HIGH TECH HEALTH®

FAR INFRARED SAUNAS



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.



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 at least 400 to 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.

STEPHEN SINATRA, MD

- : noted cardiologist
- : author of "The Sinatra Solution: Metabolic Cardiology"



: Headaches

: Allergies

: Muscle and joint pain

: Nervousness / feelings of instability

: Brain fog / poor concentration



ARE YOU TOXIC?

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

: Persistent sadness / loss of interest in life : Systemic pain / general discomfort

: Digestive problems : Tremors : Night sweats : Fatigue

: Cold hands and feet : Inability to lose or gain weight : Dark circles under the eyes : Rashes

: Chemical sensitivity : Candida : Low body temperature



DETOXIFICATION WITH THE HIGH TECH HEALTH FAR INFRARED SAUNA & PROTOCOLS

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 High Tech Health 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.*

* Sears ME, Kerr KJ, Bray RI. Arsenic, Cadmium, Lead, and Mercury in Sweat: A Systematic Review. Journal of Environmental and Public Health. 2012; Article ID 184745, 10 pages.

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.

The High Tech Health 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.

JAKE JOHNSTON, MD

Weight & Cellulite Control * †

Toxins can play a significant role in preventing us from losing weight as well as gaining unwanted weight. The sauna is also quite effective at dealing with cellulite when combined with massage therapy and nutrition.

Recovery & Pain Relief †

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



OVER 4,000 DOCTORS AND HEALTH PROFESSIONALS USE AND RECOMMEND THE HIGH TECH HEALTH FAR INFRARED SAUNA FOR:

- : Combating toxic overload
- : Stimulating the immune system
- : Muscle pain
- : Heavy metal poisoning (including mercury**)
- : Brain fog
- : Persistent sadness / loss of interest in life
- : Pain relief
- : Stress management
- : Weight control and cellulite removal
- : Multiple chemical sensitivities
- : Systemic pain / general discomfort
- : Achieving good health
- : 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

100% PREMIUM POPLAR WOOD

NO PLYWOOD, NO FIBERBOARD, NO OTHER WOODS

We buy the highest quality Poplar in the world directly from the top mills in Europe. These mills have a long tradition of producing wood for the finest craftsmen. Our wood is dried using a time-tested combination of kiln drying and air drying to produce the perfect sauna wood.



PERFECT FOR DETOXIFICATION

Essential to detoxification is an environment free from toxicants, and we know better than any other company how important it is to make a clean and safe product. From our beginning about 20 years ago, we developed our products to enable even the most severely environmentally ill people to detoxify.

Critical to detoxification is a poplar sauna because it has **almost no wood odor** and it is the most non-toxic of woods. The strong wood odors of cedar and other woods do not dissipate much with time, and contain terpenes, a group of unsaturated, aliphatic cyclic hydrocarbons. Those terpenes are lung irritants that place an extra burden on the body's detoxification pathways and can promote the development of allergies.*

Other sauna companies use plywood. We never use plywood or any other engineered wood. These off-gas significant amounts of formaldehyde, which is a carcinogen.



MAXIMIZING COMFORT

Beyond detoxification, poplar makes for a much more comfortable sauna. The strong odors of cedar and other woods end up being a constant distraction when you want to relax in your sauna and so we only use 100% poplar, even hidden inside the walls.

Poplar also makes the best benches because it does not splinter the way cedar does. Even in traditional Scandinavian saunas, the best ones will have poplar benches for this reason.



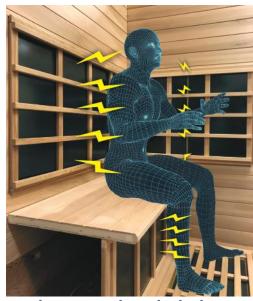
^{*} Eriksson KA, Stjernbert NL, Levin JO, Hammarstrom U, Ledin MC. Terpene exposure and respiratory effects among sawmill workers. Scand J Work Environ Health. 1996; 22:182-90.

LOWEST TOTAL EMF

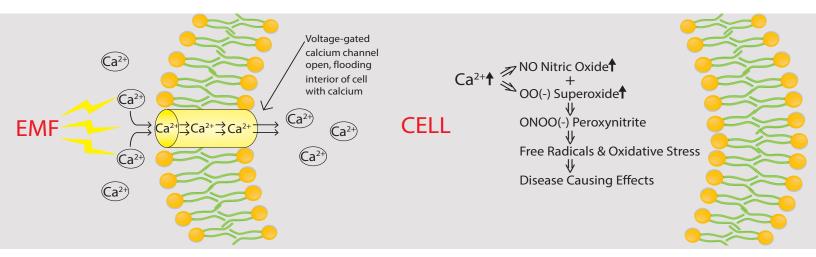
Other infrared saunas are the highest EMF exposure you could have in your home. EMF is the magnetic fields and electric fields given off by every product that uses electricity. Infrared saunas have some of the worst EMF because their heaters have a large amount of electricity flowing through them in very close proximity to the human body.

HOW EMF AFFECTS THE BODY

EMF induces voltage-gated calcium channels in our body's cells to flood the cell nucleus with calcium ions*. This unnatural effect results in significant production of free radicals and oxidative stress, especially in brain and heart tissue where cells have the highest concentration of voltage-gated calcium channels. That leads to single and double DNA strand breakage, sleep disruption, breakdown of the blood-brain barrier, and other problems related to oxidative stress.



Other saunas have high electric and high magnetic fields.





HIGH TECH HEALTH TRIPLE ANTIFIELD HEATERS - US PATENT 9,770,386

High Tech Health saunas feature Triple Antifield Heaters. Designed by High Tech Health in Boulder Colorado, they are the only infrared sauna heaters that mitigate ALL EMF, including both electric fields and magnetic fields. The end result is negligible EMF exposure making it the lowest EMF infrared sauna you can buy and one of the lowest EMF electrical products in your home.



THE ONLY PROPERLY EMF-TESTED HEATER

It is the first and ONLY infrared sauna heater to be third-party tested to locate and document the HIGHEST electric field and HIGHEST magnetic field present, making it the most trusted infrared heater available**. Nothing else comes close. The next best heater on the market has third-party testing that does not identify any maximum levels from the heater, and does not even test for electric fields.

^{*} Pall, M. Electromagnetic fields act via activation of voltage-gated calcium channels to produce beneficial or adverse effects. Journal of Cellular and Molecular Medicine. 2013; 17(8): 958-965.

^{**} Testing performed by Vitatech Electromagnetics. Their report is available at: https://www.hightechhealth.com/triple-antifield-heaters/

FEATURES

HYPOALLERGENIC

As the leader in hypoallergenic saunas since 1997, we have been producing hypoallergenic far infrared saunas since before most manufacturers came into existence. No other sauna has proven to be more hypoallergenic or better for your health:

- 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 known to significantly emit formaldehyde (a carcinogen) is ever used in a High Tech Health sauna.

PATENTED TRIPLE ANTIFIELD HEATERS

We design our own state-of-the-art heaters so that you can have the best technology for the healthiest sauna experience. The wavelengths and intensity of the far infrared rays emitted by our heaters have been carefully engineered for absorption and maximum health benefit. Our saunas do not produce the harmful near infrared wavelengths below 3 µm. * §

Our heaters are the only infrared heaters that mitigate all 3 kinds of EMF and we are the only sauna company with third-party proof of our maximum electric field and maximum magnetic field at the surface of the heater. Our saunas are the lowest total EMF infrared sauna you can buy and one of the lowest EMF electrical products in your home.

FRESH AIR FAN

This High Tech Health exclusive feature maximizes oxygen and minimizes carbon dioxide in the cabin. In the enclosed space of a sauna, carbon dioxide levels do rise rapidly and it is important to keep the body in balance to maximize the body's ability to detoxify itself. Without a fan, the stuffy air in other saunas can be uncomfortable and contribute to a feeling of claustrophobia.

SIMPLE TWO-PERSON 45-MINUTE INSTALLATION

Your High Tech Health sauna is easy to install. Simply latch each wall panel to the base and to the adjoining walls. The ceiling then fits snuggly on the top to create a solid, sturdy enclosure. Within just 45 minutes, installation should be complete – leaving you free to enjoy your new High Tech Health 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.

SHERRY ROGERS, MD

: world renown environmental doctor : author of the best-selling book "Detoxify or Die"

^{*} International Commission on Non-ionizing Radiation Protection. ICNIRP Guidelines on Limits of Exposure to Incoherent Visible and Infrared Radiation. Health Physics. 2013; 105(1): 74-96; See page 76 relating to IR-A and IR-B exposure § https://www.hightechhealth.com/2018/05/08/near-infrared/



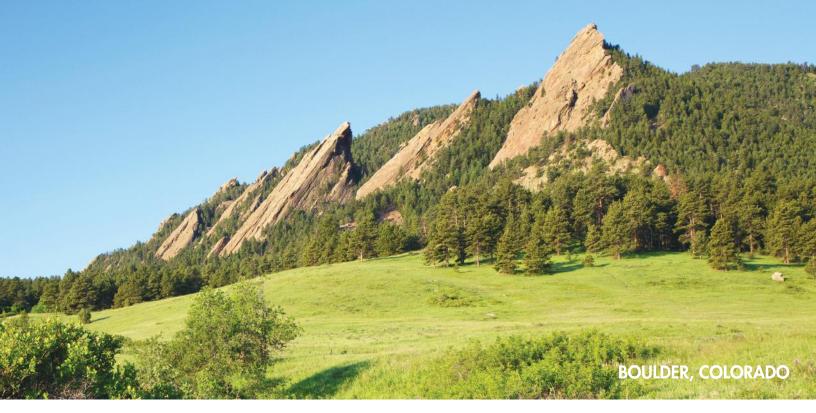












High Tech Health saunas are widely recognized by health practitioners as the most effective saunas available anywhere.

While you read, listen to music or meditate in the soothing heat of the High Tech Health 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

High Tech Health 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 triple antifield heaters. Our state-of-the-art heaters are specifically designed for optimal detoxification and are covered by a five-year 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 High Tech Health Far Infrared Sauna for any reason, you may return it any time within 30 days of receipt for a full refund (exclusive of shipping), no restocking or other hidden fees.

† The statements contained herein have not been evaluated by the Food and Drug Administration. The High Tech Health sauna is not intended to diagnose, treat, cure, or prevent any disease. Your results may vary. Specifications subject to change without notice.



5621 Arapahoe Avenue, Suite D Boulder, Colorado 80303 Toll-Free in North America 1.800.794.5355 Phone +1 303.413.8500 / Fax 303.449.9640 www.hightechhealth.com