

The Wolfe Clinic News

HEAT THAT HEALS

What Is Far-Infrared Radiant Heat?

The Far-infrared radiant (FIR) heat emitted by Far-Infrared energy treatment devices such as the Sauna Dome and the Vita-Mat is a naturally occurring energy that heats objects by direct light conversion (DLC). DLC warms only the object and does not raise the temperature of the surrounding free air. The infrared heat rays warm the body directly. The body then absorbs as much as 93% of the heat generated by this healing energy.

All life requires FIR heat from the sun. FIR heat is not ultraviolet radiation but a narrow band of energy within the 5.6 to 15 micron level. This type of energy travels 2-3" deep into the body to increase circulation and nourish damaged tissue.

The sun is the primary source of radiant energy, but not all of this energy is beneficial to your body. Although life needs energy from the sun, too much harsh sunlight damages the skin. FIR heat provides all the healthy benefits of natural sunlight without any of the dangerous effects of solar radiation.

For years, the healthcare industry recommended infrared heat lamps as a source of F.I.R. heat but the lamps were cumbersome, extremely hot and difficult to maintain at a constant temperature.



The Far-Infrared energy devices, that The Wolfe Clinic recommends, use the same far-infrared heat therapy technology used in sports medicine to treat athletic injuries and in hospitals to keep newborn infants warm. Health professionals have used red infrared heat lamps for decades to treat muscle and joint problems. In hospital baby care units,

incubators are often equipped with infrared heating systems to keep new-born babies warm.

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Better Heating With F.I.R.

Infrared heaters warm the body in the same manner as natural sunlight. FIR heat therapy uses the wavelength of the visible

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and non-visible light spectrum of sunlight that heats the body normally.

Traditional steam saunas raise the temperature of the air to a very high level within the chamber to warm the body. Some people have difficulty breathing in this extremely warm air. FIR saunas work differently. Instead of heating the air within the enclosure, FIR saunas heat the body directly. The result is a lower power bill and deeper tissue penetration. In a FIR sauna, the body perspires and receives all of the healthy benefits but avoids the harmful and scorching hot air of a traditional steam sauna. Far-Infrared Heat Treatments are safe for all ages.

Pain Relief With Infrared Therapy

FIR heat relieves pain by expanding blood vessels and increasing circulation. Better circulation allows more oxygen to reach injured areas of the body and helps reduce pain and speed up the healing process.

The Far-Infrared energy equipment we use at The Wolfe Clinic has been very successful in treating arthritis, rheumatism, muscle spasms, back pain, headache and many other painful maladies.

Weight Control & Infrared Heat Therapy

Perspiring is part of the complex thermoregulatory process of the body that increases the heart rate, cardiac output, and metabolic rate. The process requires a large amount of energy and reduces excess moisture, salt and subcutaneous fat. Fat becomes water soluble and the body sweats it out along with toxins.



Detoxifying the body helps in weight control. People who have unsuccessfully tried many diets often find success with far infrared saunas because they are able to eliminate chemicals stored in your cells. This makes weight control much easier. I say "control" because detoxifying

will also help those who have a problem keeping their weight up to normal.

This assists in weight control in three significant ways:

1. It effectively reduces heavy metals which have been directly related to metabolic imbalances in the body causing poor digestion and weight gain or loss.

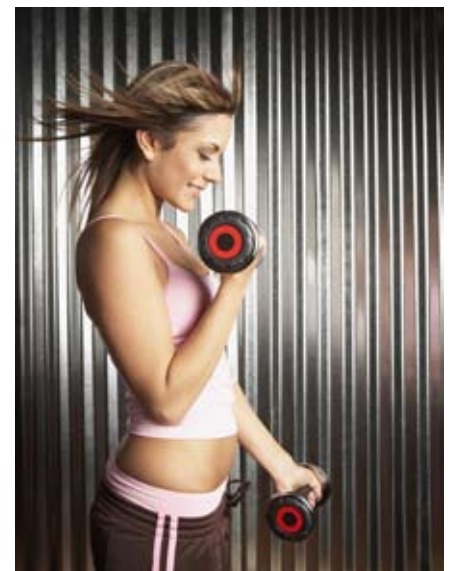
2. It decreases fat stored (lipophilic) toxins. Often weight control cannot be accomplished unless these toxins are first removed.

3. Although weight loss due to perspiration (water loss) is quickly regained, sending more blood to the capillaries and converting fats and carbohydrates results in as much as 1000 calories burned during one short FIR session.

Through deep penetration of fat cells, radiant heat therapy will also help clear away cellulite.

Strengthen Your Cardiovascular System

The heart receives a workout similar to a 6-mile run in a 20-30 minute FIR sauna session and the body perspires the same amount as a 6-mile run. While, The Wolfe



Clinic encourages and promotes regular exercise as an important part of any wellness program, Infrared saunas are perfect for those who suffer from injuries or chronic illnesses that inhibit rigorous activity.

When the moisture on the surface of the skin evaporates and cools the body, a number of other changes occur in the body to release the heat as quickly as possible. The heart beats harder and faster, pumping more blood through the dilated blood vessels, thus achieving the conditioning benefits of continuous exercise.

As the body increases sweat production to cool itself, the heart works harder pumping blood at a greater rate to boost circulation, supplying the conditioning benefits of continuous exercise. Heart rate, cardiac output and metabolic rate increase, while diastolic blood pressure drops, for improved overall cardiovascular fitness. Regular use of a sauna is an effective means of cardiovascular conditioning and burning of calories.... A moderately conditioned person can easily sweat off 500 gms and since the body expends energy to produce sweat (1 gm sweat requires 0.586 kcal) it is possible to for some people to sweat off up to 1000gms or more in a healing session - the equivalent to running 10-15 kms. While this weight loss can be regained by re-hydration with water, the calories consumed will not.

If you are using water from a source like the Wellness Filter and/or the Water Vitalizer; you will be replacing calories with clustered, restructured, electron charged, alkalizing water. This healing water has a hydration rate of 86% compared to 10% for distilled water.

Your body is 70% water, so it follows that the most important

compound you put into your body is water. Water is essential to begin a healing process or to maintain vital

Unfortunately the human body has no previous experience with these toxins and there are very few



health. Depending on the type of water you use it can either be the best thing for your wellbeing or it can be your health's worst nightmare.

Eliminate Toxins

Directly or indirectly, toxic residues find their way into our air, food and water supplies. The net effect of this ecological

Preventing illness is far easier,
wiser, and less costly than
treating disease once it occurs.

overload is to alter the body's balance or "homeostasis". This interference with our natural biological tendencies to restore internal balance, results in "disease" in one form or another.

Toxins such as sodium, alcohol, nicotine, cholesterol and carcinogenic heavy metals (cadmium, lead, zinc, nickel) and mercury accumulate in the body during modern daily life.

natural mechanisms within our bodies to break them down, and eliminate them.

The one effective method that the body does use is perspiration. This eliminates most toxins naturally by sweating and FIR heat therapy stimulates the sweat glands that cleanse and detoxify the skin. Increased blood circulation stimulates the sweat glands, releasing built-up toxins and waste.

The simple chemistry involved in this process can be illustrated by the fact that some chemicals readily dissolve in water, while others dissolve only in oil bases. Oil soluble chemicals therefore have a tendency to accumulate in body fatty tissue or lipids, which are also insoluble in water. Perspiring requires a large amount of energy and one consequence of this powerful force is that fat becomes water soluble and the

body excretes it along with the toxins that were trapped as sweat.

A “heavy metal” is an element that exhibits certain metallic properties such as high electrical conductivity and very high density. The toxicities of heavy metals vary. Some, such as zinc and Manganese, are essential dietary nutrients that are required for good health. Others, such as Cadmium and Lead have no biological function in the human body and can cause adverse health effects at very low levels.

Heavy metal poisoning is the toxic accumulation of heavy metals in the soft tissues of the body. All metals are toxic to cells. They compete with the nutritional minerals in the body thus rendering them unavailable to the necessary processes to maintain health.

Let’s take a look at just one small example: certain metals such as Aluminum or Magnesium displace calcium and make it unavailable for building bone, teeth and muscles (including the heart muscles) thereby weakening these structures. Low calcium levels lead to osteoporosis, dental caries, periodontal disease, muscle cramping, colic and heart disease.

Your skin is the body’s largest organ and as such it plays an essential role in keeping you healthy and in protecting you from toxic metals.

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Many of the mysteries of medical history can be explained by the untutored activation of the immune system.

sweating can help detoxify the body as it rids itself of an accumulation of potentially carcinogenic heavy metals as well as alcohol, nicotine, sodium, sulfuric acid, cholesterol and other chemical contaminations.

Improving Your Immune System

Here I will revisit some points I made in a recent newsletter about Viral/bacterial/fungal infections and fever.

cells more aggressive against bacteria, fungi or viruses. FIR heat therapy induces an “artificial fever” by heating up the body but without the pains of an illness. Subsequently, the body wards off invading organisms much more easily because the immune system is activated consistently by the “artificial fever”. Studies also show that colds and flu-like illnesses are reduced dramatically if treated in the early stages with FIR heat therapy.

We have all heard of “spontaneous remission.” A spontaneous remission is the disappearance of a major disease without any immediate medical cause. As Lewis Thomas, MD, once said: “The rare but spectacular



Fever should be seen as an important physiological defense mechanism against disease. It is not the enemy! Fever is the human body’s most visible response to viral or bacterial infections; and a very effective one indeed. During a fever, the body heats up to eliminate viruses and attack foreign agents. One of the most immediate physiological effects of the fever is the acceleration of metabolic processes in general. Fever increases oxygen uptake and renders white blood

phenomenon of spontaneous remission of cancer persists in the annals of medicine, totally inexplicable but real, a hypothetical straw to clutch in the search for cure. . . . No one doubts the validity of the observation.”

If you check the medical literature, you find that while there is no single cause for all

the spontaneous cures of cancer, the majority of such patients experienced an acute infection just prior to the regression of their tumor. This is a striking fact. These infections were usually accompanied by fevers. This microbial attack stimulated some powerful immune responses. The riled-up immune system then turned on and destroyed a different kind of enemy, the tumor. It was as if an army had mobilized to fight one adversary but continued marching to defeat a second, even more dangerous, foe.

Our own ingenious solutions to the cancer problem seem puny compared to the perfectly natural way that the body sometimes gets rid of it. Why not learn from, and harness, this tremendous natural force?

Shouldn't medicine imitate Nature and its ingenious cures rather than trying to devise artificial

cures that are inimical to what the body does best? Many of the mysteries of medical history can be explained by the untutored activation of the immune system.

Benefit Your Skin

Everyone is looking for beautiful, youthful, glowing skin. Infrared heat improves circulation, expels dirt and chemicals and removes dead cells on the surface of the skin. All of these benefits lead to a softer and firm complexion. The profuse sweating achieved after just a few minutes in far infrared sauna carries off deeply imbedded impurities and dead

skin cells, leaving the skin glowing and immaculately clean, Increased circulation draws the skin's own natural nutrients to the surface. It improves tone, elasticity, texture and fresh color of the skin. Increased blood circulation has also been shown to relieve acne, eczema, psoriasis, burns, lesions and cuts. In addition, open wounds heal more quickly, reducing scarring. Scars that are fully formed, even keloids, may be gradually softened.

Help With Cellulite

Cellulite is a gel-like substance made up of fat, water and wastes, which are trapped in pockets below the skin. Far-Infrared Heat Treatments can assist this condition, as profuse sweating helps clear this form of unwanted debris from the body.

In general all Saunas help clear ugly cellulite. European beauty specialists routinely incorporate daily saunas in programs to reduce cellulite. Because the radiant heat of the Far-Infrared Sauna Dome and Vita-Mat warms three times more deeply than conventional saunas, combined with up to 10 times the level of heating in these tissues, it is significantly more effective at reducing cellulite.

Through deep penetration of fat cells, radiant heat therapy definitely helps to clear away cellulite.

Reduce Your Stress

Probably the most immediate effect of a FIR healing treatment that you'll notice is immense relaxation. Read, watch TV, listen to music or meditate in the comfortable warmth while the stress of life melts away leaving behind a feeling of total rejuvenation.

Infrared heat therapy loosens muscles

and relaxes the whole body. You will find it hard to believe that something that feels this good is actually one of the best healing therapies for your vital health.

Remember: the road to better health is as close as your telephone. Over 25 years of successful practice and experience



in fighting chronic illness is available to you for the price of a bottle of supplements. It includes a one on one consultation with me, unlimited follow up support, as well as my highly acclaimed and comprehensive health video "A Healthy Family."

It is never too late to start living a healthy life. Call me today!
1-800-592-9653

Live Long and Live Well

Dr. Darrell L. Wolfe AC, Ph.D



The New Aesta Sauna Dome

Try our all new Dome with all digital controls and Acrylic construction.

The Sauna Dome represents a new paradigm in the field of sauna therapy.

The explosive growth of sauna manufacturers is testimony to the public demand for these wonderful health tools. Now the SAUNA DOME takes Far Infrared saunas to a new level beyond the walk-in models by providing deeper penetration and greater exposure of far infrared rays!

Wellness Filter



The most advanced ionized electron-charged ALKALINE water system available anywhere.

Water Vitalizer Plus



The Wolfe Clinic is proud to present a revolutionary appliance called the "The Water Vitalizer Plus".

Aesta Mat



AESTA MAT provides rapid and powerful benefits which can include, pain relief, detoxify, relaxation, improved circulation.

Royal Tea



Dr. Wolfe has tested hundreds of colon and intestinal cleansing products and Royal Tea is, by far, the best.

SuperMin



SuperMin™ is an all natural specially formulated mineral-rich dietary supplement that we created to help support & maintain a healthy immune.

SUPER Z-LITE



An all natural specially formulated mineral-rich dietary supplement. Our supercharging process activates the Zeolite and fulvic acids.

Bio-Chelat



A patented oral chelation product from Germany with documented clinical trials.

Heavy Metal Test Kit



World's first immediate method of screening heavy metals.

The Wolfe Clinic

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