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“ The effects on the body of long term therapy using Far Infra-Red (FIR) Sauna exposure”

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Abstract :

It was known since 1950s that Far-Infrared light has an effect on human physiology and metabolism but not much scientific studies were conducted because of the pre-occupation of that time on molecular aspects and changes that takes place in the human bodies. This was also true with regard to studies on topics such as parapsychology and supernatural phenomenon. Some studies were conducted by Russian scientist on the effects of light (non visible , such as Infraed and ultraviolet radiations.

Far Infrared radiations was studied briefly and discoveries about its beneficial and dekleterious effects were reported by the Russian studies, and applications of this knowledge had been utilize by the alternative medical practioners.

We wish to investigate some of the claims made with regards to the beneficial effects of Infrared radiation on human health , especially on the bodily functions , such as :

1. Blood pressure
2. Reduction of body weight
3. Improving blood circulation (improving the blood viscosity and clearing the arterial intima of fat deposits)
4. Body defence system
5. Improving and maintaining Genito-urinary system (creatinine and electrolytes blood levels)
6. Improving the body's control of blood sugar and lipids
7. Maintaining renal functions
8. Maintaining Liver functions
9. Increasing body's defence to carcinogens and switching of oncogenes

Methodology :

1. Studying the acute effects(duration of 1 week daily exposure) of subjects to Infrared sauna
2. Studying the effects of the chronic usage of Infrared Sauna on selected patients and healthy individuals (control groups).
3. Determining by statistical methods and empirical observations of the beneficial and deleterious effects of exposure to Infrared Sauna

1. Calculation of sample size of groups of subjects for this study based on previous empirical studies.

Preliminary proposal : Prepared by Assoc Prof Nor Akmal Bin Wahab  
19th November 2008 @ 10.30 pm.