

Far-Infrared Radiation (FIR) Therapy  
Benefits and Applications

Far-Infrared Radiation (FIR) is a type of electromagnetic radiation that is invisible to the human eye. It is a natural part of the environment and is emitted by the sun, the earth, and all living organisms. FIR therapy is a non-invasive treatment that uses FIR to provide health benefits.

- **Health Benefits:** FIR therapy is known to improve circulation, boost metabolism, and reduce inflammation. It is also used to treat a variety of conditions, including arthritis, muscle pain, and chronic fatigue.
- **Applications:** FIR therapy is used in a variety of settings, including spas, wellness centers, and hospitals. It is also used in home care products, such as FIR blankets and mats.
- **Research:** There is a growing body of research on the benefits of FIR therapy. Studies have shown that FIR can improve blood flow, increase energy levels, and reduce stress.
- **Contraindications:** FIR therapy is not recommended for people with certain medical conditions, such as heart disease, high blood pressure, and diabetes. It is also not recommended for pregnant women.
- **Precautions:** FIR therapy should be used in moderation. Overexposure to FIR can cause dehydration and heat stress. It is important to drink plenty of water and to avoid using FIR therapy for extended periods of time.





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**Far-Infrared Phyiotherapy [A series of black-outlined rectangular boxes] Wadd[ ]**







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