

Far Infrared: Elixir of Light



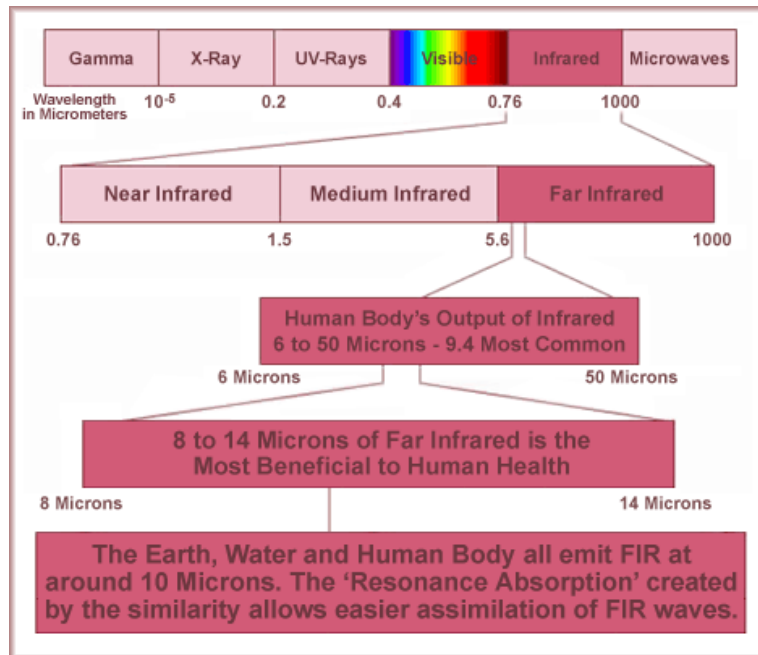
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Far infrared is essential to life. It is naturally emitted by the sun, naturally absorbed into the body and naturally emitted from the body. But what exactly is it, and how does it work when it comes to health?

We can't see far infrared but we can feel it. It is past the visible spectrum of light from the sun but plays a big part in the warmth we feel. The air temperature in direct sunlight and in the shade is the same, but you feel cooler in the shade. When you step back out into direct light, the far infrared waves from the sun warm your skin without adding additional warmth to the air.

The level of far infrared produced by an individual person varies based on that person's health. When you're ill, your far infrared radiation goes down, only to go up again as your health is restored.

Below you can see a chart that shows the micron ranges of far infrared. When looking for far infrared products, it is best to find those that emit in the eight to 14 micron range. This is the range that is most beneficial to humans. Why? Because water, the earth and the human body have a similar electromagnetic frequency of about 10 microns. The closer you get to that frequency, the more your body can absorb and use due to the idea of Resonance Absorption. Taking in far infrared as close to your natural frequency as possible creates the affinity that allows that greater absorption to happen.



Because our bodies will absorb only the amount of far infrared that they can use, you don't have to worry about absorbing too much.

[How does far infrared work in my body?](#)

Far infrared makes the water in your body vibrate, and because we are made up of about 70% water, this vibration can have a big effect. It allows for a deeper energy penetration, which heats the atoms and breaks water molecules into smaller clusters. This helps stimulate an easier release of toxins. The extra heat expands capillaries and helps blood circulation, increasing your metabolism, and causes the tissues to produce necessary enzymes.

The video below is a demonstration we made to show how far infrared causes water to vibrate. We used one regular plate and one far infrared plate, neither of which were connected to a power source, to show how much faster ice cubes melt when exposed to FIR. You can see how far infrared can help move your system, and flush toxins.



Article written by Cat Pippin Lowe for Promolife, Inc.