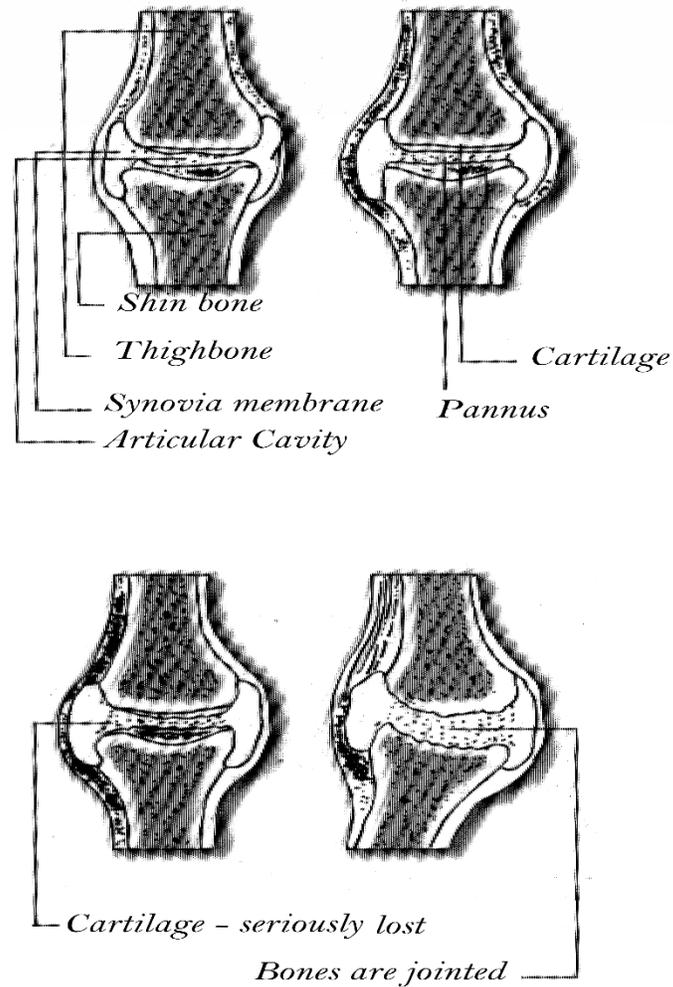


kidney, the glomerulus is the last segment in the micro circulatory system. The glomerulus is responsible to send all waste and toxins into the ureter, where it will be discharged in the form of urine. This is possible, only with sufficient blood flow through the glomerulus.

Far Infrared Ray products such as Bedsheet, T-Shirt, Brief and Belt, are recommended to be used regularly for people suffering from kidney ailments. The Far Infrared Rays from these products, will help to activate the glomerulus by increasing the blood flow, thereby aiding in the discharge of all waste from our body, in the form of urine. However, it must be remembered that Far Infrared Ray products are neither a medicine, nor an alternative to medicine and conforms to supportive therapy only. Doctor's prescribed medication and advice should be continued at all times.

29. Effects on Gouty arthritis.

On account of accumulation of uric acid in our body joints, the ailment called



The perfect joint & the synovia membrane are seen in a normal joint. The synovia membrane and the cartilage are lost when the joint is damaged and becomes worse.

Goutyarthrititis occurs. Uric acid enters in to the blood stream, on account of excessive consumption of high protein foods. Normally, uric acid is a form of waste, which is excreted through the kidney in the form of urine. However, since the quantum of uric acid is far beyond the capacity of the kidney to discharge the same, some of it enters our muscles and joints, sometimes transforms into a crystal form in the joints, giving rise to acute pain and restricting the complete use of the limbs.

Far Infrared Rays Products such as Waist Belt, T-Shirt, Knee Brace, Ankle Brace, Elbow Brace and Wrist Band would be very useful in its supportive therapy capacity by persons suffering from Goutyarthrititis. These products, apart from helping to reduce the pain in the joints, will also help to dissolve the uric acid and discharge the same through urine.

People suffering from Goutyarthrititis are advised to take a lot of fresh vegetables and fruits, reduce the consumption of different types of meat, avoid liquor totally, consume at least two litres of FIR activated alkaline ionised water daily and take sufficient rest. Please note that Far Infrared Ray products are neither a medicine, nor an alternative to medicine . Doctor's prescribed medication and advice should be continued at all times.

30. Effects on Rheumatism.

Like Gouty arthritis, Rheumatism also affects all the joints. It is caused when the synovial membrane is swollen, on account of depletion of the synovial fluid, causing swelling in the articular cavity and creating muscle cramps. A combination of all this creates tremendous discomfort and pain.

The normal joints have a perfect joint with the synovial membrane and fluid in place, but when the condition of the joint worsens, the cartilage and synovial membrane are lost, giving rise to the bones to meet and create friction, thereby creating acute pain.

The usual allopathic treatment is administering medicine, such as aspirin and steroids, such as cortisone, to help alleviate the painful suffering from Rheumatism. Far Infrared Ray products, recommended for this ailment in its supportive therapy capacity, are Knee Brace, Elbow Brace, Ankle Brace, T-Shirt, Brief, Socks and Bedsheet. It is also recommended, to drink a lot of FIR activated alkaline ionised water, along with a variety of suitable exercises including a brisk walk. Adequate supply of nutrition and rest for the body is a must. Far Infrared Ray products are neither a medicine, nor an alternative to medicine. Doctor's prescribed medication and advice should be followed at all times.

31. Effects on Spur.

The ailment known as Osteoarthritis or Spur occurs, when the cartilage in between the joints, deteriorates and slowly reduces in thickness. On account of an injury, or wound on the joints, spur grows in and around the areas of the deteriorated joint. People suffering from Osteoarthritis, are normally unaware of the presence of this ailment in them, since it takes several years before symptoms emerge. Persons suffering from this ailment, undergo terrible pain and are confronted with difficulty in movements of the joints because the Spur presses against the nervous system, causing numbness of the limb. It can also lead to muscular cramps and could be fatal at times.

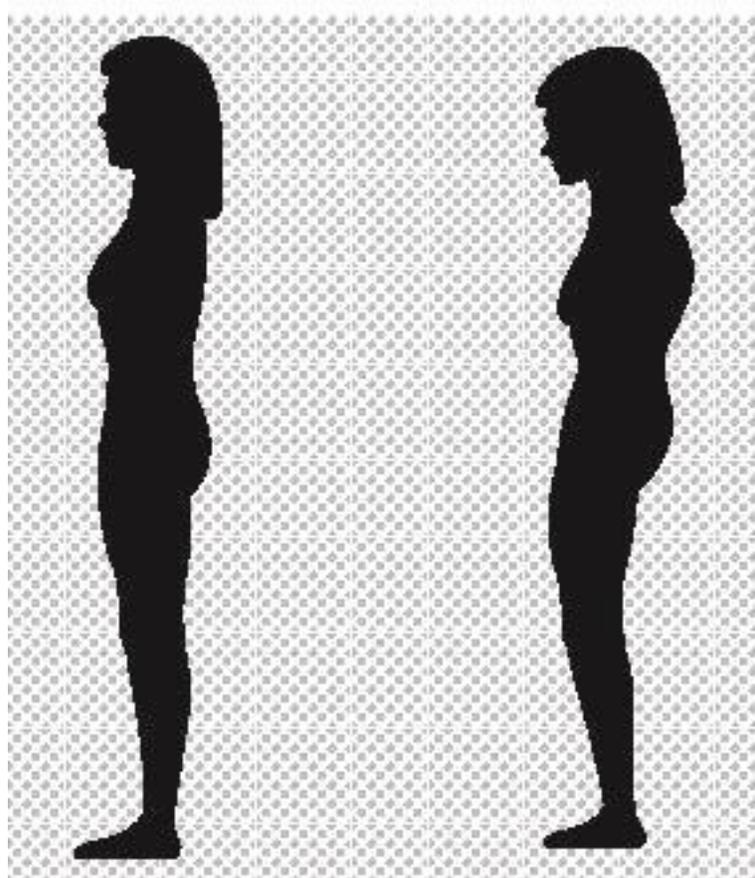
Far Infrared Ray products in its supportive therapy capacity, can be used in addition to prescribed medication, for getting relief from pain. The recommended products are T-Shirt, Belt, Bedsheet, Knee Brace, Ankle Brace, Shin Brace, Wrist Band, Elbow Brace and Palm Guard. People suffering from Osteoarthritis, should take the following precautions to reduce the incidence of Spur:

- | | |
|--|--|
| A) Taking sufficient rest. | B) Always sleep on hard mattress. |
| C) Maintain proper posture at all times. | D) Regularly exercising the joints. |
| E) Intake of adequate nutrition. | F) Avoid overeating as this will put additional pressure to the bones. |

It is important for people suffering from Spur, to maintain a proper posture, since all the organs in the thorax and abdomen region are located on the spine. When the posture is not correct additional pressure is added on to the bones, joints and muscles.

Improper postures, can result in affecting the normal contraction of the diaphragm muscle, which is in between the thorax and abdominal region, while we are standing.

The same is applicable even for the sitting position. For a good posture, we need to bring the pelvis to the same level as that of the spine. By doing so, the spine will move either to the front, or bend to the back. Further, while changing posture from sitting position to standing position, one needs to pull the body up straight, with the head upright and the chin slightly facing outwards. The arms should be placed close to the body and the shoulders need to be straightened. Practising proper postures not only makes one confident, but also goes a long way in providing relief to people suffering from Osteoarthritis.



The correct and incorrect postures

32. Effects on Frozen Shoulder.

Frozen Shoulders, usually occurs to persons reaching the age of 40-50 years. Frozen Shoulders is nothing but another form of arthritis, where the people suffer from acute pain, rigidity, numbness in the backbone, or in the neck, shoulders and back of the body. Infact, people suffering from severe Frozen Shoulder, are unable to even lift their hands. Infact, the pain is more intense, when the person intends to sleep, resulting in sleeplessness.

Far Infrared Ray products, can be most helpful to people suffering from Frozen Shoulder, in its supportive therapy capacity. The rays penetrate into the shoulder joints causing heat reaction, which slowly extends into the inner part of the joint. As a consequence, the blood flow improves drastically and relieves pain and numbness in the affected region. The products recommended for this ailment, are T-Shirt, Bedsheet, Pillow Pad, Cervical Collar and Lumbar Belt. Always remember that Far Infrared Ray products are neither a medicine, nor an alternative to medicine. Doctor's prescribed medication and advice should be followed continuously.

33. Effects on Asthma.

A lot many people suffer from this chronic disorder called Asthma, where coughing, difficulty in breathing and wheezing, are the main symptoms and children are more prone to this disorder. This disorder is caused, when our breathing air passage is excited, on account of certain factors leading to a contraction in the airway passage, thus making it difficult for the person to breathe. Specific inhalers are available in the market, for people to counter an attack from Asthma. The inhaler facilitates the person to breathe easily, by dilating the constricted airway passage making the breathing passage, to open up freely. Asthma is also caused on account of allergic reactions, which are sensitive to the body like dust, pollen, fumes etc. Inhaling steam from boiling water, does provide relief from this ailment, as the steam entering the lungs will expand the narrow bronchus to facilitate easier breathing.

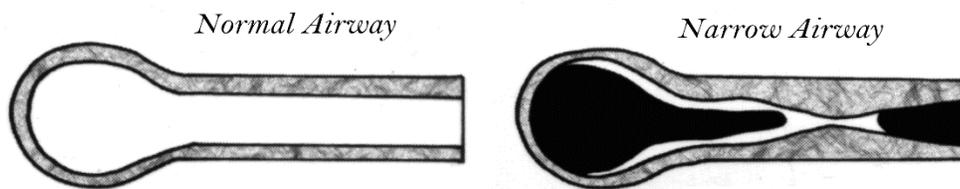
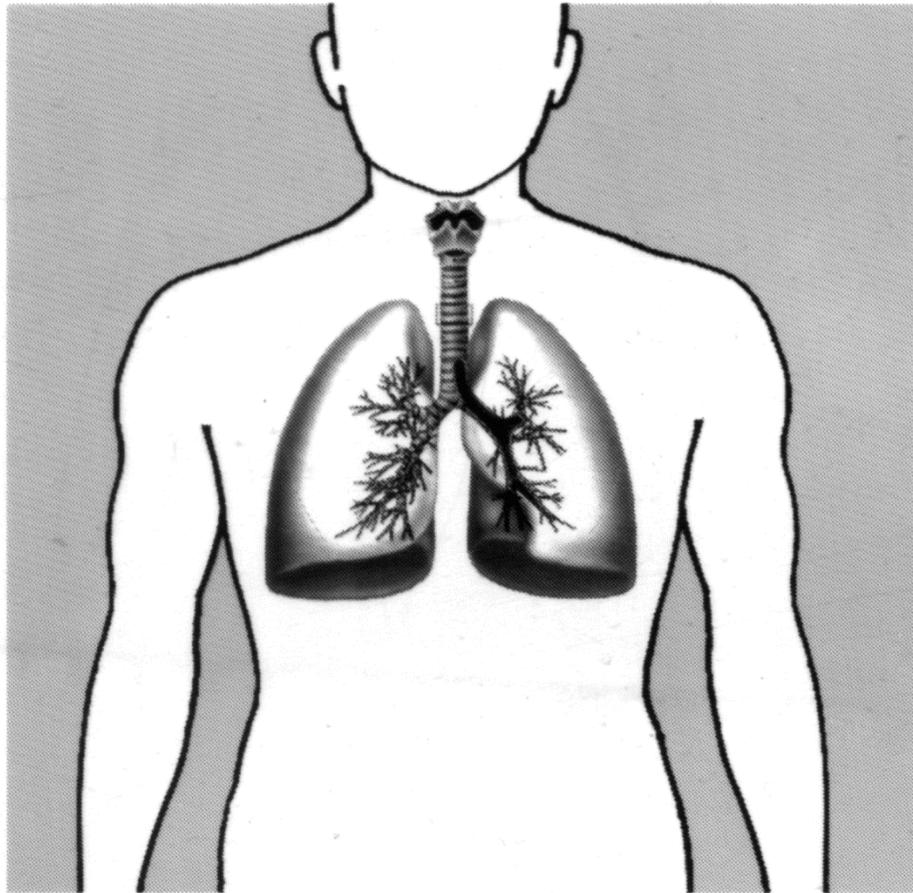
FIR products recommended for Asthma are T-Shirts and Sun Beads, depending on the intensity of the ailment. These products will be able to help in its supportive therapy capacity, during the recovery process. The supportive therapy methods are: -

(a). Wear the Sun Beads in the chest region and locate the beads right at the centre of both nipples on the solar plexus. The Beads are to be rubbed at this position on the chest, massaging the breast softly daily for about 20 minutes.

(b). For persons having light attacks of Asthma, wear the T-shirt continuously even while sleeping.

It is very important to identify the factor or factors, which are responsible for bringing out the Asthma attack. Some of the common factors are hair spray, cosmetics, perfume, detergents, dropping of fur from pets and dust emanating from the atmosphere as well as from carpets and air conditioners.

Please make a note that Far Infrared Ray products are neither a medicine, nor an alternate to medicine. Doctors prescribed medication and advice must be followed at all times.



A Pictorial representation of how Asthma affects the Bronchus causing difficulty in breathing.

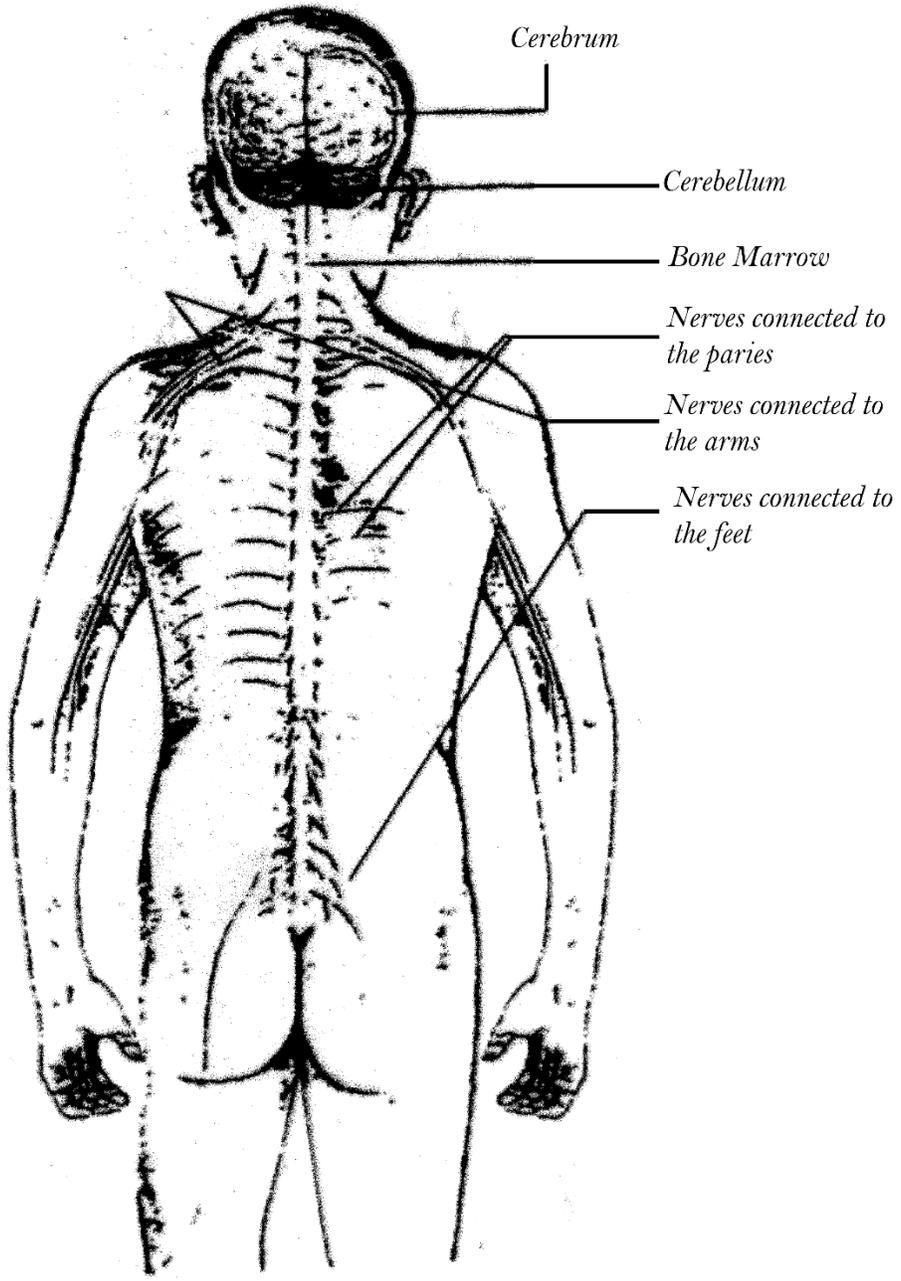
34. Effects of Upper Limbs.

Generally, middle aged persons often come across with numbness of the upper limbs, which is sometimes accompanied by a pain at the back of the neck.

The cause of this type of dis-comfort, has been normally diagnosed to growth of cartilage at the cervical spine, causing restrictions in the spinal cavity, thereby adding pressure on to the nerves, which are connected to the upper limbs, forearms and finger tips. On account of undue pressure on these nerves, one experiences numbness, followed by pain. This ailment is also referred to as “ Cervical Spine “ problem.

The root cause of this type of ailment could be on account of injury, general body fatigue and lack of exercise, at the cervical spine region. The normal procedure to overcome this dis-comfort, is to continuously exercise the cervical spine in such a manner, that the spinal cavity in the cervical spine enlarges to ease the pressure on the nerves, thereby providing relief. Apart from the conventional exercises, the situation could be brought under control with the use of Far Infrared Ray Bedsheet, Pillow pad and Cervical Collar. Use of these products in its supportive therapy capacity, over continuous periods would help to improve the blood flow, enabling quicker body movements in the area, thereby avoiding the growth of the cartilage.

Those suffering from this kind of an ailment may use the above mentioned products in its supportive therapy capacity, to help absorb and retard the growth of cartilage and enhance the recovery process. Then, always remember that Far Infrared Ray products are neither a medicine, nor an alternative to medicine. Doctor’s prescribed medication and advice should be continued at all times.

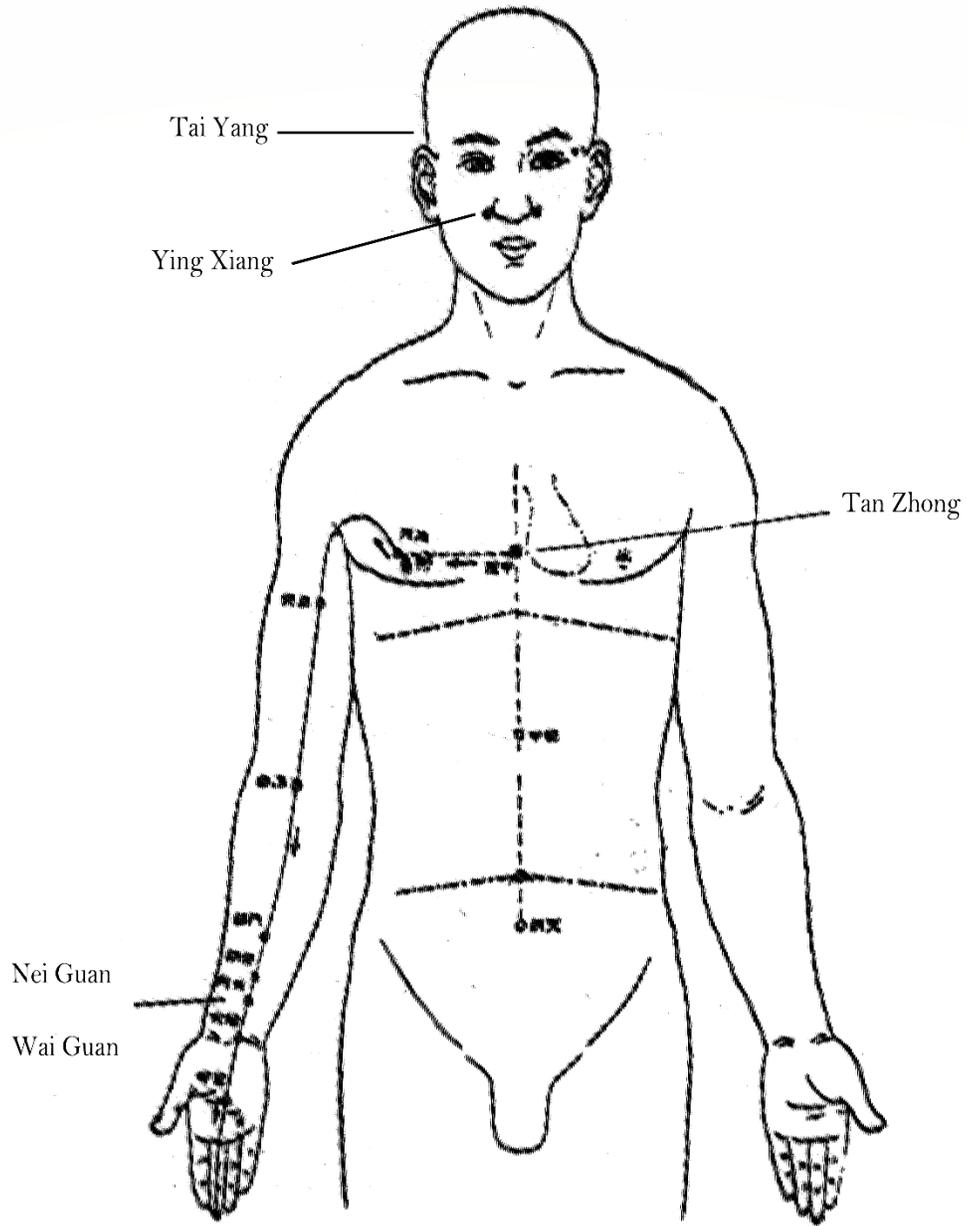


35. Sun Beads – Its Uses.

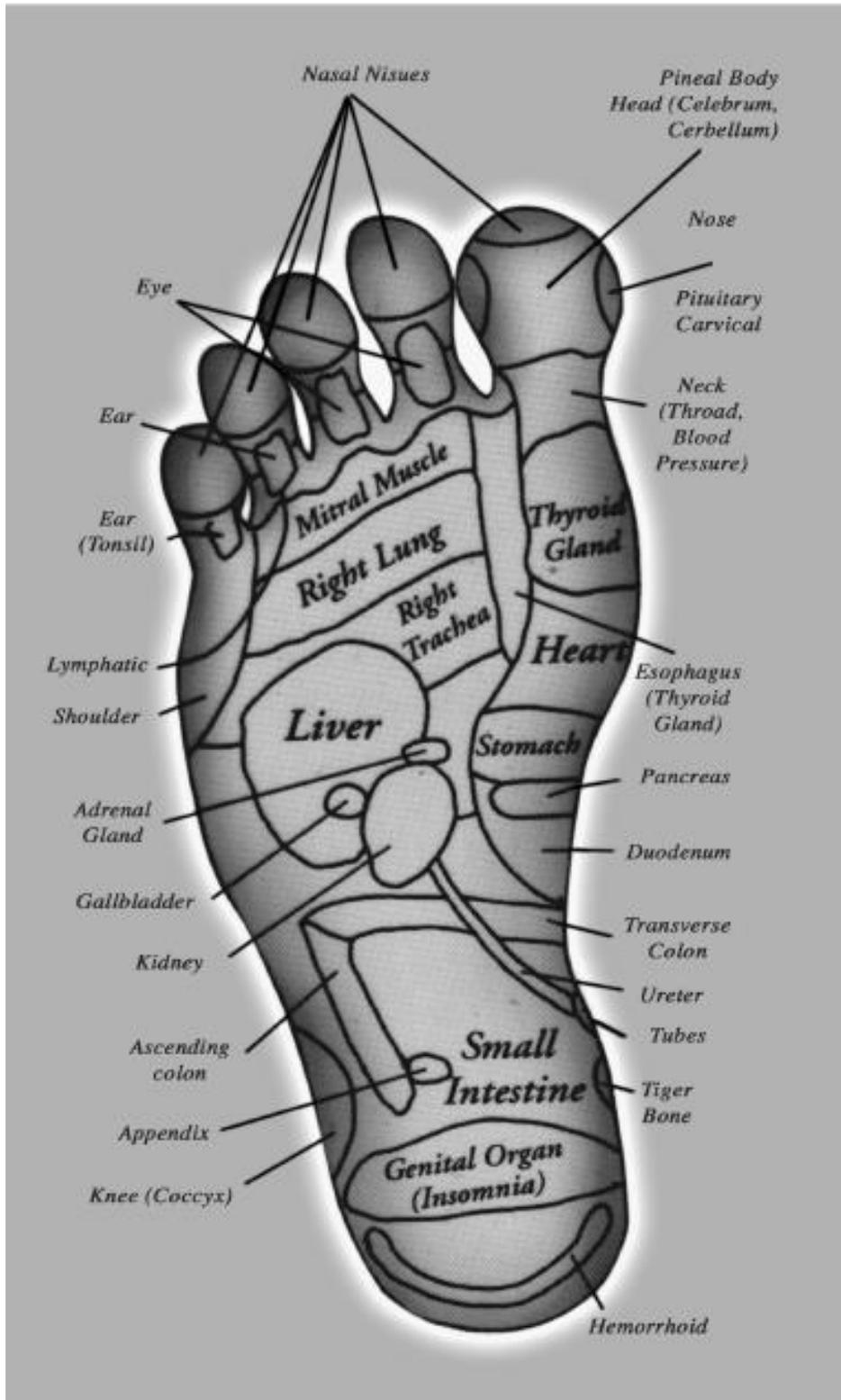
Sun Beads, is manufactured from bio-ceramics in its 100% concentrated form and hence they are able to provide the greatest emissivity of Far Infrared Ray radiation, which when absorbed by the human body, provide highly beneficial effects in its supportive therapy capacity. This is an excellent product to control asthmatic ailments. It is worn over the chest and placed at the solar plexus, which is the middle point in our chest, where both sides of the rib cage meet. This point is referred to as ‘Tang Zhong’ which is one of the key acupoints of the body.

According to the acupuncture therapy practiced by the Chinese, if sufficient heat is provided in the ear, navel and anus many of the ailments affecting mankind can be treated. This type of treatment is called the three holes treatment. Similarly, in case of difficulty in breathing, considerable relief can be obtained by placing the Sun Beads on either side of the nose at the acupoint called Yiang Xiang. The Sun Beads also helps in lowering the blood pressure , relaxing the person and enabling him to sleep peacefully, when it is placed at acupoints called ‘Nei Guan’ and ‘Wai Guan’ located at the wrists .The Sunbeads can be used to relieve pain from any part of the body by gently massaging the area.

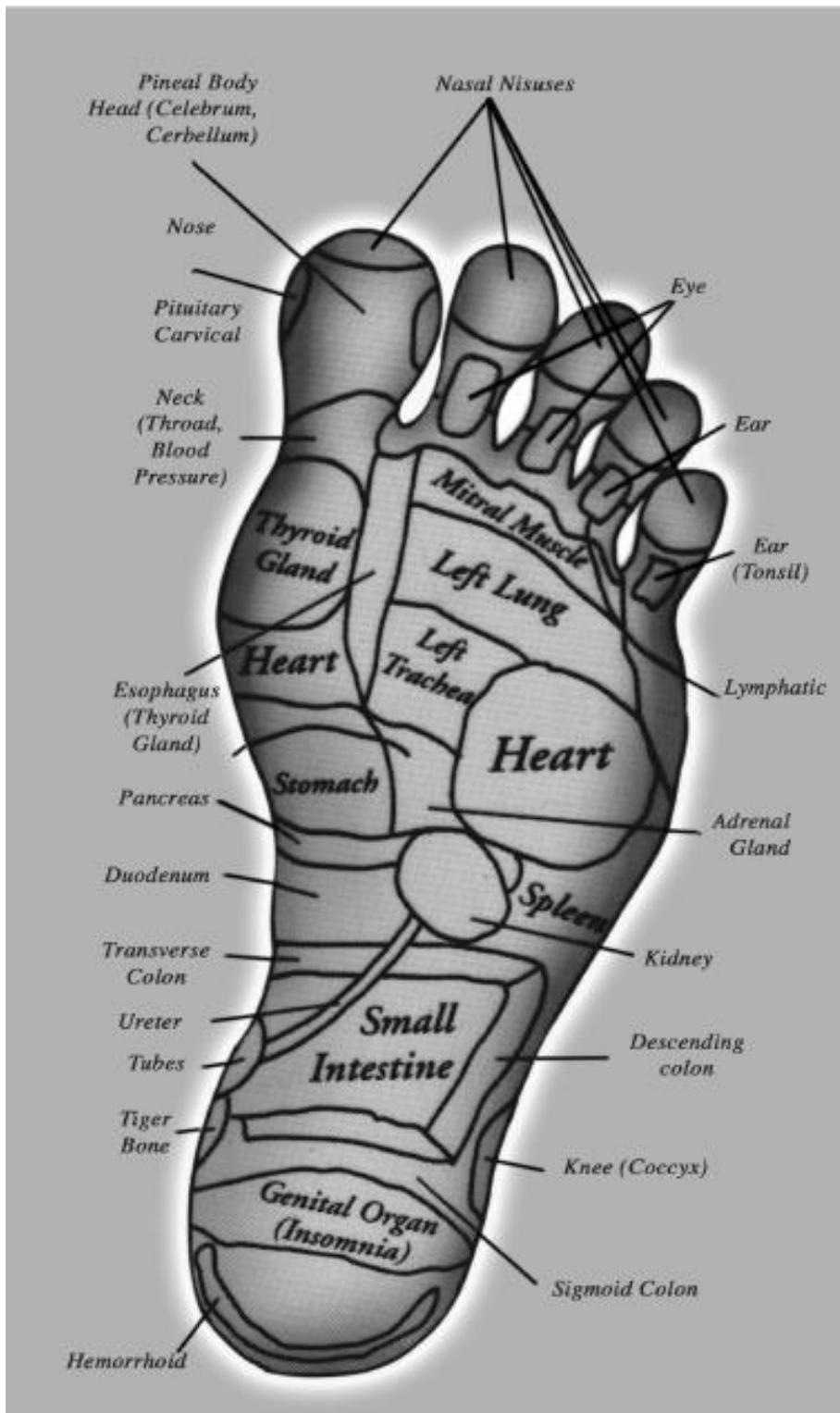
Then, always remember that Far Infrared Ray products are neither a medicine, nor an alternative to medicine. Doctor’s prescribed medication and advice should be continued at all times.



Some Body Acupoints



Acupoints on the (Right) foot controlling the various organs



Acupoints on the (Left) foot controlling the various organs

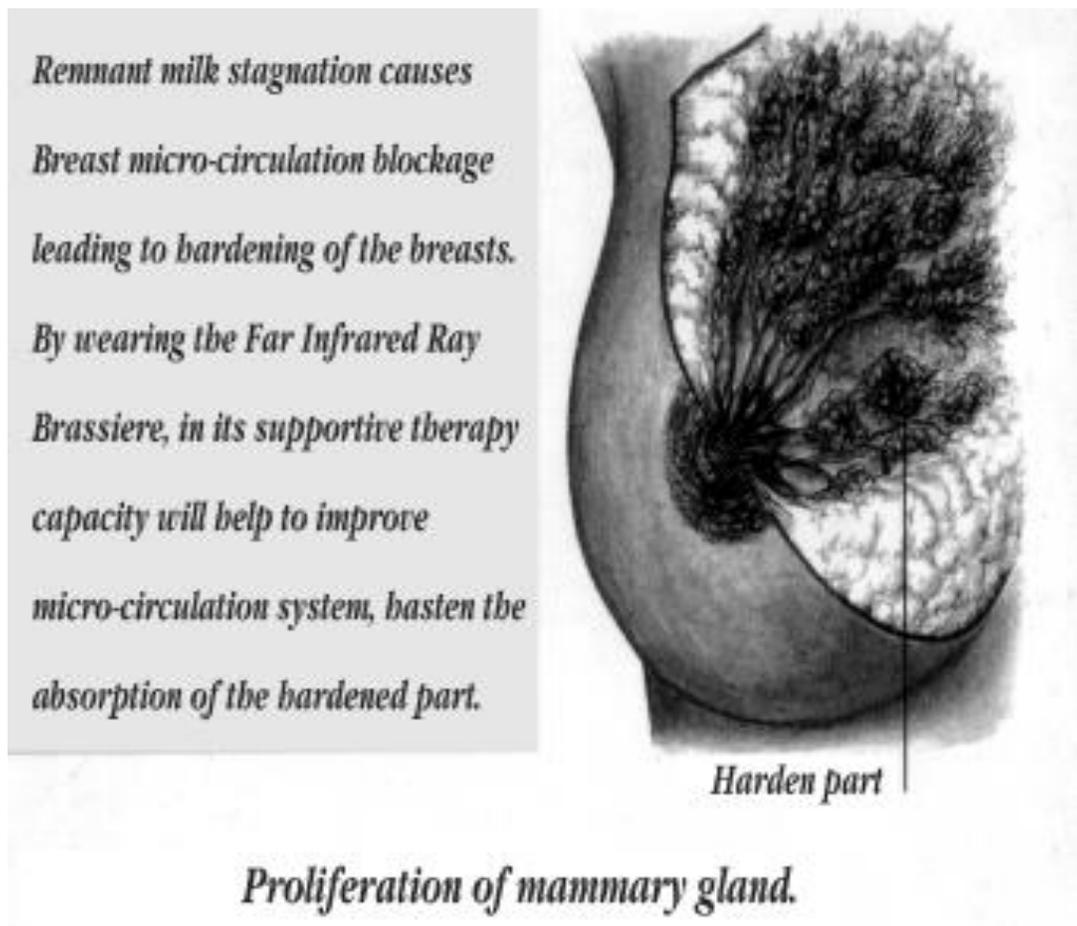
36. Magnetic Health Products.

There are very many magnetic healthcare products evolved, as a consequence of the discovery of the potential benefits it provides to mankind in general. Initially, it was known to drastically change the quality of water by dropping a magnet into water. Although consumption of such water tends to reduce the blood pressure, preventing stones from kidney, bladder, urethra, improving the digestive system by virtue of activating the body molecules through the influence of the magnetic field; this form of therapy had its limitations. Later, it was discovered that under the influence of powerful magnetic field, there is a reduction in the swelling and increase in the blood flow in the affected regions, on account of bio electric current induced by this magnetic field. However as already stated, the limitations in using this form of treatment, is on account of the danger it poses to our health, when used on a continuous basis.

To support this statement, a study conducted by the USA Environmental Protection Body concluded that, long term exposure to magnetic fields will bring about a gradual reduction in the body resistance and immunity system, leading to the body being vulnerable to whole lot of serious ailments including cancer. Continuous exposure to magnetic fields, is one of the reasons for the bones in middle aged and elderly people becoming brittle. Similarly, those convulsing from major operations, as well as those suffering from high blood pressure, should refrain from exposing themselves to magnetic fields. The study also reveal that the two magnetic poles i.e., north pole and south pole, has a direct bearing on the flow of our blood in terms of its regulation, thereby bringing about different forms of discomfiture and headaches. Hence, in the long-term interests of good health, the study advises people to refrain from use of such magnetic health products.

37. FIR Infrared Ray Brassiere – Its Benefits.

The Breasts are an important organ in the female human body, as it provides a source of sustenance of life in the new born, by infusing antibodies to provide a higher degree of body resistance and immunity, in the newborn and infants.



A cross sectional view of the hardened breasts.

Milk retained causes breast micro-circulation blockage to harden breasts. To improve micro-circulation systems, hasten the absorption of the hardened part, by wearing the Far Infrared Ray Brassiere.

The breast mainly comprises of blood vessels, mammary glands and a labyrinth of nerves. Its main function is to secrete milk for the newborn and infants. Hence, proper functioning of the breast, would depend on sufficient blood flow and supply of essential nutrients. Lack of the same, will lead to malfunctioning and deterioration of the breast.

The Far Infrared Ray Brassiere comes as a boon to all women, as it helps protect the female breast from imbibing dangerous diseases and it also helps to enhance its shape. It is a known fact, that over 80% of the Indian women succumbs to breast cancer in later years. This is caused by the fact that during the weaning period, the breast-feeding mothers; the remnant milk, which is in the mammary glands, is not pumped out. This milk is not absorbed by the body and remains stagnant over a period of years, slowly solidifying into lumps, which later emerge as mastitis or breast cancer.

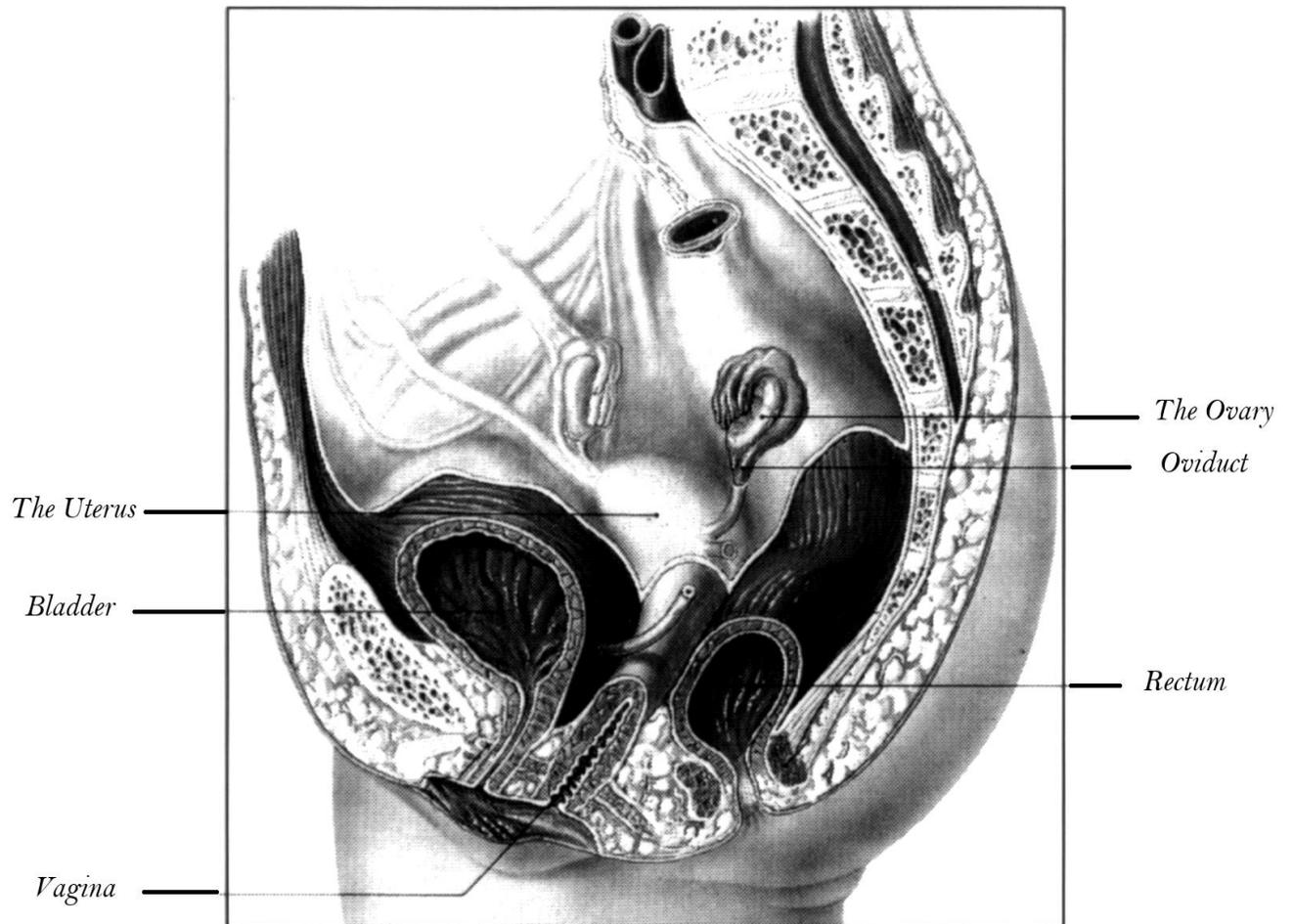
To prevent this, use of Far Infrared Ray Brassiere in its supportive therapy capacity will help improve blood flow in the mammary glands, helps to dissolve the lump formation for those having lumps in the breasts, and helps in enhancing the secretion of milk, helps to increase elasticity of the breast and tone the muscles. The increased blood flow, helps to reduce the incidence of breast cancer, while at the same time, it helps to enhance the physical features of the breasts. Then, always remember that Far Infrared Ray products are neither a medicine, nor an alternative to medicine. Doctor's prescribed medication and advice should be continued at all times.

38. Effects of Dysmenorrhea.

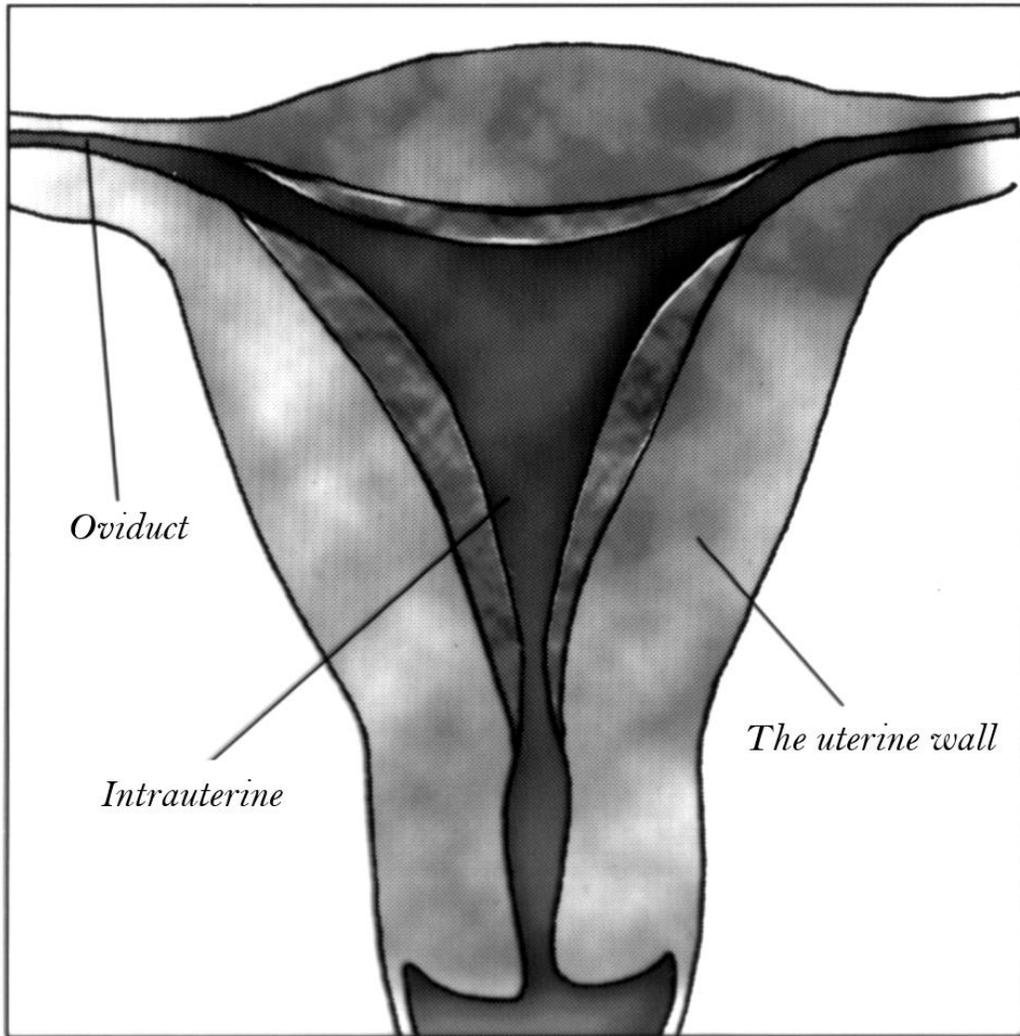
There is a large segment of women who are afflicted with the ailment called Dysmenorrhea and it is more prominent in unmarried women. Generally, women on attaining puberty, commence their menstrual period which have an average cycle time of 28 days. The normal menstrual period lasts between 3 to 5 days, during which period, approximately 100cc of impure blood is discharged. Some women have acute pain and convulsions, which gradually spreads to the thighs and back regions. Sometimes, they suffer from diarrhea, vomiting, nausea on the first day of each cycle.

The pain caused due to menstruation, is on account of insufficient blood in the uterus, combined with insufficient nutrient content. This pain is however temporary in nature, while there are instances of continuous pains induced on account of other ailment. To overcome this disorder, the blood flow in the uterus has to be improved where by the contraction in the uterus is fortified. If this happens, Dysmenorrhea can be overcome.

The main bio-ceramic product to counter this ailment in its supportive therapy capacity is the Far Infrared Ray Lady's Brief. Continuous use of this product and sleeping on Far Infrared Ray Bedsheet, would definitely go a long way to improve the blood flow in the area and aid in expanding the blood vessels in the lower stomach region. In most cases, continuous use of these products for over a month, brings about a notable reduction in the suffering caused by Dysmenorrhea. Then, always remember that Far Infrared Ray products are neither a medicine, nor an alternative to medicine. Doctor's prescribed medication and advice should be continued at all times.



A cross sectional view showing the correct position of the uterus



Pictorial sectional representation on the uterus

39. Effects of Leukorrhea.

A white secretion, which is discharged from the vagina of women under normal circumstances, is termed as Leukorrhea. In some cases, this secretion turns red or yellow and emits a foul smell. This normal secretion is slightly acidic and when bacteria infects this secretion, the colour changes as mentioned above and leads to an itchy sensation in the entire vagina area, while in some cases, it also leads to swollen labia. In order to overcome this, the vagina should be cleaned in regular intervals using soft clean water and soap. In addition, sufficient intake of nutrition, water combined with adequate rest, go a long way to maintain a healthy life style. It is also very important to maintain personal hygiene of your sexual partner. The Far Infrared Ray Ladies' Brief, plays an important role in curbing this discharge, by providing improved blood flow in the area, in its supportive therapy capacity. For major vaginal infections, such as trichomonas vaginitis, one should consult the doctor for medication and treatment. Then, always remember that Far Infrared Ray products are neither a medicine, nor an alternative to medicine. Doctor's prescribed medication and advice should be continued at all times.

40. Effects of Lumbago.

Most elderly people suffer from Lumbago. Lumbago is caused on account of the following reasons:

1. Pregnant mothers under the influence of cold.
2. Prolapse of the uterus.
3. Different position of the uterus, such as low position and hypsokinesis.
4. Repeated bending of the waist and practicing certain wrong sitting and standing postures, leading to stiffening of the muscles.
5. Abnormal menstruation.
6. Ovarian neoplasm, hydatoncus.
7. Ailments affecting the fallopian tube.
8. Growth of cartilage or sacrum and synchondrosis.
9. Ailments affecting the spine.

The above reasons contribute to Lumbago and most of the reasons can be medically treated after consulting a doctor.

However, there is always a hope for getting faster relief by using health care products confirming to supportive therapy. Some of the products recommended for providing relief from the ailment are:

1. Far Infrared Ray Lumber Belt.
2. Far Infrared Ray Brief.
3. Far Infrared Ray Waist Belt.
4. Far Infrared Ray Bedsheet.
5. Drinking sufficient quantities of Far Infrared Ray activated Ionised Alkaline Water.
6. Adequate intake of nutrition.
7. Sufficient rest.
8. Indulging in daily exercise such as walking and jogging.

It is always essential that you consult your doctor to determine the source of your Lumbago. This will help in using the right supportive therapy product to get faster relief. Then, always remember that Far Infrared Ray products are neither a medicine, nor an alternative to medicine. Doctor's prescribed medication and advice should be continued at all times.

41. Effects on Skin Care.

Far Infrared Rays emanating from the Sun enriches the skin and retards the ageing process. On the contrary, it is the X-rays and Ultraviolet rays, which bring about a faster ageing process and are responsible for darkening of the skin. The glandular integumentaria in the skin, sweat glands and blood vessels, if not stimulated properly, will lead to accumulation of sebum in the skin, which in turn is responsible for the growth of herpes and blackheads on the skin. Lack of sufficient nutrients contained in the blood vessels and improper blood flow, would cumulatively lead to loss of elasticity in the skin and promote dryness.

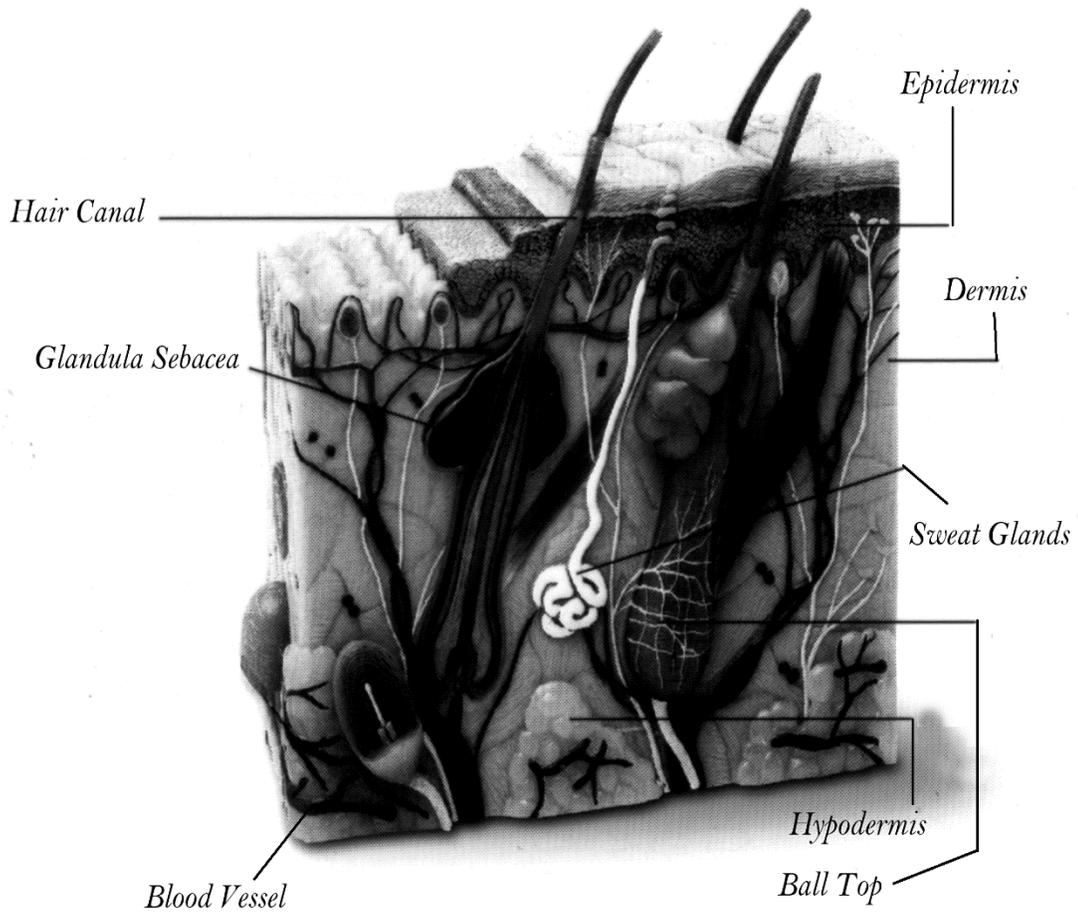
Far Infrared Ray products in the personal care range, such as Soap and Chitosan based Hand and Body Lotion, could be used to help in increasing the metabolism of the body and as a consequence of which, it helps to promote a smooth and silky skin without any wrinkles. The Soap, also improves the blood flow in the skin. Continuous use of the Soap, coupled with the use of Far Infrared Ray Bedsheet and Pillow Pad, in its supportive therapy capacity, will help to improve the texture of the skin.

As we are aware, the human skin comprises of different layers namely epidermis, dermis, hypodermis and these layers are interspersed with innumerable sweat glands, hair, blood vessels and glandulosebacea. The conditioning of the skin, depends on the state of health of these layers and the efficacy with which blood circulates over the entire skin area. When we are young as a child, our skin is delicate and soft. Gradually

there is a transformation during the teens, with the activation of the hormones, resulting in the production of large quantities of sebum and with improper skin care, bacteria infects the sebum, causing the emergence of pimples and acne. As we grow older, the production of this sebum reduces drastically, which gives rise to the formation of wrinkles. This, clubbed with a decrease in the blood flow causing lesser amount of nutrients to be absorbed by the skin, will give rise to general dryness, leading to ageing.

Other contributory factors to the ageing process are, continuous exposure to rain and Sun, as well as heavy smoking. Apart from this, ageing also occurs on account of slowing down of the body metabolism, wherein, the cells are not activated and regenerated, as it used to during younger age. All these factors, contribute to blocking of the skin pores, which inturn leads to the creation of freckles and black heads.

The Soap in particular, has been known to function as a Shampoo, as a Conditioner, as a Moisturizer, as a Skin Disinfectant, as a Dandruff Remover, as a Wrinkle Remover and so on, while the Chitosan based Hand and Body Lotion, provides for nourishing, moisturising and revitalising the skin, leading to an improved tone and glow of the skin. Then, always remember that Far Infrared Ray products are neither a medicine, nor an alternative to medicine. Doctor's prescribed medication and advice should be continued at all times.



A cross-section of the different layers of the skin.

42. Effects on Prolapsed Uterus in Middle-Aged Women.

Those women, who are subjected to hard physical labour and produced many children, are highly prone to prolapsed uterus. This occurs due to loosening of the muscles surrounding the urethra in the pelvic area, on account of frequent child birth and ageing. Such women will find it very difficult to control the valve of their urethra which ultimately results in passing of urine without their knowledge.

The Far Infrared Ray Ladies Brief can help in the treatment of all female urethra ailments, in its supportive therapy capacity. Continuous usage of the Brief would enable the Far Infrared Rays to interact with the vagina, by helping to increase the blood flow in the pelvic region. Use of the Brief also helps in firming up the muscles, in and around the urethra and also aids in increasing the resistance of urethra and bladder, to ward off associated infections.

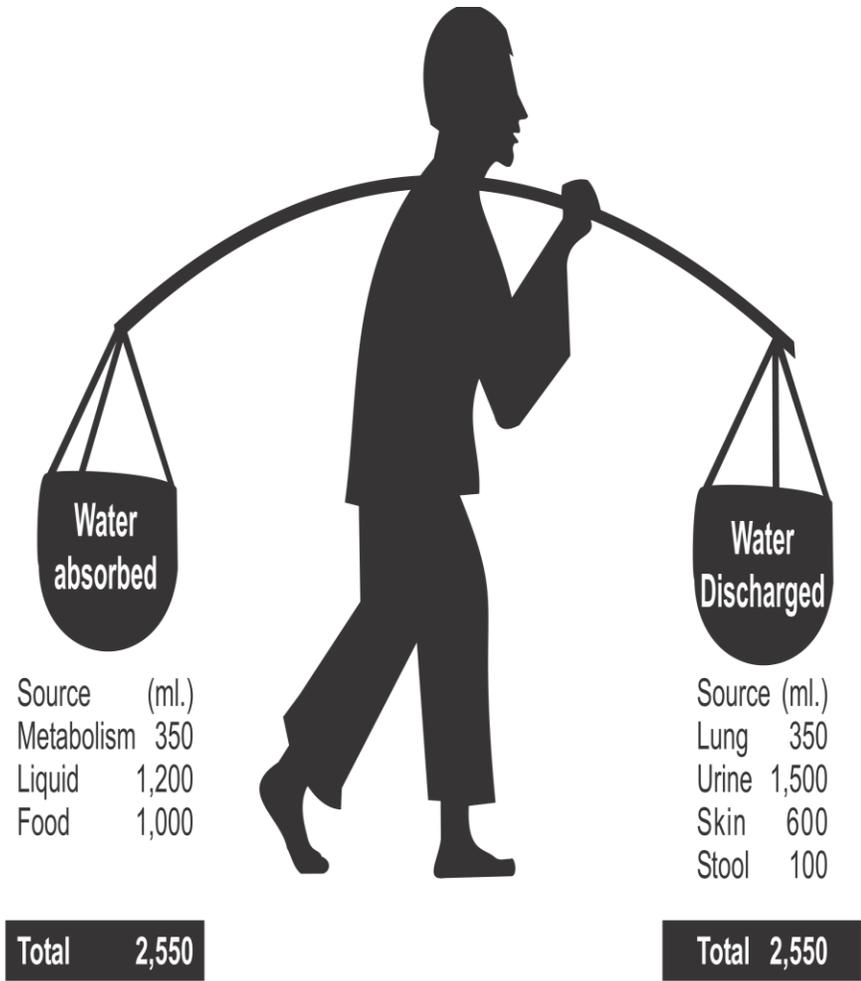
Then, always remember that Far Infrared Ray products are neither a medicine, nor an alternative to medicine. Doctor's prescribed medication and advice should be continued at all times.

43. Far Infrared Ray Activated Water – Its Benefits and uses.

We all know, over 70% of our body constitutes water. Insufficient consumption of water will give rise to ailments such as gout, thickening of blood and high blood pressure, on account of continuous piling of acidic substances in the body. It will also bring about an increase in wrinkle formation and roughness in the skin.

Normally, water molecules remain active under normal circumstances, wherein, the gap between the molecules is more, they tend to get active and remain as a single molecule. When they are not activated, these molecules move slowly, because the gap in between the molecules become narrower, creating a set of molecular formation. When Far Infrared Rays passes through such water, it breaks the large molecular formation into smaller hexagonal structures, having a very fast movement. The heat from the rays, are responsible to activate these molecules and make them travel at a greater speed. Activated water, is highly soluble and people drinking this water, will find that the water has been readily absorbed by the body. The benefits accrued by the absorption of FIR activated water in the human body are as under.

1. It helps to improve the blood flow.
2. It helps to increase the excretion rate of all acidic and waste matter through urine and sweat.
3. It helps to improve the metabolic rate.
4. It helps to balance the pH requirement of the body.
5. It helps to increase the oxygen content in the blood.
6. It helps to bring down the chances of contracting the kidney stone and uraturia, by cleaning our kidneys. It helps to reduce the load on the kidneys.



Water absorbed must balance with the water discharged in the human body

BALANCE OF WATER			
Water Consumption by human body each day		Water taken up by a human body in a day	
Urine	6.0	Burning food	1.5
Skin	2.0	Food	3.0
Lung	1.5	Subtotal	4.5
Feces	0.5	We should take in	5.5
Total	10.0	Total	10.0

Far Infrared Ray activated water, can be prepared by pouring potable water in the

- a) FIR Plastic Mug / FIR Porcelain Mug
- b) FIR Water Pot
- c) FIR Water Filter.

It can also be prepared by dipping Sun Beads in potable water, for more than one hour, or by dipping the Bio Ball in hot water. Consumption of this activated water, will enable the individual to be more energetic all day long and prevent the body from contracting ailments. Then, always remember that Far Infrared Ray products are neither a medicine, nor an alternative to medicine. Doctor’s prescribed medication and advice should be continued at all times.

44. Far Infrared Ray Detergent – Its effectiveness.

There are many detergents available in the market, but the Far Infrared Ray Detergent, by far stands out as the latest advanced product in this segment, providing hyper-cleaning characteristics, which enable to disinfect the soiled and dirty clothes, while at the same time being environmental friendly. It is known to all, that the detergents available in the market are not effective as advertised and are neither environment friendly, nor compatible to our health.

The surface activator is the prime ingredient, which brings about effectiveness of any detergents. The functioning of the surface activator, in terms of its volume and its ability to expand the fabric, are also some of the determining factors of the detergents' effectiveness. There are different types of activators, which possess different capabilities of loosening and stretching the fabrics and hence, give a wide range of results. The most commonly used surface activator; in many detergents is Benzene, which is a petroleum by-product. This surface activator is particularly harmful to human beings, as contact with the same can cause Malnutrition, Anaemia, Kidney problems and even Leukaemia. It is also a cause for contracting Cancer. Total care; therefore, have to be taken to ensure that such wastewater does not percolate into our drinking water system. Apart from benzene, detergents also contain fluorexone and phosphorus, which are harmful to the growth of living plants and to the soil. The primary purpose of fluorexone, is to create a clean sheen on the fabrics, which are washed with the detergent having this ingredient. Continuous contact with fluorexone, can cause itchiness, eczema and irritation to the skin, leading to swelling. If it gets contaminated with food, it could also give rise to Cancer. Chlorox and other oxidizing components, such as Amino acids, are the other harmful and toxic ingredients contained in detergents. Use of all such detergents ultimately goes to pollute our environment.

Against this backdrop, the Far Infrared Ray Detergent has absolutely no dangerous chemicals, which could harm the people and environment. It has better cleaning capabilities, on account of the presence of bio-ceramics, which emit Far Infrared Rays and its natural enzymes have the extraordinary capability of removing difficult stains and dissolving the dirt from the fabrics. The Far Infrared Ray Detergent, is able to remove all types of microbes and bacteria, through the process of activation and resonation. The fibres in the fabric are easily expanded, on account of the presence of Far Infrared Rays, thus making it a lot easier to wash. Even the low foam content of this detergent plays an important role in making the fabric clean.

Conclusions

1. Far Infrared Ray Health Products – Its Effectiveness and Functions.

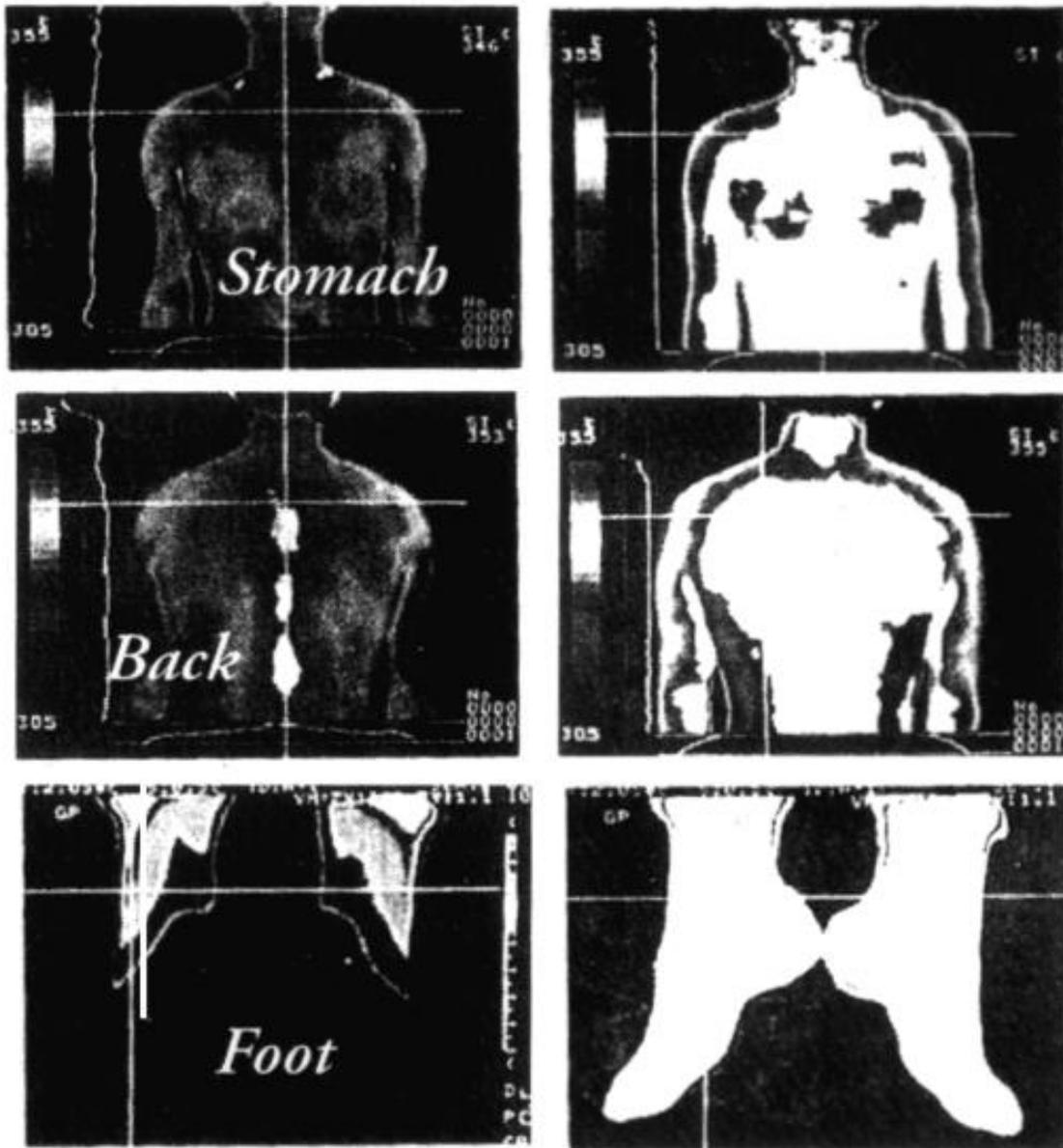
We have understood the benefits of Far Infrared Rays on the Human Body. Its prime features is to strengthen the body, while interacting with rays emitted from the body. From the illustrations given below, it is very clear that those people suffering from ailments such as high blood pressure are not in a position to emit Far Infrared Rays. The first set of illustrations covering sections of the human body appear dim in the Far Infrared Ray Scan. Whereas, the second set of illustrations show, a much clearer picture of the body on account of the improved blood flow. This is on account of the good effects of Far Infrared Rays on the body.

The following statistics indicate, that there are changes in the blood pressure and blood flow, prior to and after using Far Infrared Ray products.

Before	After
Oxygen content: 91 (%)	97 (%)
Pulse : 80 (times/min)	72 (times/min)
Blood pressure: 145/88	117/67
(millimetre of alkali)	(millimetre of alkali)

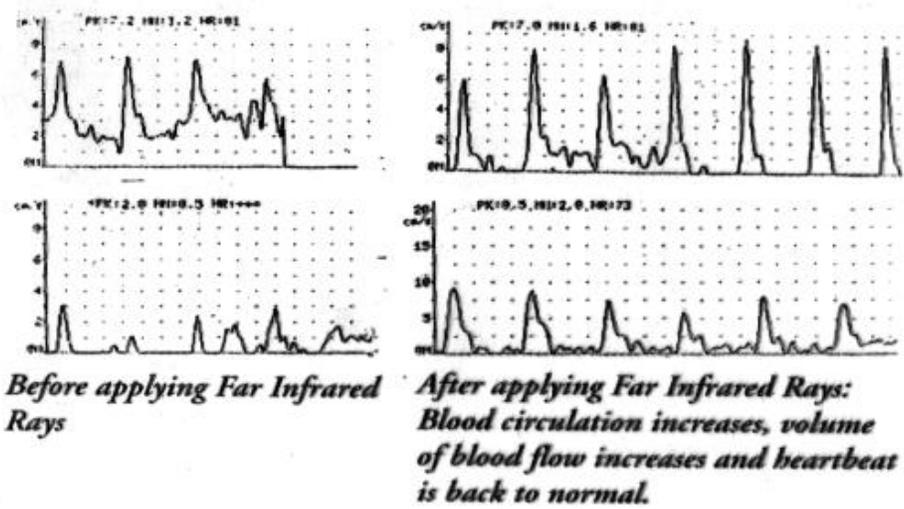
BEFORE

AFTER



*The effects of Far Infrared scanning on various parts
of the human body*

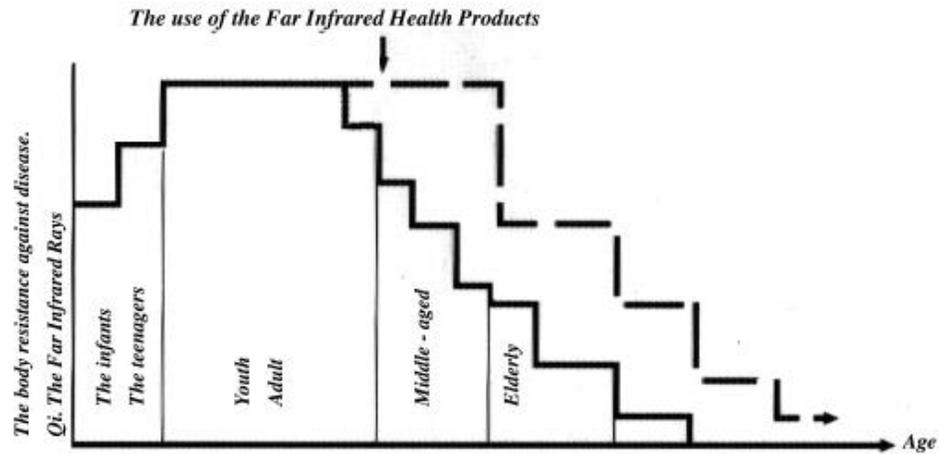
A perusal of the above statistics, indicates a definite improvement on the functioning of the human body, after using Far Infrared Ray products. On similar grounds, another exercise was carried out, to test the efficacy of the micro circulation system. Here, Far Infrared Ray Sun Beads were held in a hand for 5 minutes. There was an appreciable increase in the blood flow, in the micro circulation system, when compared to the blood flow, before holding the Beads.



Before applying Far Infrared Rays

*After applying Far Infrared Rays:
Blood Circulation Increases,
Volume of blood flow increases,
and heart beat is back to normal.*

Far Infrared products, are capable of helping to increase the body resistance of the middle aged and elderly people and in the process, helping to increase their vitality, thereby inducing to extend their life span. Its supportive therapy property, helps to provide an increase in the blood flow, which goes to strengthen the body and helps increase the vigour and vitality within the bodies.



According to the research done by a Chinese medical expert in the field of Far Infrared Rays on more than 1000 patients, the effectiveness of using Far Infrared Ray products, in its supportive therapy capacity, towards treating the under mentioned ailments has baffled contemporary medical science about the benefits and high percentage of effectiveness obtained from its use.

The Statistics of Supportive Therapy Effectiveness towards treating ailments:

	Patients under observations	Treatment effectiveness		Percentage of effectiveness
		Effective	Not effective	
* Pelvic inflammation	37	35	2	94.6
* Uterine transposition	30	28	2	93.3
* Lower limbs phlebitis	45	42	3	93.3
* Soft tissue injury	211	196	15	92.9
* Lumbar muscle degeneration	97	90	7	92.8
* Annexitis	39	36	3	92.3
* Arthromeningitis	72	66	6	91.7
* Hyperrachitis	347	317	30	91.4
* Prostatitis	34	31	3	91.2
* Chronic gastritis	44	40	4	90.9
* Hyperarthritis	413	361	52	87.4
* Rheumatic arthritis	189	161	28	85.4
* Problem of cervical spine	311	262	49	84.2
* Neuritis at the end of complication of diabetes	17	14	3	82.4
* Protrasion of the lumbar intervertebral disc	54	42	12	77.8
* Buerger's disease	17	13	4	76.5
* Diabetes feet	8	6	2	75.0
* Fractura	16	12	4	75.0
* Sequelae of cerebral embolism	39	27	12	69.2

Thus it is evident that these rays, which are known as “Light of Life”, have such an important role to play for the existence, sustenance, development and reproduction of all life form in this planet. As already indicated earlier, the hatching of eggs of insects, birds and turtles, converting the same into ultimate life form, is a unique natural process emanating from the Sun. Apart from the goodness of the Sun, Far Infrared Rays are also known to be produced from all living beings, certain minerals and the soil under specific conditions. All these sources of Far Infrared Rays, contribute to creating life form day-by-day, contributing to the process of natural evolution.

We now know that, when the intensity of Far Infrared Rays emanating from our body is low, the body is prone to numerous attacks from various diseases, contributing to a faster pace of ageing and a general decline in the state of health; whereas, when the intensity is high, one tends to feel lively, energetic and healthy, such a state of well being, enables the human body to prevent and overcome the onset of any ailment or diseases. We have also learnt that, when the emission level of Far Infrared Rays is very high, it enables such people to treat people suffering from ailments, through the Chinese process called “Qi-gong”. Nature has immense resources for the supply of Far Infrared Rays, the most common being continuous exposure to sunlight. The concept of resonance absorption, wherein, rays having similar wavelength and emitting from different sources, clash in the human body media, creating vibration and dissipation of energy in the form of heat, ultimately being absorbed by the human body, is a very unique blend of conservation of thermal energy from its natural resources.

The process of creating a full fledged life form, by hatching eggs into insects, birds and animals can be extended, for overall health improvement in the human body. In the case of the human body, which are made up of trillions of cells in which, over 70% of the mass is constituted by water, the regenerated process of cells becoming tissues, tissues becoming organs, organs becoming systems and systems finally contributing to the normal functioning of the human body, the process of activation, revitalisation, reactivation, regeneration and strengthening of the various modes constituting the human body by, virtue of absorption of Far Infrared Rays, is in a sense the elixir of life, or preservation of a healthy human body, or natural preservation of a healthy human body.

The key to avoid all ailments and diseases in the human body, is the effective functioning of micro circulatory system. When this system malfunctions, it brings about the emergence of various ailments and diseases afflicting the human body. With the absorption of the Far Infrared Rays to the human body, the blood flow in the micro circulatory system is increased and regulated, enabling all the various systems of the body to function normally. It is also responsible to revive the flow of blood, in blocked blood vessels and in the process, restoring the vital energy in the body. It also helps to improve the metabolic rate in the person. This is done by a process called metabolism, wherein, the intake of nutrients is properly absorbed, by the various organs for their effective functioning, while the waste matters are removed from the body, through the various excretory organs. Thus, a good metabolic rate indicates good health. The Far Infrared Rays, apart from being able to improve the blood flow and increase the metabolic rate, raises the immunity levels of our bodies, to ward off diseases and it helps to retard the ageing process, thereby increasing the longevity.

In today's context, in order to derive the benefit of Far Infrared Rays with least exposure to the Sun, we have with the help of advancement in modern science and technology, been able to provide Far Infrared Ray emission through bio-ceramics, embedded in garments suitable for daily wear. As you are aware, these hi-tech products contain bio-ceramics, which can emit sufficient amounts of Far Infrared Rays, when in contact with the human body heat, to emit rays within the band width of 4-16 microns, which are most suited for the human body. As the rays emitted from these bio-ceramics is responsible for improved biological functions of the human body, this material has been rightly termed as "Bio-ceramics".

The Far Infrared Rays, emitted from this bio-ceramics have no harmful effects on the human body. It primarily provides for two distinct effects on the human body. They are, strengthening the body and maintaining the health, thereby warding off diseases and its uniqueness in terms of supporting the treatment of various ailments. In a nutshell, it conforms to supportive therapy, based on increasing the resistance and immunity levels of the human body, against diseases, thereby bringing down the suffering level and increasing

the recuperation process. Doctors in hospitals, are already familiar with the use of Far Infrared Rays in their physiotherapy treatments.

Constant use of Far Infrared Ray health products, can go a long way in containing the incidence of ailments, apart from strengthening the body and improving the general health. One need not wait to use these products, till a particular ailment or disease is infected on us, rather it would be more appropriate to use this product, on a continuous basis, much before the advent of these ailments, so that the body's immunity levels and resistance could be increased many fold, with improved micro-circulatory blood flow and high metabolic rate.

The following are certain examples of how Far Infrared Ray health products provide relief to certain common ailments in their supportive therapy capacity.

a) Prostate Gland swelling in Men.

The organ responsible for producing male semen is the Prostate Gland. Swelling of the prostate gland normally occurs to men over forty, wherein, they find difficulty in passing urine and in some serious cases unable to urinate at all. It also leads to a drop in sexual functions.

Normally, people suffering from prostate gland, also suffer from Prostatitis and in some cases from Cancer of the prostate gland. Disorders in the prostate gland, are due to poor maintenance of the genitalia, in unhygienic conditions, together with excessive sexual activity. The prostate gland enlarges, on account of an increase in blood flow during sexual intercourse, prior to ejaculation. Continuous increase of blood flow to the prostate gland, on account of excessive sexual activity will lead to clotting of blood in the blood vessels supplying blood to the prostate gland, thus leading to its permanent swelling.

On account of the swelling, the urethra passage gets pressed and becomes narrower leading to difficulty in urination. Conventional methods to rectify this ailment, is normally done by administering medicine and in some cases, going for surgery with its associated risks. The Far Infrared Ray Men's Brief, is most suited to counter this ailment, by helping to improve the blood flow in the lower abdomen region. With improved blood flow, the blood clots in the swollen glands are dissolved leading to normalisation of the glands, thereby

permitting the gland to perform its normal functions. On the other hand, use of the Brief also helps to enhance the sexual function of men. For better results, use of the Brief should begin from early stages or even before the onset of this ailment.

Then, always remember that Far Infrared Ray products, are neither a medicine, nor an alternative to medicine. Doctor's prescribed medication and advice should be continued at all times.

b) Common ailments of female urethra.

A lot of women in their middle age, and their old age discharge spurts of urine, whenever they exert themselves by carrying heavy objects, or while coughing or sneezing. It is very rare for a patient suffering from this type of ailment, to consult a doctor on account of personal disclosure. The cause of this ailment, is on account of loosening of the muscles, in and around the urethra and is more prominent among women bearing a number of children and also among those who put in strenuous physical labour. The inability to control the urethra valve, whenever force is exerted, brings about the uncontrolled spurt of urine flow. There is an other form in this ailment called precipitant urination, where small quantities of urine are discharged at frequent intervals. The common reasons for this disorder are bad personal hygiene, indulgence in unhygienic sex and allowing the lower part of the body, to remain in an extreme cold environment. The medical term for this ailment is female urethritis or cystitis.

Use of Far Infrared Ray Ladies Brief, will bring about an improvement in the blood flow in this region, helping to provide improved resistance to the bladder and urethra, by strengthening the muscles, thus relieving the suffering involved in this ailment. The use of the Brief, also helps in the blood vessels becoming more flexible, thereby improving the metabolic rate with respect to excreting activities.

Then, always remember that Far Infrared Ray products are neither a medicine, nor an alternative to medicine. Doctor's prescribed medication and advice should be continued at all times.

c) Excessive Leukorrhea in Women.

As already explained, Leukorrhea is a white discharge, produced by the vagina and cervix under normal conditions. When an excessive discharge, accompanied by a foul odour caused by bacterial infection, unhygienic sex and excessive sex, it implies that such women are suffering excessive Leukorrhea. Use of the Far Infrared Ray Ladies Brief, in its supportive capacity, helps to restore such condition, by increasing the resistance of the vagina against bacterial infection. It also helps to increase the metabolism of the vagina, by improved blood flow, making it possible for it to return to its normal condition. By virtue of the antiseptic properties displayed by Far Infrared Rays, the rate of recuperation is enhanced many fold. Based on experiments and tests conducted over the years, as well as based on the innumerable testimonials, related to women suffering from excessive Leukorrhea, the results have provided an overwhelming recovery rate, averaging for about two months of continuous use. In addition to this, the use of the Brief, has also improved the quality of their sex lives.

d) Menstrual Pains.

On attaining puberty, all women experience the onset of menses. For some, there is an acute abdominal pain during menstruation, which is more prevalent among young women. The root cause of such pain is, on account of improper blood flow to the uterus, as the blood flow is not continuous, there is a reduction in the contraction of uterus muscles, leading to interrupted discharge of menses, which in turn leads to swelling of the uterus, which creates excruciating pain.

This pain is endured for a longer period, for people suffering from this ailment. Use of Far Infrared Ray Ladies Brief, will help to increase the blood flow in to the uterus, enabling it to contract uniformly, thereby discharging the menses faster. It also provides to upkeep the health of the uterus, by making it function properly and actively, so that the next period would be experienced more comfortably. Then, always remember that Far Infrared Ray products are neither a medicine, nor an alternative to medicine. Doctor's prescribed medication and advice should be continued at all times.

e) Piles

Piles is an ailment which affects all persons at any point of time, irrespective of their age, sex and general health conditions. Most people having sedentary type of work, are prone to piles on account of the extraordinarily long periods spent in the sitting posture, together with bad eating habits. On account of these two factors, the blood flow in the lower part of the human body begins to decrease, causing the stools to dry, resulting in constipation. These aspects further cause an unusual concentration of blood in the anus and also making the blood vessels to loosen up, resulting in clot formation, leading to piles.

The most suitable product to alleviate the suffering from this ailment is Far Infrared Ray Brief. The rays emanating from this Brief, in its supportive therapy capacity, will help to remove the blood clots, by improving the blood flow in the anal region. Continuous use of the Brief, will aid in reducing the associated pain and help in enhancing the recovery process. People suffering from piles are advised to eat lot of vegetables, fruits, and adopt a physical exercise routine, on a daily basis.

Then always remember that Far Infrared Ray products are neither a medicine, nor an alternative to medicine. Doctor's prescribed medication and advice should be continued at all times.

Breast Disorders

There is a high incidence of death in women on account of breast cancer. The reasons being one too many, but the most common reason being the deliberate non reporting of symptoms, on account of social stigma. Let us understand the most common ailments affecting the women breasts:

a) Lumps in breasts

There are two reasons why women end up having lumps in their breasts. The first one is prominent in breast feeding mothers, especially during the weaning period, in advanced countries these women go to hospitals get the remnant milk pumped out. On account of the stagnation of the remnant milk, in the mammary glands, over a period of time, it solidifies in to lumps. Use of Far Infrared Ray Brassieres, in its supportive therapy capacity, will help

to provide additional blood flow, to the breast area and the mammary glands and help to improve the secretion of milk, as well as help to dissolve the lump formation, by increasing the absorption process. For those women who already have lumps in their breasts, use of the Brassieres will help to increase the blood flow and provide for a gradual dissolution of the lumps from the breasts. Continuous use of the Brassieres, for a period of over six months, will in most cases will bring about return of normalcy in the condition of the breasts.

The second reason for lump formation in the breasts, is on account of change in the female hormones. It is quite natural for the breast to marginally enlarge and swell just prior to menstruation. The swelling in the breast is on account of the emergence of nodules, which tend to result in acute pain. This is an inevitable normal biological process, applicable to all women and use of Far Infrared Ray Brassiere, will enable the blood flow to increase in the breasts, countering the formation of these nodules. The moment the menstrual period is over, the breast would return to normalcy. Hence, continuous wear of these Brassieres, would help in reducing the growth of nodules and the accompanying pain.

b) Mastitis

Bacterial infection affecting the breasts of women is termed as Mastitis. The bacteria enters through the nipples and causes swelling and tremendous pain. This, is on account of the nipples coming in contact with unhygienic clothing and unhygienic feeding. In certain cases, surgery becomes a necessity to set right this problem. This ailment is very easily affected, because of the presence of lot many nutrients in the breasts, which enable the bacteria to multiply and proliferate at a faster pace, leading to a drop in the resistance levels of the breasts and mammary glands. By using Far Infrared Ray Brassiere, in its supportive therapy capacity, the metabolic rate will stand increased, on account of the high blood flow through the micro circulatory system. This will help to activate the blood and clear the path in the microcirculatory system, thereby increasing the resistance against the prevalent bacteria and countering it effectively. Continuous use of this product, will ensure that such ailments do not occur.

c) Breast Cancer

Breast Cancer has been known to take lives of many women and even till today there hasn't been a successfully full proof treatment for dreaded ailment except, otherwise if treated in the initial stages. The best way to address this dreaded ailment is to avoid incidence of this ailment totally, by using Far Infrared Ray Brassiere on a regular basis by all women.

The reasons for the emergence of Breast Cancer are very many and they include, innumerable unknown internal and external factors. However, some of the prominent factors, which have been identified and are within our control, can be effectively arrested by use of these Brassieres. The prominent factors are persistent nodules, hormonal imbalance and continual rubbing of the breasts, together with unnecessary application of force. When this happens, the normal blood flow to the breast gets restricted and sometimes gets interrupted, causing a reduction in the metabolic rate. Use of the Brassieres, would improve the blood flow in the microcirculatory system and as a result, it would go to increase the resistance and immunity levels of the tissues and organs in the breasts, thus avoiding the occurrence of all breast related diseases, including the formation of Breast Cancer.

Then, always remember that Far Infrared Ray products are neither a medicine nor an alternative to medicine. Doctor's prescribed medication and advice should be continued at all times.

In conclusion, one can infer that use of Far Infrared Ray products, by all persons would definitely provide a lot of relief from the numerous ailments that afflict people; essentially all ailments emerge on account of lack of blood flow, in the micro circulatory system, leading to blockages and low metabolic rate. All these aspects are effectively countered with the use of Far Infrared Ray products, for different parts of the human body. Optimum utilisation of these products in today's context will definitely provide a meaningful name, in terms of overall health of the individual, within the frame work of supportive therapy treatment.

2. FIR Activated Water – Its importance.

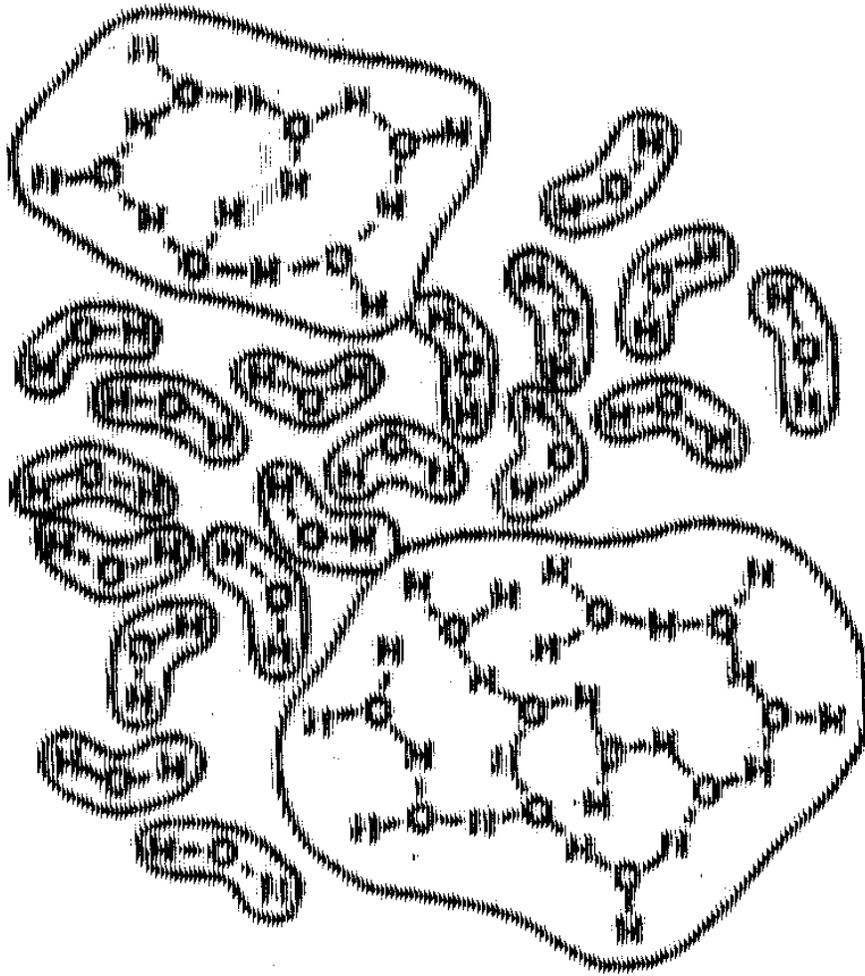
One of the most essential and vital aspect of survival of all life forms in this planet, is consumption of water. In today's world, we require water both for cleaning purposes as well as for drinking purposes. In either case, we need to use absolutely clean water like those used by our ancestors. Today, because of the environmental pollution, we have access to the same, only after the water has been filtered and sterilised and made fit for human consumption. In this process, a lot of natural elements, so very essential for maintenance of our healthy body, which are dissolved in water are destroyed. It is essential to have trace elements such as Zinc, Potassium, Sodium, Iron etc, in the water.

Today, we have different types of treated water such as magnetised water, electrolysed water, Far Infrared Ray Activated water and Far Infrared Ray Activated Alkaline Ionised water. Magnetic water has only short term benefits and its quality depends on the input quality of the water. Electrolysed water provides for activated hydrogen and hydroxyl ions for a short period, when under the influence of an electric media. This process destroys the molecular forms of water and reduces the benefits so accrued.

Far Infrared Rays activated water, is the outcome of Far Infrared Rays coming in to contact with water molecules and activating through resonance vibration. This causes the water molecules, to move at a faster pace and in the process, larger groups of water molecules break down into smaller ones, containing a hexagonal structure. During this process of molecular movement, the oxygen ions contained in the water get released, on account of intrinsic energy produced and by the release, the water gets sterilised and tends to become alkaline. Consumption of such water helps to improve our metabolic rate, as it cleans the acidic wastes, absorbs and dissolves the toxins and excretes the same through the excretory organs. It also helps to lower the blood pressure and helps to improve the functions of our kidneys, by dissolving any calcium found in the urinary tract and helps to effectively relieve the acidic content of our body, through the excretory organs.

FIR activated water is generally formed by a cluster of smaller water molecules that break away from huge molecular group. (See picture)

The Far Infrared Rays disintegrate the huge molecules in to smaller size molecules,

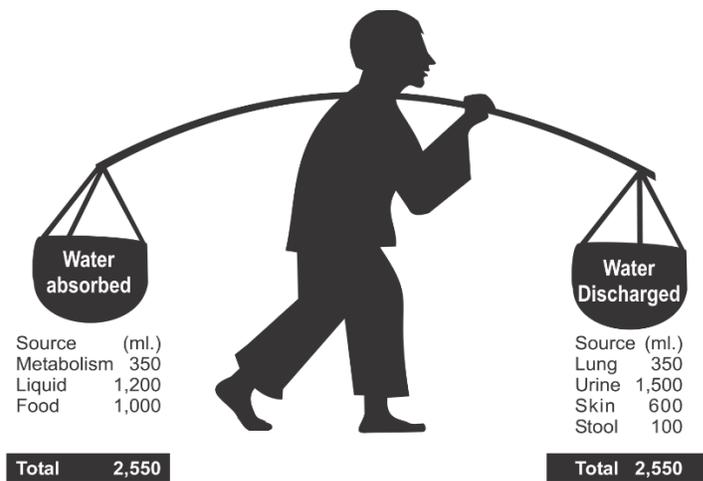


having a hexagonal structure. Such molecules are known to be very active and there is an increased amount of free oxygen and heavy hydrogen. Far Infrared Ray activated water, is absorbed by the human body at a much faster rate and since it has a higher alkaline content, this water is enriched with oxygen which is absorbed in to the body ultimately getting absorbed in the blood stream, thereby enriching the blood with the high dosage of oxygen. This increases the microcirculation system, wherein, the oxygen is absorbed by the bad cells, which convert themselves in to good cells, in a rejuvenation process. Simultaneously, it helps to improve the metabolic rate, by discharging the toxins and acidic wastes from our bodies, through the various excretory organs.

The water content in the human body is maximum in an infant and minimum in elderly people. The following statistics will give you an idea about the water content in people at different stages of their life.

- Infant – 80% water content in the body.
- Children – 70-75% water content in the body.
- Male Adults – 65-70% water content in the body.
- Female Adults – 60-65% water content in the body.
- Elderly People – 50-55% water content in the body.

From the above, it is very evident that the water content in our body is solely dependent on our consumption. The balance of water quantity absorbed by the human body, by way of consumption and discharged by the human body, through the excretory organs is well depicted as under.



Water absorbed must balance with the water discharged in the human body

Water consumed by human body each day should be in balance with water taken up by a human body in a day.

The thumb rule for a balanced diet would be the intake of acidic food, vis- a vis –alkaline food in the ratio of 1:3. Generally, the trend is for individual to consume more acidic food, than alkaline food and this causes a lower metabolic rate, a weaker excretory system and a heavy burden on the kidneys and liver. Such people contract ailments like arteriosclerosis, hyperlipemia, high blood pressure, hematencephalon and encephalomalacia.

Today we have the benefit of consuming of Far Infrared Ray alkaline ionised water, which is the most effective form of water that needs to be consumed, in order for us to remain healthy. This water will be able to nullify the effects of excess acidic content in our body, enhance and improve upon the metabolic functions and drain out the toxins from our body, at a faster rate. Consumption of this type of water helps us to reduce the workload of the internal organs, helps to improve the vitality and quality of the body tissues, as well as make us feel energetic and active all through the day.

In order for the water to remain in a state of activation, the same can be achieved, only when subjected to Far Infrared Ray emission. The absorption of rays in the water and the transmission of huge quantity of energy, go to break the large molecules into small or singular molecules having a hexagonal structure. In this state, the water will stay in an ionised state, wherein, the oxygen in the water will detach itself to produce anion and free oxygen.

In simple terms, Far Infrared Ray activated water can be produced by dipping one or two Sun Beads into a cup of water. After a span of ten to fifteen minutes, this cup of water will be activated. One could also use the Far Infrared Ray Water Pot, for having access to larger quantities of activated water. The Bio Balls can also be put into water and boiled, producing activated water. We also have the FIR Water Filter, which not only activates the water but also filters and cleans the water. It has a fine filter followed by silver coated activated carbon followed by bio-ceramics granules.

Water consumed from these modes, taste a lot better and have a pH of around 7.1. Consumption of this water, is useful to promote and increase the overall body metabolic rate, absorb, dissolve toxins and unwanted waste matter, after cleaning the acidic waste from the body. It also goes a long way to help in lowering the fat content in the blood and enable the kidneys to function properly, by excreting the acidic waste.

The concept of hydrotherapy, has now begun to be recognised the world over, as it is in relation to the treatment of various ailments affecting our body, which are water borne. Studies have revealed that 70% of the human body is made up of water and almost the same figures of all ailments are caused by water. Hence, the concept of hydrotherapy provides for

- a) Using bio-ceramics to produce Far Infrared Ray activated water.
- b) Consumption of Far Infrared Ray activated water.
- c) Bathing in Far Infrared Ray activated water.

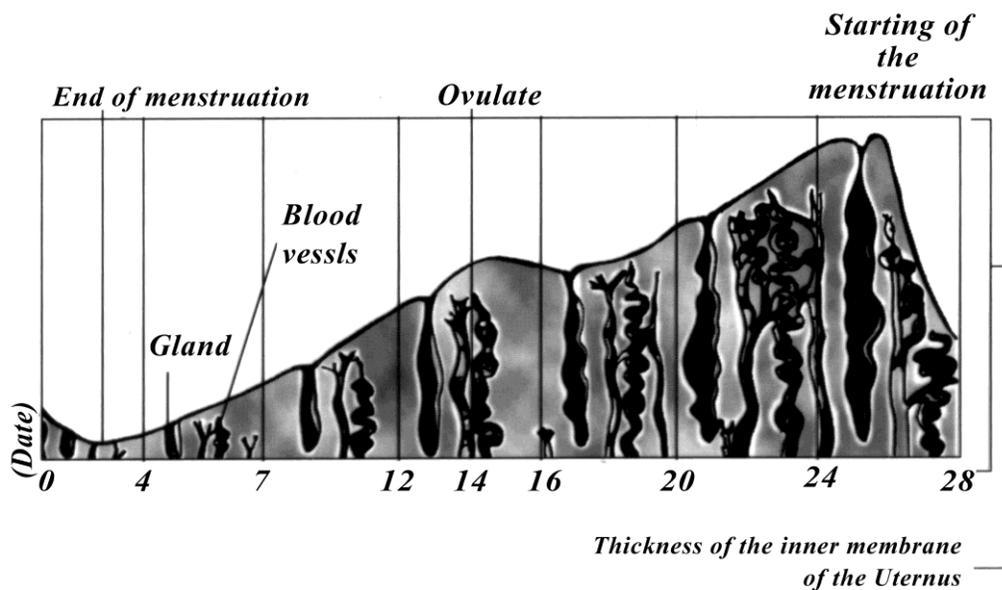
With the help of the ioniser, one can have convenient access to sufficient quantities of FIR activated alkaline Ionised water for drinking purpose, as well as sufficient quantities of FIR activated acidic ionised water for bathing and cleaning purposes. Regular use of this water will bring about better health to the consumer along with happiness and longevity.

3. Menstruation – Hygienic Aspects.

It is a part and parcel of all women to experience menstruation, in their life time on a monthly basis. Hence, it goes without saying, that for proper upkeep of healthy hygiene , proper care needs to be taken to administer cleanliness, in the female genitalia region. The onset of menstruation begins, when a girl attains puberty and initially the periods are often at irregular intervals and it takes about a year to stabilise the same. This cycle is termed as a menstruation cycle.

This cycle occurs when the female hormones are stimulated, causing changes in the genital organs and the breast in the women. These changes repeat once in approximately 28 days, which is the normal menstrual cycle. In the beginning of the cycle, the inner membrane of the uterus thickens itself, allowing the blood vessels to grow, multiply and expand. In about 10 to 14 days, the thickness of the inner membrane almost doubles. This is

the indication for the uterus, to get itself prepared to receive the eggs from the ovary. Once the eggs find itself into the uterus and settles down waiting for fertilisation to take place, a period of 6 to 7 days thus elapse and if no fertilisation takes place, the inner membrane of the uterus slowly begins to degenerate, along with the eggs. The blood vessels contract and become narrower and the blood supply to the uterus begins to reduce over the next week. Finally, the entire membrane and the uterus contracts and comes out as unclean blood, together with the eggs. During this process, there is a tremendous amount of pain experienced, on account of contraction of the uterus and in some cases; it could lead to painful muscle convulsions. This is known as menstrual pain. The discharge of the inner membrane, along with blood and mucus through the vagina for a period of 3 to 5 days is referred to as the“Period”. To understand this concept, a pictorial representation is given below.



Normal menstruation period is about 5 days, but a range of 3 to 7 days is also considered to be normal. However, there are instances of delays up to 2 weeks and advancement of a week, in the onset of the next menstrual cycle, which by all standards is also considered to be a normal phenomena. Generally, women tend to lose around 70 to 100 cc of impure blood during this cycle, which is caused by the degeneration of the inner membrane. It will take around 8 to 10 days to regenerate this loss. During this process, there are a lot of hormonal changes taking place, causing women to be uncomfortable and paving the way for bacteria and complications to enter, if proper hygiene is not maintained.

The associated healthcare during the menstrual cycle can be classified in three segments:

1. Healthcare and hygiene before menstruation
2. Healthcare and hygiene during menstruation
3. Healthcare and hygiene after menstruation

The focus on healthcare and hygiene, before menstruation is aimed at regulating the blood flow, to carry sufficient quantities of nutrients to the uterus, guard the growth of the uterus and also to take care of the breast. It is normal for the breast to tend to swell with nodules emerging within the breast in the mammary glands causing pain to the breast. Use of the Far Infrared Ray Brassieres and Brief, on a continuous basis, will help alleviate pain in the respective regions.

The need to practice a high degree of healthcare and hygiene, during the advent of the menstrual period is of paramount importance. Basically, it means to prevent ingress of bacteria, in the private parts and maintain exceptional cleanliness of the vagina. Use of the Far Infrared Ray Brief, on a continuous basis will strengthen the uterus and allow it to contract uniformly. It will also help to improve the microcirculation of blood in the uterus,

thereby providing adequate protection to the uterus and vagina, from the encroaching bacteria. Use of the product will also help in regenerating the inner membrane, inside the uterus for the next menstrual cycle. If inadequate care is observed, then, it would lead to contracting various ailments and disorders, like menstruation pain, leucorrhea, uterus and vagina inflammation, swelling and itchiness of vulva.

If the precautions mentioned in the above two cases are followed regularly and strictly, continuance of these measures after the menstrual period, in terms of using Far Infrared Ray Brassiere and Brief, will indeed provide, ample protection of the private parts from the ingress of bacteria.

Summing it all up, the Far Infrared Ray Ladies Brief, when used regularly in its supportive therapy, will help to increase the metabolic rate, help to bring down the incidence of Leukorrhea, help to avoid bacterial infection and associated swelling in the uterus, vagina, vulva, help to improve the blood flow in the uterus and other related organs and help to bring down the degree of menstrual pain. It also will enable to help in proper regulation of discharge of female hormones.

The Far Infrared Ray Brassiere, when worn continuously during normal days, will help to bring down the incidence of swelling in the breast, mammatis or lump formation. During the menstrual period, it would help to reduce the menstrual pain and swelling to a large extent.

Thus, adopting the necessary precautionary measures, of maintaining proper hygiene of the female genitalia before, during and after menses, assumes a high degree of importance, for overall health and well being of women.

Then, always remember that Far Infrared Ray products are neither a medicine, nor an alternative to medicine. Doctor's prescribed medication and advice should be continued at all times.

4. Diverse Applications of Products using Far Infrared Ray Technology.

The advent of Far Infrared Rays, in modern day science and technology, provides for multifaceted beneficial applications, on account of its reflective and absorption properties.

As you are all aware, Infrared Rays are known for its diverse life giving functions and have been broadly categorised as

- a) Near Infrared Rays.
- b) Mid Infrared Rays.
- c) Far Infrared Rays

The Near Infrared Rays, comprises of very short wave length and can dissipate tremendous heat energy through radiation. This ray is known for its permeability. MidInfrared Ray are normally used in hospitals in incubators for reviving, sustaining the lives of premature babies and also for developing all the organs to its full functional levels.

Far Infrared Rays apart from its wonderful applications to the human body, creating a physiological and biological benefits; can also be utilised for other applications, which are mentioned below:

- It is used for seasoning wood and lumber and is specifically used for drying, dehydration and removal of total moisture from the lumber.
- It is used in the agriculture sector, where it is required to provide warmth, increase growth, fertilise and enhance production of crops.
- It is also used in the food industry for the purpose of drying, in food reprocessing, packaging, preservation and production and it is also used for storing raw materials for longer periods.
- It has multifarious applications in the construction, medical, packaging, electronic, machinery, paper production and construction industries.
- It is used by various military forces for navigation and communication, tracking and reconnaissance.

- It is used extensively in building houses, offices etc., wherein the building materials have a high content of bio-ceramics infused into it.

The benefits of using Far Infrared Rays, on the human body have been enumerated very clearly in the entire book, through the use of Far Infrared Ray products, in its supportive therapy capacity. These benefits have been experienced by millions of users and backed by high level research conducted in Japan, Korea, China, United States and Malaysia. It is now up to you readers, to take on the mantle of experiencing the benefits of Far Infrared Rays and propagate the same to all mankind.

In a nutshell, the benefits brought by the Far Infrared Ray products are:

1. *Health care: to sustain health and slow down the ageing process.*
2. *Disease prevention: to enhance body resistance against disease.*
3. *Disease treatment: reduce the suffering from ailments and speeds up recovery.*