

## infrared Therapy

Infrared Therapy (also called ultra-red therapy) is a branch of thermotherapy, so the heat treatment. The infrared radiation is short wave and therefore penetrates deep into the irradiated tissue.

The infrared radiation is a natural form of solar energy, which heats the ambient air only for a small part. Approximately 80% of light energy is therefore first converted into heat, when it comes down on the body. 45 degrees Celsius in the body treatment arises, is experienced as pleasant and beneficial. They therefore conclude high physical stress, such as the sauna, mostly from. An artificial infrared radiation is a natural radiation source in imitation of the sun.

The short-wave infrared radiation for our organism especially a soft operation, as the major part of the radiation in the upper layers of the skin and penetrates the germinal layer, without being absorbed. The deep heat penetrates deep into the lower skin areas inside. The skin and muscles are stimulated by heat. As a result, heavy sweating. The internal body temperature may increase.

The body sweat not only from water, a part of the secreted sweat is composed of toxic substances, such as eg. Cadmium, nickel and chlorine. These substances in the kidneys and under the skin, and put strain our organism, eg., In the form of cellulite. About an excerpt from the latest scientific search their Niedersächsischen Akademie für Photomedizin und Gesundheitsbildung Evin Wennigsen at Hanover. "The result of the study was that infrared radiation has a very beneficial effect on weight loss. The action of infrared light can do greatly decrease body fat.

The rays penetrate the upper skin layer (without heating) and come into contact with the blood vessels in the underlying fatty tissue below. These are warm and expand, the result: improved circulation of adipose tissue and an easier removal of fatty acids. The increased blood flow is increased calorie consumption. The tests of the academy showed about 50% of people see a potential weight loss between six and ten kilograms in four weeks.

To do this, two-to four weekly treatments were necessary. Even the scientists made these surprising results for further study at the Berlin Charité Klinik. "Because during irradiation of fatty acids released caked blood cells are then more cells for the transport of oxygen available.

The extra oxygen makes for a better functioning of the body organs, eg. Kidney or liver. In addition, the blood flow improves the ontkrampen of painful muscle strains, as well as the increased production of antibodies.

source:

[http://www.sprechzimmer.ch/sprechzimmer/Alternativmedizin/ABC/Infrarot\\_Therapie.php](http://www.sprechzimmer.ch/sprechzimmer/Alternativmedizin/ABC/Infrarot_Therapie.php)