

medical report

"Infrared radiant heat"

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Infrared heat systems transpiration could more than double the results of the increasing calorie consumption are impressive.

Assuming a sauna with a cycle of 40 minutes, as mentioned in Jama, one can make interesting comparisons.

Two sports with the highest calorie consumption are rowing and marathon. Top performance on roesimulator or during a marathon burned about 800 calories in 40 minutes. The infrared heating system can measure this outcome than double to 900 to 2000 calories in 40 minutes. During this one-off cycle, the infrared heat system provides a calorie consumption that is equivalent to a walking exercise from 10 to 15 kilometers.

"In the 80 kilometers and many aerobic training was conducted. These exercises, which according to a strict schedule went, had to accelerate. Sole purpose the pulse of X to Y The only goal was "effort to consume calories." This desire resulted in many young people with a good start condition begun. Many people joined the fitness wave, and as many stopped there again for sure. As already mentioned, research has shown that in order to be fit, it is not necessary to run marathon but that burning 1,000 calories a week is sufficient. Regardless of how long just the calories burning stimulated "(from: Berkley Wellness Letter, October 1990)..

An infrared heat system may have a central function, both in awareness of the figure as to the condition of the heart vessels. However, it is important for those who have little or no training, but in doing so want to stay slim and fit. Here they can enjoy the benefits of a regular workout.

The infrared therapy

The infrared radiation is a form of natural solar energy, which is the ambient air warms up only slightly. Approximately 80% of light energy is therefore first converted into heat, when they take on solids.

The resulting body treatment at 45 degrees as enjoyable and beneficial experience. They therefore conclude high physical stress, such as in the sauna, largely off. An artificial infrared radiation is an imitation of the natural radiation source, the sun.

The short-lived infra-red radiation for our organism very protective and effective, because the greater part of the radiation in the upper layers of the skin and penetrates the seed layer - without being absorbed thereby. The deep heat penetrates deep into the lower skin regions within. The skin and muscles are stimulated by heat. Perspiration is the result.

The internal body temperature may rise. The body perspires not only water, a portion of the absorbed perspiration is made up of toxic substances, for example, cadmium, nickel, chlorine. These substances are deposited in the kidney and under the skin and load our organism, for example in the form of cellulite. In this connection, an extract from the latest scientific studies of the Lower Saxony Akademie für Photomedizin und Gesundheitsbildung eV Wennigsen at Hanover. "The research showed that infrared radiation promotes weight loss greatly.

The action of infrared light can reduce the body fat huge. The rays penetrate without heat in the upper skin layer and take in the underlying fat tissue blood vessels. Then These warm up and expand, the result: improved circulation of adipose tissue and a simplified transport of the fatty acids. Due to the increased blood flow increases the calorie consumption increases. The test of the academy demonstrated in approximately 50% of those potential weight loss between six and ten kilograms in four weeks. Before that were two to four treatments per week is required. These surprising results even for the scientists, led to a further study at the Charité Clinic in Berlin. "

Because clotted blood cells may be released during irradiation of fatty acids are then more cells for the transport of oxygen available. The additional oxygen improves the functioning of the body organs such as the kidneys or liver. Furthermore, the blood flow improves relaxation of painful muscle cramps and for the enhanced formation of antibodies.

The result is an overall good feeling.

source:

<http://www.fitness-service.de/infrarottherapie.htm>

Irradiation with infrared-A light supports fat loss in obese individuals

Scientists Frank Möckel, Gerd Hoffmann, Roy Ober Müller, Wolfgang Drobnik and Gerd Schmitz investigated whether a specific irradiation with infrared light exhibits weight-reducing effects. In addition, 40 obese women with a BMI between 30 and 40 were, on average 35.5 years old, were water filtered infrared A light irradiated, while simultaneously trained with a trainer (scientific cycle ergometer).

A total of two groups were formed. Women in both groups trained three times a week for 4 weeks, every 45 minutes on the exercise bike. A group of women was additionally with the water-filtered infrared-A light is irradiated (experimental group). Here were waist, hip and thigh exposed to the radiation.

Dependent variable was the "sum of the size of waist, hips and both upper thighs," as well as other associated measurements recorded. The results gave a clear picture. The sum of the size reduction of the irradiated women clearly stronger, namely 8 inches in front of the women only trained on the exercise bike, did not receive radiation and a reduction of only 1.8 inches showed. Likewise altered body weight. women the experimental group reduced their body weight by 1.9 kg., the women in the control group showed an average of no weight change.

Möckel et al. Conclude, on the basis of the results, that the radiation in combination with the moderate exercise bike activity exhibits weight-reducing effects. They explain that the radiation regional metabolism in the tissue and increases the lipolysegehalte activates. The fats by increased lipolysis in adipose tissue mobilized and burn during the tax on the exercise bike in the musculature.

The results of the study show a possible optimization measures of physical activity in the treatment of obesity also show that moderate physical activity does not show often pursued by those involved effects.

source:

<http://www.adipositas-online.de/news-207.htm>

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