

## The Benefits of Near Infrared Energy

- **BOOSTS METABOLISM** – The mitochondria (power plants of the cells) produce more ATP (energy currency of the cells) when NIR (near infrared rays) is introduced. (1,2)
- **REDUCES BODY FAT** – A group of 20 women riding stationary bicycles 3 times per week for 4 weeks exposed to NIR lost an average of 8 cm's or 444% more as compared to 20 women doing the same exercise without NIR. (3)
- **INCREASED ENERGY** – NIR activates the color sensitive chemicals (chromophores & cytochrome systems) to depths of 23 centimeters (or about 10 inches), stimulating the energy processes in cells. (1)
- **IMPROVED CIRCULATION TO THE MUSCLES** – NIR causes the release of nitric oxide. This stimulates vasodilatation of the microcirculatory system, bringing more blood to the muscles. (4)
- **BETTER ENDURANCE** – Muscle fatigue was reduced by up to 42.2% when exposing muscle to NIR. (5,6)
- **INCREASED STRENGTH** – Growth hormone release is induced by an increase in body temperature and not by exercise itself. Growth hormone increases muscle mass, calcium retention, and lipolysis (the breakdown of stored fat). (14)
- **FASTER RECOVERY TIME** – Certain tissue regenerating genes including integrins, laminin, gap junction proteins and kinesin proteins have shown a two- to five-fold increase upon exposure to NIR. (7,8)
- **WORKOUT IN LESS TIME** – Due to increased production of ATP and quick dilation of the microcirculatory system, a person can lessen warm-up time and work at a higher level of exertion without increasing blood pressure. (1,9,10)
- **DETOXIFY THE BODY** - Increased blood circulation stimulates the sweat glands, releasing built-up toxins and waste. Sweat is the only way to remove certain carcinogenic PCBs, dioxins, phthalates, and volatile organic hydrocarbons. (11)
- **REDUCED VISIBLE CELLULITE** - Cellulite is fat mixed with toxins that are trapped, in part due to an underactive circulatory system. Cellulite is so visible, in part due to weakened connective tissue. NIR helps rebuild connective tissue and has been shown to reduce cellulite. (12)
- **REJUVENATES SKIN** - DNA Synthesis of fibroblasts, which affects the elasticity of skin, increase five-fold with NIR. The result is younger-looking, more

beautiful skin. (1,7)

**LESSENS JOINT AND MUSCLE PAIN & INCREASES FLEXIBILITY -**

Penetrating heat from NIR has long been proven to reduce pain and increase circulation to areas of discomfort. NIR has also been shown to significantly increase the range of flexibility. (13)

**References**

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