

## Three Attractive and Distinct Ranges to Rejuvenate Body & Soul

To satisfy discerning styles and performance preferences in the healthiest way possible, we offer our modern Clearlight Sanctuary™ Full Spectrum Infrared models as well as our classically-crafted Clearlight Premier™ Far Infrared models. Each infrared sauna is well-appointed with state-of-the-art functionality that encompasses ease-of-use, the safest components and circuitry, highest quality of wood, non-toxic materials, along with the finest craftsmanship with a furniture quality finish.

Sanctuary 3



Premier IS-3



Essential CE-3



For more information:

01 907 9370 | [info@infraredsauna.ie](mailto:info@infraredsauna.ie)  
[www.infraredsauna.ie](http://www.infraredsauna.ie)

Features	Sanctuary Full Spectrum	Premier Far Infrared	Essential Far Infrared
Low EMF/ELF	Yes	Yes	Yes
True Wave™ Far Infrared Heaters	Yes	Yes	Yes
Grade-A Clear Western Red Canadian Cedar	Yes	Yes	No
Grade-A Eco-certified Nordic Spruce	No	No	Yes
Never Fail™ Digital Key Pad	Yes	Yes	Yes
IOS/Android App Control with Reservation Mode	Yes	No	No
Bluetooth/MP3/AUX Smart Device Connectivity	Yes	Yes	Yes
High-Fidelity Nakamichi Speakers	Yes	Yes	Yes
Upgrade Ergonomic Backrest and Bench	Yes	Yes	Yes
Ceiling Vents	Yes	Yes	Yes
Full Lifetime Warranty	Yes	Yes	Yes
Modern Glass Roof	Yes	No	No
Classic Wood Roof	No	Yes	Yes
True Wave™ Full Spectrum Near/Mid/Far Infrared Heaters	Yes	Upgrade	Upgrade
Medical Grade 96 LED Lights Chromotherapy with 12 Colour Sequence and Remote Control	Yes	Upgrade	Upgrade
Standard Chromotherapy with 15 LED lights and 7 Colour Sequence	No	Yes	Yes
Built-in Smart Device/Audio Charging Cabinet	Yes	No	No
Deeper Bench 56cm versus 51cm	Yes	Yes	No

Clearlight® infrared saunas provide the optimum in style, effectiveness, therapeutic benefit and customer service for the ultimate infrared sauna experience.

# Innovative Engineering & High-Grade Materials Yield a Superior Product

From the wood press in our factory through the final stages of packaging, Clearlight® infrared saunas are beautifully crafted and built to last. We start with the highest-grade materials, and adhere to the highest standards of design, manufacturing and assembly. Each cabin is engineered proportionately with the right amount of eco-certified wood – either Grade "A" Clear Western Red Canadian Cedar or Grade "A" Nordic Spruce. We ensure that nothing goes to waste and reinforce each cabin structure with light-weight metal in the wood walls to add rigidity, rather than excess weight. Additionally, each sauna is rigorously tested and certified for product safety.

## Stronger. Not Heavier.

Given today's advancements in manufacturing, smaller amounts of material evenly distributed can yield stronger structures by applying smarter design processes.

### Applied Engineering

- ✓ Material measurements
- ✓ 3-D structural analysis
- ✓ Computer modelling to test loads and forces

### Quality Construction

- ✓ Material selection
- ✓ Refined craftsmanship
- ✓ 4-stage quality control

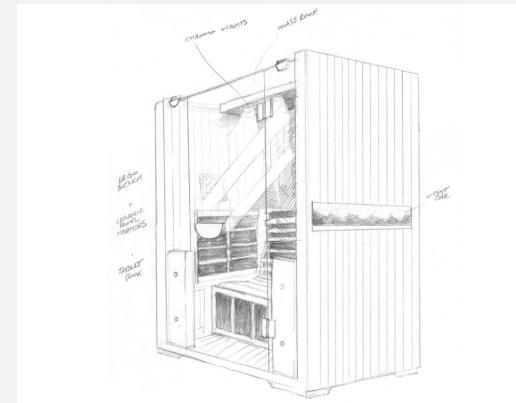
### Practical Benefits

- ✓ Less environmental impact
- ✓ Cabins that are easier to lift and install
- ✓ Safer structure

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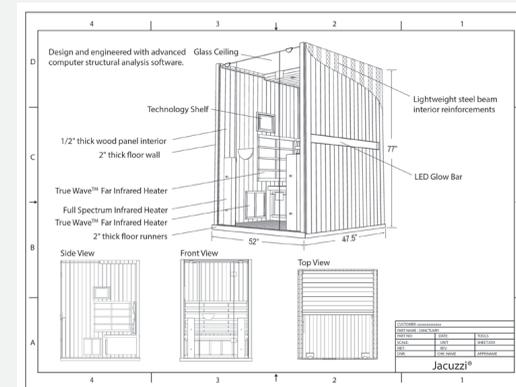
Concept sketch



Actual Assembly - Clearlight Sanctuary 3



Architectural Rendering



Our goal is always to deliver a beautifully designed sauna that is sturdy, functional, practical and meant to provide years of total satisfaction.

# Infrared Saunas Safety Certifications and Testing

All Clearlight® brand saunas are rigorously tested and certified for product safety. Your health is our number one concern.

## Electrical and Hazardous Materials Safety



The ETL service mark is verified and certified by Intertek, a third-party safety rating company. This mark assures the highest level of safety and compliance for all components and saunas.



Compliance with the CE standard implementation starts during the design and manufacturing process relies on the manufacturers themselves both within and outside the EU.



Our compliance with RoHS, (Restriction of Hazardous Substances) is verified by RoHS standards and certified by Intertek.

## VOCs:

We have designed and built our saunas to be free of any harmful VOCs (Volatile Organic Compounds.) To verify this, we regularly utilise third party labs to perform rigorous VOC testing. Air samples are first tested in a clean room. The sauna is then set up and a second round of samples are taken. Next the sauna is programmed to heat up and run at maximum temperature for over two hours at which time another series of air samples are taken inside and outside of the sauna. All results are then compiled, compared and recorded. This way we know that no VOCs will be present during your sauna session.

## Electromagnetic Safety

True Wave™ infrared heaters are the most effective and safest infrared heaters available. We have developed our own patented technologies that cancel out both EMF (Electromagnetic Fields) and ELF (Extremely Low Frequencies). We guarantee that you will not experience any harmful wavelengths when you are in your sauna.

EMF levels tested consistently show an average of less than 1mg and our ELF levels test 3-5 times below the threshold of concern set by the World Health Organization (WHO). Many of our competitors' saunas tested with levels 20 times or more above this same threshold of concern. Our proprietary True Wave™ heaters were the first low EMF carbon-based heaters in the market and revolutionised the entire infrared sauna industry.

## Low EMF (Electromagnetic Field)

Our exclusive manufacturing process and patented far infrared heater technologies reduces EMF levels to virtually zero where you are sitting ensuring the highest level of safety. This has been confirmed by third party testing. When EMF levels are measured in the seating area inside a Clearlight® infrared sauna, EMF levels are virtually undetectable. Measurements have been verified by VitaTech Electromagnetics.

## Low ELF (Extremely Low Frequency)

Extremely low frequency (ELF) is easily detected standing near any utility power line. You can also be exposed when operating electrical appliances. When testing our low ELF technology, our saunas measured at 200 mV – five times below the threshold of concern, as opposed to many competitor models, where ELF levels were found to exceed 20,000 mV – 20 times above the threshold of concern. When we test our saunas without an actual person inside, our ELF metrics are equally impressive. The Threshold of Concern is 10 Volts/Meter (V/m). Clearlight® Infrared Saunas averaged 3.4 V/m, whereas our competitors saunas measured 300+ V/m.

## EMF/ELF Shielded Wiring and Extra Shielding

We manufacture our saunas with electrical wiring shielded in grounded metal conduit. This provides the safest and lowest EMF/ELF levels possible. We also discovered that twisting the wires inside the conduit further reduces EMF levels by cancelling out the signal. Then we shielded and grounded all electrical components including our special carbonised heater safety mesh to eliminate any residual ELF.

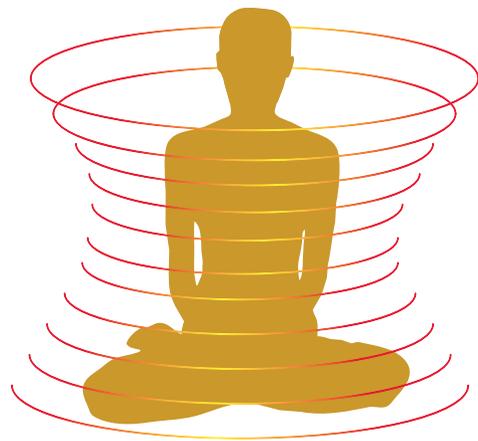
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**Our Safety Guarantee: We guarantee that your Clearlight® infrared sauna will be safe and below any threshold of concern.**

## The Numerous Health Benefits of Clearlight® Infrared Saunas

While we manufacture high quality sauna cabins, infrared therapy is our main focus. Infrared heat and light penetrates your skin and will warm your body directly. Infrared is all around us and provides numerous health benefits. It's so safe and therapeutic, it is used in hospitals to keep babies warm and used therapeutically for people with Lyme Disease, High Blood Pressure, Detoxification and Arthritis among many other conditions.



### Infrared saunas also help with:

- ✓ Detoxification
- ✓ Stress and fatigue
- ✓ Muscle aches, stiffness and joint-relief
- ✓ Weight loss and increased metabolism
- ✓ Immune system boost
- ✓ Skin conditions
- ✓ Cellulite
- ✓ Heart health
- Diabetes support

#### Detoxification

Daily sauna sweating can help detoxify your body as it rids itself of accumulated toxic heavy metals. At low temperature, infrared will penetrate the body's fat cells to expel what has built-up over time. (lose lead all the way to inorganic compounds.)

#### Stress and fatigue reduction

A few minutes in the gentle warmth of an infrared sauna will help you feel relaxed, rejuvenated and renewed. They also affect the autonomic nervous system putting you in the parasympathetic (rest and digest) state allowing your body to heal.

#### Muscle aches, stiffness and joint pain

Infrared heat can relieve inflammation, stiffness and soreness by increasing blood circulation to relax your muscles. It is also effective in the treatment of sprains, neuralgia, bursitis, muscle spasms, and many other muscular-skeletal ailments.

#### Weight loss and increased metabolism

The Journal of the American Medical Association has mentioned that regular use of a sauna imparts a similar boost on the cardiovascular system to running. As you relax in the gentle infrared heat, your body is hard at work producing sweat, pumping blood and burning calories. A 30-minute session can burn somewhere between 250 calories or more.

#### Immune system boost

The penetrating infrared wavelengths from our True Wave™ Far Infrared and Full spectrum heaters will raise your core body temperature, inducing an artificial fever. Fever is the body's natural mechanism to strengthen and accelerate the immune response, as seen in the case of infection.

#### Skin conditions

The profuse sweating achieved after a few minutes in an infrared sauna removes embedded impurities and dead skin cells, leaving the skin glowing and clean. Increased circulation draws your skin's own natural nutrients to the surface.

#### Appearance of cellulite

Since the infrared radiant heat of a Clearlight® infrared sauna warms three times as deep as conventional saunas, it is significantly more effective at reducing cellulite. There is a direct link between the slowing of metabolic rates and the storage of toxins in fat cells.

#### Heart health

The Department of Family Practice at the University of British Columbia, found that infrared sauna therapy can help keep blood pressure normal, lower cholesterol levels, reduce chronic pain, and treat issues such as congestive heart failure.

Note: <http://undergroundhealthreporter.com/infrared-saunas-improve-health/>

#### Diabetes Support

Much has been written about how infrared sauna therapy can aid and support those managing diabetes because it offers healing activities to help lower side effects. Working simultaneously, these activities include:

- Improved pain threshold
- Toxic elimination
- Improved circulation
- Internal organ cleanse

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Clearlight® infrared saunas are thoughtfully designed products to promote physical and emotional well-being for people with various health conditions.

## Carbon/Ceramic Ingenuity

Carbon heaters produce high quality long infrared wavelengths. Ceramic has a very high emissivity rating. We have combined both in one heater to give you the most penetrating heat with unmatched emissivity.

### Heater Emissivity Evaluation

- Emissivity measures a heater’s ability to emit infrared energy. Values range from 0 (shiny mirror) to 1.0 (theoretical black body.)
- Raytek, one of the leading infrared instrument manufacturers has the following emissivity tables on their website. When reading the table, please note the values in 6-12 micron ranges – the “vital” range for healing the human body (the symbol m stands for “micron”).
- Ceramic has an emissivity of >.95 – closest to a perfect black body at 1.0. That is why the ceramic compound that we add is so important.

The image shows two Raytek emissivity tables. The top table is titled 'Emissivity Table for Metals' and lists various metals with their emissivity values across different wavelength ranges (3.0-5.0, 5.0-10.0, 10.0-15.0 microns). The bottom table is titled 'Emissivity Table for Non-Metals' and lists various non-metallic materials like wood, plastic, and stone with their emissivity values across different wavelength ranges (3.0-5.0, 5.0-10.0, 10.0-15.0 microns).

#### Note the following:

- Many competitors’ infrared heaters have been designed for industrial use, such as curing paint on cars.
- True Wave™ Infrared heaters are strictly designed and manufactured by us to heat the human body for therapeutic purposes.

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### Technical Advantages

- ✓ High Emissivity
- ✓ Higher Resonant Frequency
- ✓ Greater Absorption

Our heaters are comprised of micro-thin carbon fibers combined with our patented micro fine ceramic compound for higher emissivity. We manufacture our heaters in our factory with a patented process. These alternating layers of woven substrate are combined under high heat and pressure to produce a heater with tremendous output and high thermal emissivity. All of our heaters are tested for several hours and measured for electrical draw, temperature and EMF in twelve different locations.



The carbon in our heaters produce long wave infrared heat that penetrates deep into your body. The addition of our proprietary ceramic compound produces a substantially higher infrared output when compared to a traditional carbon heater alone.



We optimize our True Wave™ Far Infrared heaters to produce optimal wavelengths between 6-12 microns (vital wavelengths.) A large percentage of the wavelengths are 9.4 microns, the same wavelength produced by the human body. This allows maximum absorption and resonant frequency to aid detoxification.



### Physiological Advantages

- ✓ Raise Core Body Temperature
- ✓ Increases Heart Rate
- ✓ Deeper Penetration

True Wave™ Far Infrared heaters combine Carbon/Ceramic to produce an optimum infrared wavelength.

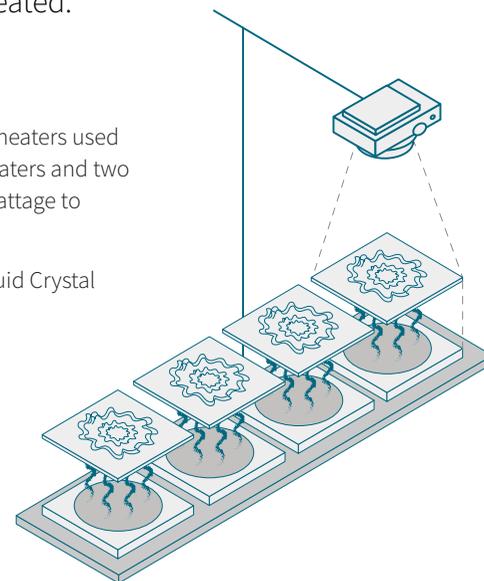
With the high far infrared output (emissivity) of Clearlight® infrared sauna heaters, you get an abundant amount of high quality infrared aimed directly at your body’s core. We position our heaters so they surround you – front, back, side and even from the floor.

# True Wave™ Far Infrared Heater Comparison Test

All Clearlight Sauna® models utilise our True Wave™ combination Carbon-Ceramic far infrared heaters, which emit the highest output of healing infrared heat available. We performed an objective test to measure the levels of infrared energy from a variety of available infrared heaters. The test utilises a Cholesteric Liquid Crystal ‘Test Screen’ showing changes in colour when heated.

## Test Procedure

- 1/ Four infrared heaters were chosen to represent the variety of heaters used in the infrared sauna industry (two ‘Element Type’ ceramic heaters and two ‘Panel Type’ carbon based heaters). Heaters were of similar wattage to ensure a valid comparison.
- 2/ The heaters were installed one at a time, 30cm above the Liquid Crystal Test Screen.
- 3/ Each heater was turned on for 35-minutes. This provided sufficient time to warm their maximum temperature and exert their full radiant effect on the Test Screen.
- 4/ After each test, the Screen was photographed by a Panasonic LZ5SE digital camera from a fixed overhead position. The heaters infrared output was assessed by the image’s colors, intensity of the colors and the size of the image.



## Infrared Evaluation

### Colour & Infrared Intensity

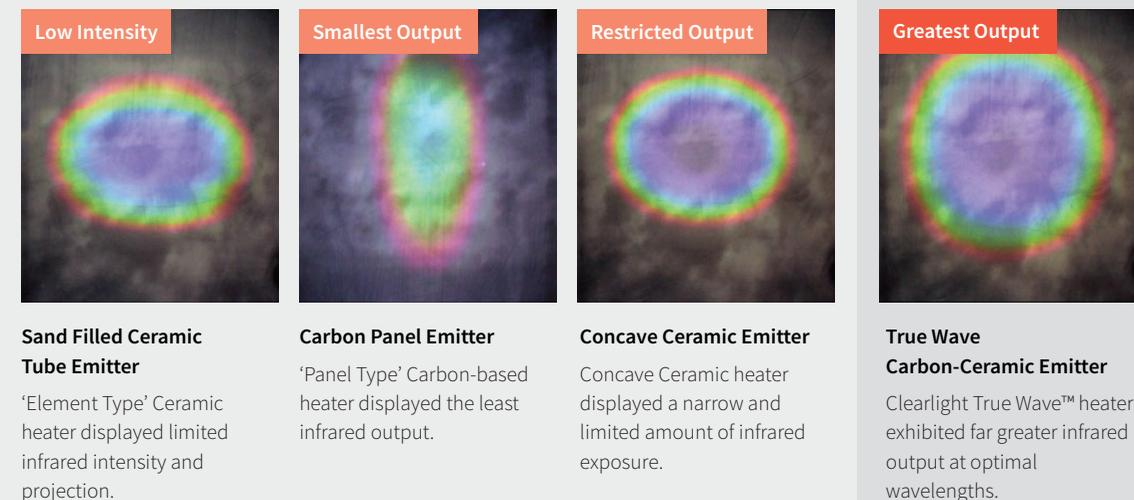
The different coloured crystals represent the degree to which they have been heated by the infrared. Dark navy blue indicates the greatest intensity of Infrared heating at the optimal therapeutic wavelengths, then blue, green and red representing descending levels of infrared.

### Size

The size of the colour image gages the size of a heaters Infrared projection. The size of the image indicated a heater's ability to surround your body with infrared.

## Conclusions

Test screening Images Represent the IR Emitters' Infrared Projection. Screens are 40"



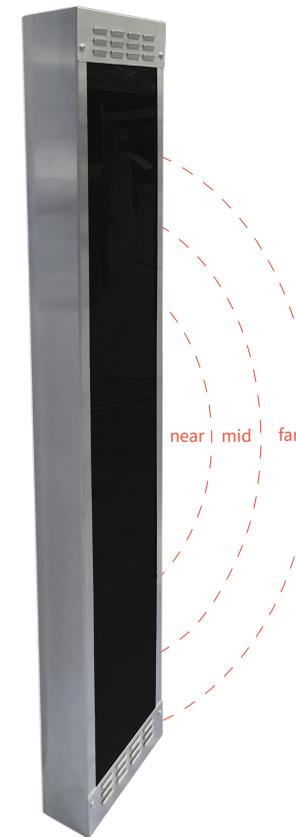
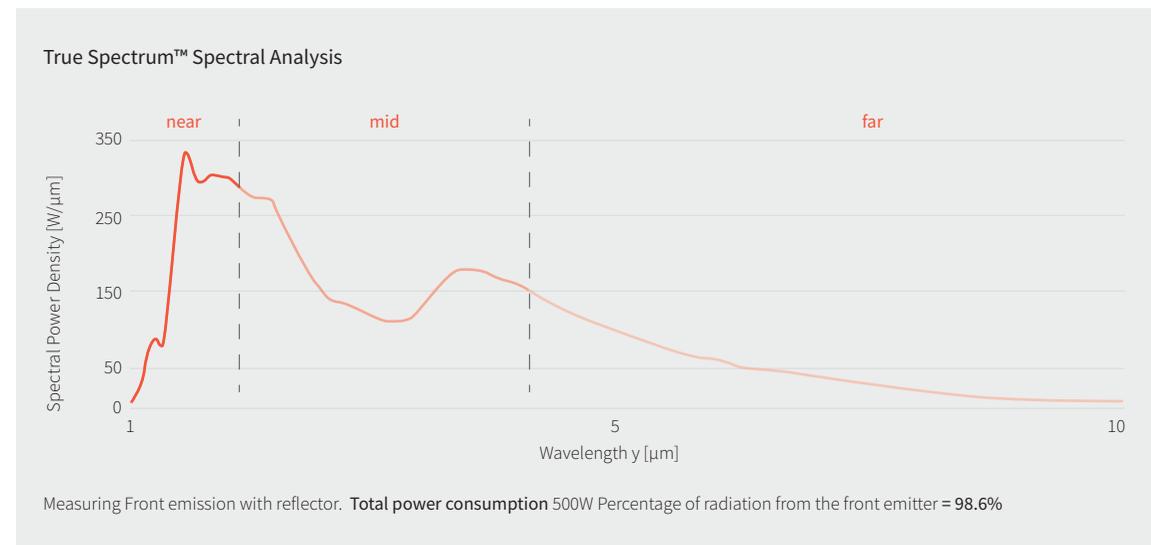
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Clearlight True Wave™ far infrared heaters produce greater levels of far infrared at optimal wavelengths, produce less convection heat than Element Type heaters, and operate at a lower air temperature for greater effectiveness and comfort.

## Clearlight® Sauna Full Spectrum Infrared Heaters are Healthy to the Core

All Clearlight Sanctuary™ Sauna models include our True Wave™ Full Spectrum infrared heaters. These heaters are high output infrared heaters producing near, mid and far infrared. Every Clearlight Sanctuary™ Sauna model has 1,000 watts of full spectrum infrared. That's 25 times the power of our closest competitor.



**True Wave™ Full Spectrum heaters are high output producing near, mid and far infrared.**

Our Clearlight True Wave™ Full Spectrum heaters emit about 1/3 near infrared, 1/3 mid infrared and 1/3 far infrared. The following are some of the benefits of full spectrum infrared therapy:

- **Near Infrared** – The shortest wavelength, and will be absorbed just below the surface of the skin creating a sweat that promotes healing and revitalisation.
- **Mid Infrared** – A longer wavelength that can penetrate deeper into the body's soft tissue increasing circulation, releasing oxygen to reach injured areas.
- **Far Infrared** – The longest wavelength which penetrates the fat cells causing vasodilation, where the fat cells vibrate to expel toxins, resulting in the greatest levels of detoxification and stimulate your metabolism to aid in weight-loss.



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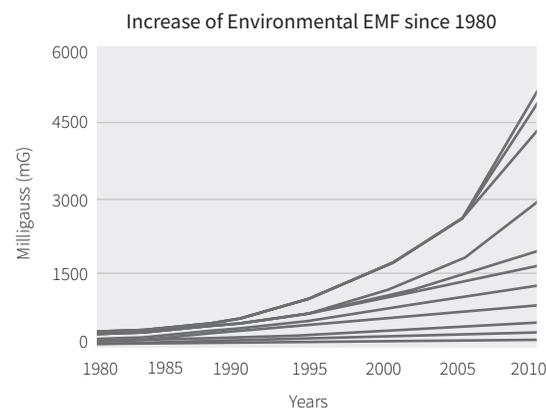
The enhancements you receive by incorporating Near, Mid and Far infrared wavelengths maximise the health benefits you receive inside a Clearlight® infrared sauna.

# Infrared Sauna Safety: Low EMF/Low ELF

As a trusted health and wellness company, your health is our top priority. That is why our True Wave™ infrared heaters are the safest and most effective on the market today. To prove it, Clearlight infrared saunas are designed to be the only ones that cancel both EMF and ELF and have the best testing record in the industry.

## What is EMF?

Electromagnetic Fields; EMF and ELF have been called “dirty electricity” and are the wavelengths produced by things like computers, appliances, mobile phones and electrical wiring. EMF/ELF has increased steadily over the past 50-100 years as our daily use of electronic devices has skyrocketed. This has become a real public health concern.



## Some of the health risks linked to Electromagnetic Fields:

- Incidence of cancer
- Memory Loss
- Depression
- Loss of Energy
- Irritability
- Inability to Concentrate
- Weakened Immune System
- Chronic Fatigue
- Headaches

## Thresholds of Concern

The EPA, NIH, World Health Organization (WHO) and private research organizations have been studying EMF/ELF and its effects on humans for many years. WHO recommends to not expose yourself to any EMF greater than 3 milligauss (mG) for more than a few seconds. Our saunas guarantee that from where you sit in the sauna, the reading will be near Zero mG.

WHO also recommends exposure of ELF to be no greater than 10 millivolts. Clearlight infrared saunas average 3.4 mV, which is well below the threshold of concern. Many of our competitors' saunas tested 300+ mV, an alarming difference.

## Clearlight Infrared Saunas have Virtually No EMF/ELF

This is what we found testing many of our competitors' heaters:

**Other Regular Carbon Heaters**

30mG–60mG

**Other Ceramic Infrared Heaters**

20mG–40mG

**Clearlight Infrared Saunas**

<3mG

\*Acceptable levels should be below 3mG

## Patented Technology Keeps Our Saunas Safe

We manufacture our saunas with advanced heater systems to keep you and your family safe. We go to extra lengths such as shielding our heater wiring in metal conduit and twisting the wires inside the conduit to reduce the EMF levels even further. Lastly, we shield all electrical components to help block the EMF/ELF and ground the heater to further eliminate any stray electrical wavelengths at their source.



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Your Clearlight infrared sauna will have EMF and ELF levels below the threshold of concern where you are sitting in your sauna. We have designed our saunas to be as safe as possible.

## Two Types of Chromotherapy, Wide-Array of Health Benefits

Chromotherapy is the science of using wavelengths of colour light to affect your body and mind for improved health and happiness. Our Clearlight Premier™ Saunas include our Standard Chromotherapy with 15 LED Lights. Our Clearlight Sanctuary™ Saunas include our Medical Grade Chromotherapy lighting with 96 LED Lights.

### Beautiful effect. Positive effect.

With either standard or medical grade Chromotherapy, you can set an individual colour or select "Auto" mode and it will automatically switch between the various colour every 25 seconds.

### Standard

We use 15 LED lights in an array of 6 colours – green, red, blue, yellow, turquoise and violet. Each different colour can have a positive effect on your mind and body. Our Standard Chromotherapy offers average intensity and provides a more modest therapeutic effect. It can help you relax so your body can heal and rejuvenate.

### Medical Grade

Medical Grade Chromotherapy is very powerful using 96 LED lights with an array of 12 colours – red, strong green, strong blue, orange, green, blue, strong yellow, strong indigo, strong pink, yellow, indigo and violet. Due to the high output of this unit, we added a remote dimmer switch.

### Supporting Chromotherapy Studies:

A Critical Analysis of Chromotherapy and Its Scientific Evolution [www.ncbi.nlm.nih.gov/pmc/articles/PMC1297510/](http://www.ncbi.nlm.nih.gov/pmc/articles/PMC1297510/)  
Chromotherapy in the regulation of neurohormonal balance in human brain-complementary application in modern psychiatric treatment. [www.ncbi.nlm.nih.gov/pubmed/19138024](http://www.ncbi.nlm.nih.gov/pubmed/19138024)

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### Health Benefits

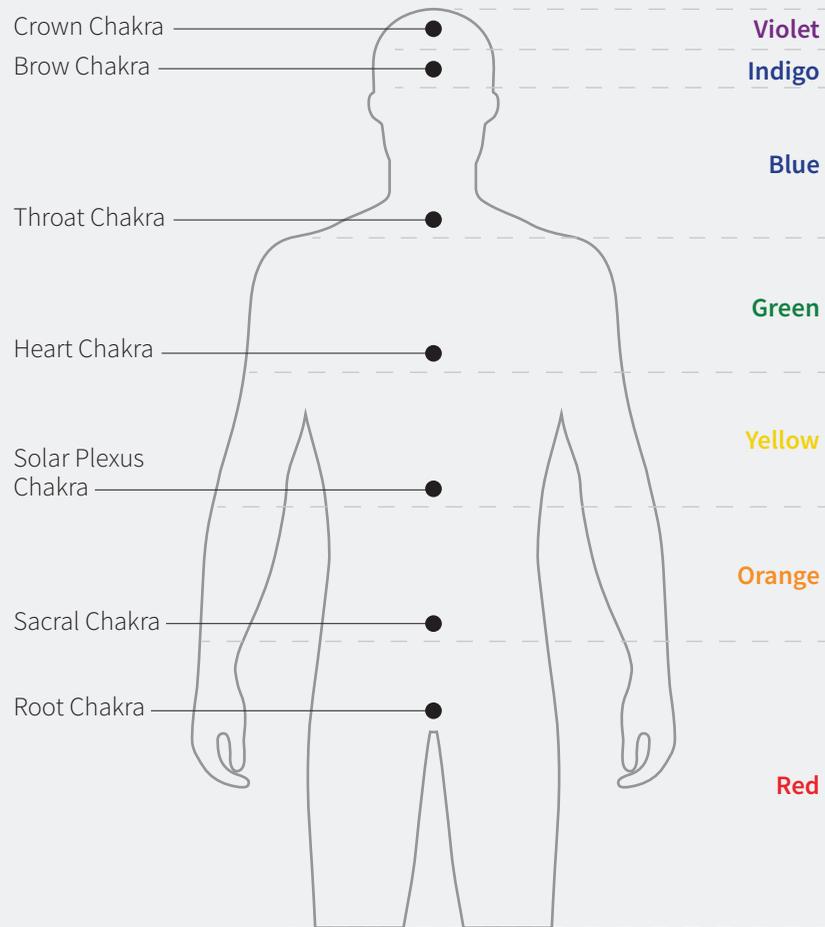
- ✓ Detoxification
- ✓ Reduced Inflammation
- ✓ Pain relief
- ✓ Wound healing
- ✓ Increased range of motion
- ✓ Increased flexibility
- ✓ Improved circulation
- ✓ Treating Seasonal Affective Disorder (SAD)
- ✓ Improved sleep patterns
- ✓ Stress reduction



### Cosmetic Benefits

- ✓ Healthier Skin
- ✓ Anti-aging
- ✓ Age spots
- ✓ Acne and scar reduction
- ✓ Wrinkle reduction of crow's feet
- ✓ Stimulates collagen and elastin
- ✓ Decreased hair loss
- ✓ Improved varicose veins

Clearlight infrared saunas come with two Chromotherapy options for our Clearlight® Premier and Sanctuary models. They are the ultimate compliment to an already rejuvenating infrared sauna experience.



## Healing with Colour

Color is light split into different wavelengths vibrating at different speeds and at different frequencies. Objects that absorb all wavelengths and do not reflect are black in nature. Objects that reflect all wavelengths and do not absorb are white in nature. Between black and white lies color. Color are wavelengths of energy that appear because of the potential and capabilities of the object to either absorb or reflect energy.

Violet

**Violet** is the last colour we can see before light passes-on to ultra-violet. This colour is an excellent remedy for neurosis, diseases of the scalp, sciatica, tumors, rheumatism, cerebral meningitis, concussion, cramps and epilepsy. Violet animates and cleans the venous blood. It is generally not used for physical conditions; however, some colour experts believe that it does provide nourishment to the cells in the upper brains. Violet purifies our thoughts and feelings giving us inspiration in all undertakings. The violet energy connects us to our spiritual self, bringing guidance, wisdom and inner strength, and enhances artistic talent and creativity. Leonardo da Vinci proclaimed that you can increase the power of meditation ten-fold by meditating under gentle rays of violet, as found in church windows.

Blue

**Blue** on the other hand is at the opposite end of the visible spectrum. Blue can be used for any types of ailments associated with speech, communication, or the throat. This is a mentally relaxing colour. Blue has a pacifying effect on the nervous system encouraging great relaxation. It is ideal for sleep problems. Blue light connects us to holistic thought, and gives us wisdom and clarity enhancing communication and speech. Relaxing, soothing blue rays bring a great calm and peace of mind that is worried, or in an excited nervous state. It is a very positive colour, indicating loyalty and reliability, as expressed in the sentiment of being "true blue."

Green

**Green** is the universal healing colour. Green is midway in the colour spectrum. It contains both a physical nature and a spiritual nature in equal balance and in equal harmony. This Green can be used for just about any condition in need of healing. When in doubt, green will always work. It can help relax muscles, nerves and thoughts. Green cleanses and balances our energy to give a feeling of renewal, peace and harmony. Used primarily for balancing our whole being, it is neither relaxing nor astringent in its impact. In a more practical sense, green affects blood pressure and all conditions of the heart. Having both an energizing effect, moderating or soothing effect. Green can help heal many illnesses of this nature, specifically including heart troubles, decreasing and stabilizing blood pressure, ulcers, cancer, headaches, nervous disorders and influenza, and acts as a general tonic.

Yellow

**Yellow** helps awaken mental inspiration arousing higher mentality. Thus, it is an excellent colour for nervous or nerve-related conditions or ailments fueling the solar plexus. Yellow has a very enriching effect upon the intellect. Yellow can be used for conditions of the stomach, liver and intestines. It can help the pores of the skin by repairing scarred tissue. These rays have an alkalizing effect which strengthens the nerves. Awakening, inspiring and vitally stimulating the higher mind promoting self-control. Typical diseases treated by yellow are constipation, gas, liver troubles, diabetes, eczema and nervous exhaustion. Providing clarity of thought, increasing awareness, stimulating interest and curiosity, yellow energy is related to the ability to perceive or understand. The yellow energy connects us to our mental self.

Orange

**Orange** has a freeing action upon the mind, relieving repression. Because orange is a blend of red and yellow, it combines physical energy with mental wisdom, including a transformation between low physical reaction and higher mental response. Thus, it is often referred to as "The Wisdom Ray." Orange is warm, cheering, and non-cheering, and non-constricting. Through orange, we're able to heal the physical body (red), and at the same time, induce within the mind (yellow) greater understanding. Orange helps assimilate new ideas. Orange is the best emotional stimulant, helping to remove inhibitions paving independent social behavior, such as bringing joy to your workday and strengthen your appetite for life. Orange aids in repairing inflammation of the kidneys, gallstones, menstrual cramps, epilepsy, wet cough and all sinus conditions.

Red

**Red** is called "The Great Energizer." It loosens, releases stiffness and constrictions. Red is the first visible colour we see after the infrared band is passed. It promotes cellular growth, stimulating the "will" aspect, or the circulatory system. It is therefore indicated for all colds, sluggish or dormant conditions, such as pneumonia, arthritis, anemia, as a liver stimulant, an energy builder, and for increasing circulation. Red links with and stimulates the base of the spine, causing the adrenal glands to release adrenalin. This results in greater strength. Red causes hemoglobin to multiply, thus increasing energy which raises body temperature conditions as it stimulates sensory nerves such as hearing, taste, smell, and activates metabolism. It is excellent for anemia or blood-related conditions.