

# THEMAL LIFE® FAR INFRARED SAUNA



## YOUR NATURAL PRESCRIPTION FOR RADIANT HEALTH

Detoxify your body and achieve radiant good health with the highest-quality, most effective, far infrared sauna available anywhere.



HIGH TECH HEALTH  
INTERNATIONAL

# COMBAT THE NEGATIVE EFFECTS OF TOXIC OVERLOAD

## AT RISK IN A TOXIC WORLD

Our bodies have become virtual dumping grounds for hundreds of thousands of toxic compounds that invade our air, water and even the soil in which our food grows. Today more than 77,000 chemicals are in active production in this country, and more than 3,000 chemicals are in our food supply.

The EPA estimates that our bodies cannot metabolize over 20,000 of these chemicals. So what happens to them? These toxic substances are stored in fat cells throughout our bodies where they continue to accumulate. In fact, studies indicate that most of us have between 400 and 800 chemical residues stored in the fat cells of our bodies.

Together, these chemicals and heavy metals create a situation of chronic toxic overload. As these toxins build up, they can cause enzyme dysfunction and nutritional deficiencies, create hormonal imbalances, damage brain chemistry, and can even lead to cancer and other debilitating chronic illnesses.

“Clearly, detoxifying ourselves is one of the biggest personal challenges of the 21st century. The sauna that I’m now using is made by High Tech Health in Boulder, Colorado. I use my sauna nearly every day.”

**DR. STEPHEN SINATRA, MD**

: noted cardiologist

: author of

"The Coenzyme Q10 Phenomenon"

## ARE YOU TOXIC?

Signs and symptoms that you may have chemical and/or heavy metal toxicity:

- |                               |                                    |                         |
|-------------------------------|------------------------------------|-------------------------|
| : Fibromyalgia                | : Depression                       | : Headaches             |
| : Digestive problems          | : Tremors                          | : Muscle and joint pain |
| : Night sweats                | : Chronic fatigue                  | : Anxiety               |
| : Cold hands and feet         | : Inability to lose or gain weight | : Allergies             |
| : Dark circles under the eyes | : Rashes                           | : Brain fog             |
| : Chemical sensitivity        | : Candidiasis                      | : Low body temperature  |

## YOUR HEALTH SOLUTION – DETOXIFICATION WITH THE THERMAL LIFE® FAR INFRARED SAUNA

Our level of toxic exposure far outstrips our body’s natural elimination mechanisms. To stay healthy and strong in this chemical-ridden world, it is essential to help the body with its removal of harmful waste products.

The solution – regular, effective, whole-body detoxification. Far infrared sauna therapy boosts the body’s ability to detoxify, leading to significant and lasting health benefits.

In fact, use of the Thermal Life® Far Infrared Sauna is recognized worldwide by medical doctors and health practitioners as perhaps the most effective method of removing both chemical and heavy metal toxins from the body.\*

\* Krop, J. Chemical sensitivity after intoxication at work with solvents: response to sauna therapy. J Altern Complement Med. Spring 1998; 4(1): 77-86

## ☀️ HOW DOES FAR INFRARED WORK?

Far infrared is a section of the natural band of light that is not visible to the human eye, but can be felt as heat. Unlike the high heat produced in traditional saunas, far infrared heat is able to penetrate the body to a depth of 1.5 to 2 inches.\* This stimulates the body's cellular detoxification process more effectively than a traditional sauna.

The body, incapable of metabolizing and excreting all toxins it is exposed to, oftentimes stores toxins in fat to protect the body (called lipophilic toxins).

Our body's tissues normally produce infrared energy, which is used by the body for a number of healing processes. By delivering penetrating warmth to the body, the far infrared sauna increases the body's own infrared energy levels, encouraging a slight rise in body temperature that boosts natural detoxification systems.

The Thermal Life® sauna duplicates these healthy far infrared frequencies. The tissues selectively absorb these rays as the water in the cell reacts in a process called "resonant absorption." This resonant absorption occurs when the frequency of the far infrared matches the frequency of the water in the cell causing toxins to be dropped off into the blood stream and excreted in sweat, feces, and urine.

\* Kaderavek, R. Absorption and heat transport during application of infrared radiation. Fysiatr Revmatol Vestn. 1973 Feb; 51 (1): 14-20.  
Lustinec K. Sweat rate, its prediction and interpretation. Arch Sci Physiol (Paris). 1973; 27 (2): 127-36

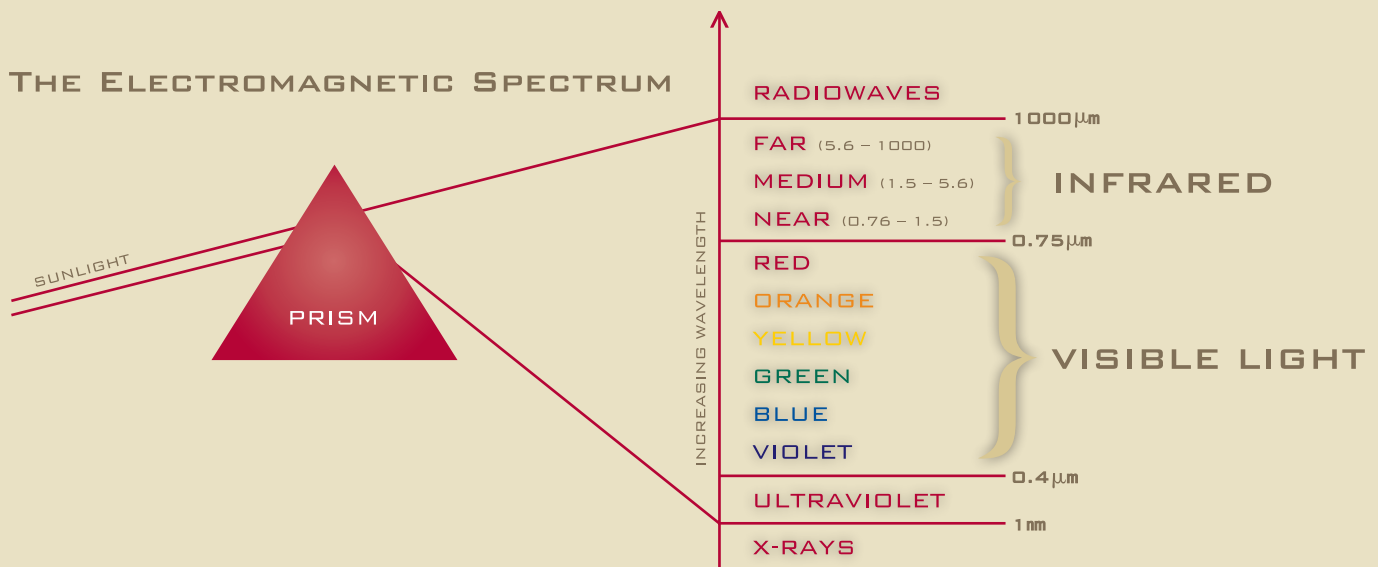
“I believe that anyone who wants to become or remain well must be detoxified so their body can more effectively excrete the many stored toxic chemicals that all humans presently contain. I personally use the Thermal Life® Far Infrared Sauna at least three times a week to help keep me healthy.”

**DR. DORIS RAPP, MD**

: author of

"Our Toxic World: A Wake Up Call"

## THE ELECTROMAGNETIC SPECTRUM



Contraindications: Hemophiliacs and pregnant or nursing women should not use the sauna. People with advanced symptomatic heart disease, unstable angina, or severe adrenal suppression should use the sauna only under close medical supervision.

Call today for a personalized consultation: 1-800-794-5355

# DISCOVER THE EXTRAORDINARY DIFFERENCE THERMAL LIFE® CAN MAKE IN YOUR HEALTH



## MORE THAN DETOXIFICATION

### Enhanced Immune Health

Each far infrared sauna session causes a brief, beneficial increase in body temperature, which improves immune system health by boosting production of infection-fighting white blood cells and killer T-cells.

### Improved Cardiovascular Conditioning

Medical research shows that regular use of a far infrared sauna may be as effective for cardiovascular conditioning as exercise. As the body heats up, it cools itself by sending blood from the internal organs to the extremities and the skin, thus increasing heart rate, cardiac output and metabolic rate.

### Stress Relief

High daily stress levels put constant strain on the body's nervous system and can contribute to chronic disease. The far infrared sauna helps to reduce physical stress by boosting circulation and triggering the production of endorphins, the "feel good" hormones.

### Weight & Cellulite Control\*

Toxins can play a significant role in preventing us from losing weight as well as gaining weight. Those wishing to lose weight should note that the cardiovascular effect from a single sauna session burns as many as 600 calories. The sauna is also quite effective at dealing with cellulite when combined with massage therapy and nutrition.

### Pain Relief

By dilating blood vessels, infrared heat increases blood circulation to injured areas, speeding up the healing process and relieving pain.

“The Thermal Life® poplar Far Infrared Sauna has the ability to systematically eliminate internal chemical and heavy metal toxins, including mercury. This will lower the total toxic environmental load that suppresses biological function, longevity, and, ultimately, human potential.”

DR. JAKE JOHNSTON, MD



## MORE THAN 2,000 DOCTORS AND HEALTH PROFESSIONALS USE AND RECOMMEND THE THERMAL LIFE® FAR INFRARED SAUNA FOR:

- : Combating toxic overload
- : Stimulating the immune system
- : Rheumatoid arthritis
- : Heavy metal poisoning (including mercury)
- : Brain fog
- : Anxiety and depression
- : Pain relief
- : Stress management
- : Weight control and cellulite removal
- : Multiple chemical sensitivities
- : Fibromyalgia
- : Achieving good health
- : Chronic fatigue



\*Gard, Zane R., MD and Erma J. Brown, BSN, PhD. History of Sauna/Hyperthermia Past and Present Efficacy in Detoxification. Townsend Letter for Doctors, June 1992 470-478, July 1992 650-660, Oct 1992 846-854, Aug/Sept 1999 76-86. References 201-334

\*\*Lovejoy, HB., ZG Bell, TR Vizena. Mercury exposure evaluations and their correlation with urine mercury excretion: 4. Elimination of mercury by sweating. J Occup Med. 1973; 15: 590-591

## HYPOALLERGENIC

As the leader in hypoallergenic saunas, we have been promoting the health benefits of far infrared sauna use since before most manufacturers came into existence. No other sauna has proven to be more hypoallergenic:

- All poplar construction - Found to be non-toxic by both researchers and the thousands of past and present High Tech Health customers, some of whom are the most chemically sensitive.
- Poplar emits none of the strong wood odors or unsaturated, aliphatic cyclic hydrocarbons (lung irritants) emitted from woods such as cedar, spruce, pine or basswood.
- No plywood, particleboard or other material that emits formaldehyde (a known carcinogen) is ever used in a Thermal Life<sup>®</sup> sauna.
- Only water-based glues are used (sparingly).

## STATE-OF-THE-ART BIO-RESONANCE™ HEATERS

All Thermal Life<sup>®</sup> saunas feature far infrared heaters with Bio-Resonance™ technology. The frequency and intensity of far infrared rays emitted by our heaters have been carefully engineered for **optimal absorption** and **controlled detoxification**. Detoxification relies on the body's absorption of far infrared rays to mobilize toxins for excretion. Infrared rays at the wrong frequencies cannot penetrate below the surface of the skin and are not absorbed by the body. Controlled detoxification is also critical. If toxins are mobilized too quickly, the body can become overwhelmed, leaving you feeling ill and possibly driving toxins intracellular. With Bio-Resonance™ technology and our successful protocols you can be assured that you will detoxify at a rate that is right for your body.

## FRESH AIR FAN

We've all been in an uncomfortable, hot, stuffy room before. As you can imagine, being in a sauna could be worse. That's why Thermal Life<sup>®</sup> saunas feature a fresh air in-take fan ensuring your comfort and a high level of available oxygen. The increased blood circulation experienced in the sauna does the greatest good when it is delivering a high level of oxygen to your body.

## SIMPLE 30-MINUTE INSTALLATION

Your Thermal Life<sup>®</sup> sauna is easy to install. Simply latch each wall panel to the base and to the adjoining walls. The ceiling then fits snugly on the top to create a solid, sturdy enclosure. Within just 30 minutes, installation should be complete – leaving you free to enjoy your new Thermal Life<sup>®</sup> Far Infrared Sauna.



“The best way to get rid of heavy metals and pesticide residues? The Infrared Sauna. My searching led me to a very reputable company, High Tech Health. You can call for information on the infrared Sauna, the best sauna I could recommend.”

**DR. SHERRY ROGERS, MD**

: noted environmental doctor

: author of the best-selling book

"Detoxify or Die"

# QUALITY IN EVERY DETAIL

## PRODUCT SPECIFICATIONS



### 2-PERSON (TL-2)

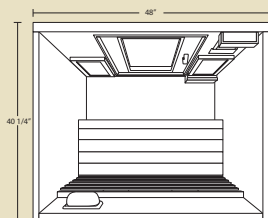
**Size (width x depth x height):**

48" x 40<sup>1</sup>/<sub>4</sub>" x 72"

121.9 cm x 102.2 cm x 182.9 cm

**Voltage:** 120V (230V optional) **Current:** 13.4A

**Power:** 1606W



### 3-PERSON (TL-3)

**Size (width x depth x height):**

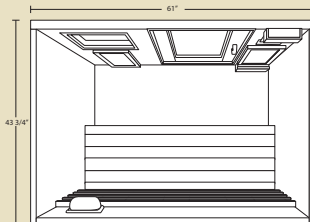
61" x 43<sup>3</sup>/<sub>4</sub>" x 72"

154.9 cm x 111.1 cm x 182.9 cm

**Voltage:** 120V (230V optional) **Current:** 15.9A

**Power:** 1906W

Note: 20A breaker and corresponding wiring required.



### 4-PERSON (TL-4)

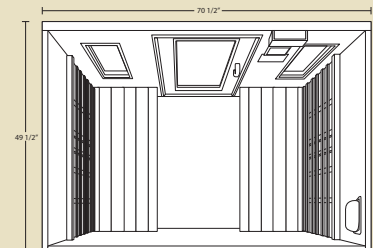
**Size (width x depth x height):**

70<sup>1</sup>/<sub>2</sub>" x 49<sup>1</sup>/<sub>2</sub>" x 72"

179.1 cm x 125.7 cm x 182.9 cm

**Voltage:** 230V **Current:** 11.3A

**Power:** 2606W



### 1-PERSON CLINIC MODEL (TL-1)

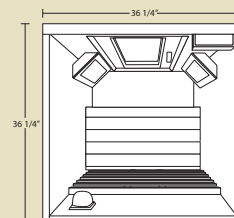
**Size (width x depth x height):**

36<sup>1</sup>/<sub>4</sub>" x 36<sup>1</sup>/<sub>4</sub>" x 72"

92.1 cm x 92.1 cm x 182.9 cm

**Voltage:** 120V **Current:** 10A

**Power:** 1206W





## EACH HIGH-QUALITY THERMAL LIFE SAUNA FEATURES:

- : State-of-the-art Bio-Resonance™ far infrared heaters
- : Hypoallergenic, eco-friendly design
- : Fresh air fan
- : Precision, touch-sensitive, dual controls (on inside & outside of sauna) with child-lock function for safety
- : Built-in stereo speakers (no speakers in TL-1)
- : Warm-up time: 5 minutes
- : Highest power efficiency in the industry: Electricity cost of just \$2-4 per month
- : Easiest installation in the industry: 30 minutes, only 4 screws
- : Lifetime warranty on heaters, workmanship, and electrical components
- : Safety certified for clinic use in the U.S., Canada, and the E.U.

“In 20 years of practice, I have come to the conclusion that toxicity is the common denominator in all cases of disease. The High Tech Health Far Infrared Sauna is the safest and most effective means to detoxification.”

DR. BILL AKPINAR, DDS, MD, ND



- a) Complete digital control panels inside and out
- b) Inside light is bright enough for easy reading
- c) Two speakers allow you to enjoy your favorite music
- d) Independently controlled overhead fan keeps fresh air circulating

## BETTER FOR THE PLANET, BETTER FOR YOU. NO OTHER SAUNA COMES CLOSE.

- : 100% Solid poplar wood, hypoallergenic & sustainably harvested, FSC certified\*
- : Green electronics: No lead, mercury, or brominated flame retardants, RoHS certified
- : High Tech Health is a carbon neutral company. Our electricity is produced by wind power, and are products are all shipped carbon neutral

\*FSC stands for Forest Stewardship Council—an organization that creates standards for managing forests to ensure minimal impact on the plant and animal life in it. They promote non-chemical pest management. Wood products that are certified can trace their origin back to an FSC forest also ensuring the wood did not come from illegal logging. According to Greenpeace, FSC-wood is their absolute preference and that people should avoid hemlock, red cedar, and teak. Greenpeace also says that forest destruction accounts for about 1/5 of global greenhouse gas emissions!



Call today for a personalized consultation: 1-800-794-5355

# THERMAL LIFE<sup>®</sup> FAR INFRARED SAUNA

## YOUR NATURAL PRESCRIPTION FOR RADIANT HEALTH

Thermal Life<sup>®</sup> is widely recognized by health practitioners as the most effective sauna available anywhere.

While you read, listen to music or meditate in the soothing heat of the Thermal Life<sup>®</sup> Far Infrared Sauna, your body is eliminating dangerous toxic chemicals and heavy metals while boosting cardiovascular function and immune system health. Your body is burning excess calories, your skin is being deeply cleansed and you end each session feeling warm, relaxed and rejuvenated.

Your key to improved, radiant good health is just a phone call away—we're ready to discuss your unique health goals today in a free, personalized consultation. We can answer any questions you have and provide additional details when you call us toll-free at 1-800-794-5355.



### OUR QUALITY PLEDGE TO YOU

Thermal Life<sup>®</sup> Far Infrared Saunas are recommended by more doctors and health care practitioners than any other brand. Why? Our detoxification knowledge and experience as well as our commitment to total product quality. We use only hypoallergenic materials coupled with exclusive features such as our fresh-air intake fan and Bio-Resonance<sup>™</sup> heaters. Our state-of-the-art heaters are specifically designed for optimal detoxification and are covered by a lifetime warranty. We are dedicated to providing you the most exceptional far infrared sauna in the world – your satisfaction is guaranteed.



### MONEY-BACK GUARANTEE

We are so confident in our superior quality that we guarantee your complete satisfaction. If you are not happy with your Thermal Life<sup>®</sup> Far Infrared Sauna for any reason, you may return it any time within 30 days of receipt for a full refund (not including shipping).

The statements contained herein have not been evaluated by the Food and Drug Administration. The Thermal Life<sup>®</sup> sauna is not intended to diagnose, treat, cure, or prevent any disease. Your results may vary. Specifications subject to change without notice.



**HIGH TECH HEALTH**  
INTERNATIONAL

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