



As you can see, the segment of the infrared spectrum emitted by the Infrared Thermal System is reputed to offer an astounding range of possible therapeutic benefits and effects in research conducted around the world. The data presented is offered for reference purposes only and to stimulate further observation.

Infrared Thermal Systems creating a cure for or treating any disease is neither implied nor should be inferred.

If you have a disease, be certain to consult with a primary-care physician concerning it.

If you are using any prescription drugs, check with your physician or pharmacist for any possible change in the drug's effect due to any interaction with infrared energy.

It is considered inadvisable to raise the core temperature in someone with **adrenal suppression and systemic lupus erythematosus or multiple sclerosis**, by some authorities.

If you have a recent (acute) joint injury, it should not be heated for the first 48 hours after an injury or until the hot and swollen symptoms subside. If you have a joint or joints that are chronically hot or swollen, these joints may respond poorly to vigorous heating of any kind. Vigorous heating is strictly contra-indicated in cases of enclosed infections by they dental, in joints or in any other tissues.

If you are pregnant or suspect you may be, discontinue your sauna use. Finnish women use their saunas, which don't throw heat as deep into the body, for only 6-12 minutes and reportedly leave at that time, due to perceived discomfort. Their usage at this low level of intensity is not linked to birth defects. Infrared Thermal System usage may be 2-3 times more intense, and comparatively shorter 2-6 minute sessions hardly seem worth any minimal risk they may present.

Metal pins, rods, artificial joints or any surgical implants generally reflect infrared rays and thus are not heated by this system; nevertheless you should consult your surgeon prior to using Infrared Thermal System. Certainly, the usage of Infrared Thermal System must be discontinued if you experience pain near any such implants. Silicone does absorb infrared energy. Implanted silicone or silicone prostheses for nose or ear replacement may be warmed by the infrared rays. Since silicone melts at over 200 degrees Celsius and 392 degrees Fahrenheit, it should not be adversely affected by the usage of Infrared Thermal System. It is still advised that you check with your surgeon and possibly a representative from the product manufacture to be certain.

Heating of the low back area of women during the menstrual period may temporarily increase their menstrual flow. Once a woman is aware that this may occur, she can choose to allow herself to possible experience this short term effect with worry or to simply avoid Infrared Thermal System usage at that time of her cycle.

Hemophiliacs and anyone predisposed to hemorrhage should avoid Infrared Thermal System usage or any type of heating that would induce vasodilatation, which can potentate the tendency to bleed.

Obviously, should any condition worsen with use of the Infrared Thermal treatment, the use of the system should be discontinued.

People do not experience pain using Infrared Thermal Systems unless such is contraindicated. If you do, the use of radiant heat is clearly inappropriate for you at that time.

Do not attempt to self-treat any disease with this Infrared Thermal System with direct supervision of a certified physician.

I have read and understand the above contraindications for Far Infrared Sauna and attest that I do not have or have not had any of the above mentioned.

Name (please print) _____

Signature _____

Date _____