

## What is Detox?

**Detox** can be used as a tool to help relieve symptoms AND as a preventative tool to increase overall health, vitality, and resistance to disease.

**Detox** is a widely used treatment and concept in alternative medicine. The leading detox principle is that illnesses can be caused by the build-up of toxic substances – or toxins - in the body.

**Detox** therapy is also useful for those suffering from immune system problems that including chronic fatigue syndrome, environmental illness/multiple chemical sensitivity, and fibromyalgia.

The United States Center for Disease Control estimates that over 80% of all illnesses have environmental and lifestyle causes.

Therefore, **Detox** has also become a prominent treatment as people have become more aware of environmental pollution.

For example, it is estimated that one in every four Americans suffers from some level of heavy metal poisoning, including mercury, lead, cadmium and aluminum.



### FAR INFRARED IS A RECOGNIZED DETOX TREATMENT

Scientific analysis shows infrared heat induced sweat contains 5-6 times more toxins, fat and impurities than normal sweat. In combination with raising the core body temperature, Abaton Bed emits far infrared waves within the vital wave range of 7 to 14 microns. This is the frequency at which a water molecule resonates or vibrates. This vibration causes a release of cellular toxins such as mercury, aluminum, cholesterol and other toxic gases such as sulphur and formaldehyde. This is crucial for a deeper detoxifying sweat. Relax in an Abaton Bed and enjoy its unsurpassed ability to eliminate stored waste (metabolic wastes, environmental toxins, city pollution, fat, cholesterol, heavy metals, alcohol, nicotine - source: Zane R. Gard, MD & Erma J. Brown, BSN, PhN TLfDP, October 1992). One U.S. study has indicated that people using a conventional sauna were eliminating 95-97% water in their sweat. Those using an Abaton Bed, however, were found to be eliminating only 80-85% water, while the remaining 15-20% was mostly composed of undesirable elements such as sodium, fat soluble toxins, sulfuric acid, uric acid, toxic heavy metals, ammonia, and cholesterol.



### Far Infrared Abaton Bed Typical Treatment Costs

- 1 Treatment \$45 (\$45/Treatment)
- 3 Treatment Package \$119 (\$39.66/Treatment)
- 5 Treatment Package \$179 (\$35.80/Treatment)
- 10 Treatment Package \$279 (\$27.90/Treatment)
- VIP Members only \$30 per Treatment

To get more information on the  
Far Infrared Abaton Bed  
or to book your first session  
drop by or call:

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## THE ABATON **HYBRID** INFRARED MASSAGE BED



Full massage bed **Plus** Infrared Sauna Dome

### Far Infrared Jade Rollers

From the top of your neck to the bottom of your feet, the jade massage rollers produce far infrared that penetrates deep into the muscle tissues. Moxibustion (acupressure with heat) produced by the jade rollers offer incredible health benefits. Designed specifically to contour to the shape of the human spine, these jade massage rollers offer unparalleled benefits for the body.

### Automatic Far Infrared Dome

A state of the art heating system made from a top grade carbon fiber produces far infrared rays that penetrates up to 2" into the body. Specifically designed to produce the majority of its infrared in the 9.4 micron range (most beneficial to the human body) the Abaton heating system is world class. Known health benefits of far infrared include not only detoxification and weight loss but also relief from pain, Arthritis, sprains, muscular skeletal ailments, skin conditions, Fibromyalgia, Chronic Fatigue Syndrome and a host of other daily stresses linked to health issues.



### Assists in Weight Loss and Control

Our body expends energy to produce sweat (1g sweat requires 0.586 kcal). As the body works to cool itself while using an Abaton Bed, there is a substantial increase in heart rate, cardiac

output and metabolic rate. This means that your body can safely burn up to 300 to 500 calories in just one 30-minute session; with sweat loss equivalent to running 10-15km. While this weight can be regained through re-hydration, the calories burned will not. An Abaton Bed treatment can also help to raise your basal metabolic rate meaning you will burn calories at an elevated rate for hours after your session has finished. This can translate to a benefit of up to 800 calories from a single session. At 42 degrees Celsius, body fat becomes water soluble and the body can sweat out fats, toxins, and heavy metals such as lead, zinc, nickel and mercury.

### Improves Skin Conditions and Helps Treat Cellulite

The Abaton Bed's deep acting infrared heat helps to develop and maintain the body's capillary network. This increases the blood circulation especially to your skin's surface. Together with infrared heat's super cleansing effect, you will see a noticeable improvement in your skin's texture, complexion and tone. It has been shown to relieve acne, eczema, psoriasis and burns. It also removes roughness and decreases scarring.

Beauty specialists in Europe regularly incorporate daily Abaton Bed therapy sessions in programs specifically designed to reduce cellulite. The radiant heat of the Abaton Bed warms three times as deeply and aids in the break down and release of stored fat and toxins through the skin, it is significantly more effective at reducing cellulite and promoting smoother skin.

### Improve your Immune System

A session in an Abaton Bed raises body temperature, inducing a type of artificial fever. As the body works to combat this "fever" your body's immune system is stimulated and strengthened. Combined with the elimination of toxins and wastes by intense sweating, your overall health and resistance to disease can be improved.



### Arthritis, Muscle, and Joint Pain Relief (includes Fibromyalgia and Chronic Pain)

In an Abaton Bed, the deep heat helps blood vessels dilate, bringing relief and healing to muscle and soft tissue injuries. Increased blood circulation carries off metabolic waste products and delivers oxygen rich blood to oxygen depleted muscles, so they recover faster. In Europe, radiant heat therapy is widely used to treat patients suffering from many forms of arthritis. Far infrared therapy in Japan has been effective in providing pain relief to those suffering from back pain, sprains, strains, bursitis, fibromyalgia, rheumatoid arthritis, headache, and many other muscular-skeletal ailments. Much of the stiffness and soreness that comes with aging is reduced or eliminated in the Abaton Bed. Infrared heat assists in resolution of inflammatory infiltrates, edema and exudates. The increased peripheral circulation provides the transport needed to help evacuate the edema which can help end inflammation, decrease pain and help speed healing.



### Heart Health

As you bask in the warmth of an Abaton Bed the entire cardiovascular system is dilated to increase blood flow to the surface of the skin and the extremities in order to dissipate heat. This means your heart works harder pumping blood at a greater rate to boost circulation, supplying the conditioning benefits of continuous exercise. Heart rate, cardiac output and metabolic rate increase, while diastolic blood pressure drops, for improved overall cardiovascular fitness. Studies have also been done on the benefits of the Abaton Bed on arteriosclerosis (hardening of the arteries)

### Increased Flexibility



Overall health and fitness must include flexibility as a very high priority. The Abaton Bed is a perfect place to work on increasing your flexibility. Studies have shown that a warm muscle stretches far better than a cold one and retains the elasticity.

Tissues heated to 45C and then stretched exhibit a non-elastic residual elongation of about 0.5-0.9% that persists after the stretch is removed, which does not occur in these same tissues at normal temperatures. Thus 20 stretching sessions can produce 10-18% increase in length of tissues.

Justus F Lehmann M.D., Williams and Wilkins, Therapeutic Heat and Cold, 4th edition.

### Boosts mood and Helps Fight Seasonal Depression

Seasonal Affective Disorder (SAD) has been widely acknowledged by the medical profession for many years. People suffering from (SAD) can see an increase of metabolic disorders, depression, skin diseases, allergies and conditions caused by impaired/suppressed immune systems. In our cold dark winters when we get as little as 7-8 hours of sunlight per day, the consequences of light deprivation are severe for many people (If you work inside, you may not see sunlight for days at a time). With light comes life; we witness this every year in the spring when the days become longer. The far infrared rays from our Abaton Bed mimic the benefits of natural sunlight.

### Relaxation and Stress Relief

Stress is one of the most detrimental factors on our overall health. Relaxation is more important to your health than most people realize. According to New York Times best-selling author and fitness instructor Jorge Cruise – and many other health professionals, the more stressed you are, the more cortisol your body will produce. Cortisol is a "fight or flight" hormone made in the adrenal glands that raises heart rate, blood pressure, and encourages the deposit of any excess calories into the midsection.

An Abaton Bed is the perfect way to relax and let life's pressures melt away in the soothing warmth. Infrared therapy has been shown to promote a rebalancing of the body's hormones through its effect on the autonomic nervous system, reducing the negative physical impact of stress on the body. An Abaton Bed session helps to truly



rebalance both the mind and body.

