

Great Reasons To Enhance Your Detoxification With Far Infrared Sauna Treatments

Along with our colon, our lymphatic system is part of the body's sewage system. They rid the body of toxins and waste. If these systems are backed up and not moving with fluidity, then toxins and waste that should be eliminated, recirculate throughout the body, making the body more acidic. This is when constipation, congestion, inflammation and weight gain and illness occur within the body. The recirculation of toxins gives us headaches, colds, aches and pains, and can make us feel sluggish and can affect our vision, energy levels and mood.

Meat, wheat, dairy, sugar, processed foods, pesticides & toxins in foods and beauty products, excess protein, caffeine, alcohol, dehydration, constipation and mental stress, anxiety and negative thinking, can all make the body more acidic and can cause dis-ease. When we exercise regularly to move our lymphatic system (like regular walking), drink plenty of pure water, and eat a vegan or at least mostly organic fresh fruit and vegetable (plant-based) diet, the body becomes more alkalized and in its innate wisdom, shifts and starts healing.

If we are NOT flushing toxins through your body like we should, on a regular basis, and giving our body the fluid and exercise and proper fuel it needs to do all of that...then the body's filters, like our kidneys, gall bladder and liver, get clogged and the different organs and parts of our body become negatively affected. Our environment and everything we eat, think and do affects the whole of us. When we have health issues in the body, it is often healed by opening and cleansing the elimination channels and "filters" in the body (kidneys, colon, lymphatic system and skin). The Far Infrared Sauna helps stimulate and flush these channels, promoting a return to balance and well-being.

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