

HEALTH BENEFITS OF FAR INFRARED HEATING

- Far infrared takes the form of radiant heat, which is absorbed by solid objects which retain it before releasing it back into the air.
- It is easily absorbed by the human body giving many health benefits, and is completely safe.

PREVENTION OF DAMP & MOULD

Water absorbs infrared very well, significantly removing damp from buildings.

It limits the mould, fungus and bacterial growth that can contribute to poor respiratory health.



REDUCTION OF ALLERGENS

Infrared uses objects to transport heat rather than air so is not convective.

Dust, pollen and other allergens are therefore not carried around an area by warm air flows.

REDUCTION OF JOINT PAIN

Infrared absorption can improve blood circulation in the body, reducing joint pain and inflammation due to deep penetrate of the skin and underlying tissues.

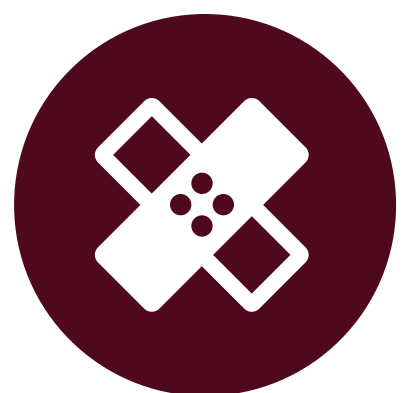


ENHANCED IMMUNE SYSTEM

Infrared heat has been reported to stimulate the body's metabolism, and production of white blood cells.

PROMOTION OF HEALING

Infrared heat can promote healing and encourage growth of healthy cells in both human beings and animals



Find out more about our underfloor heating solutions at www.iobac.com

Reference:

Far-infrared therapy for cardiovascular, autoimmune, and other chronic health problems: A systematic review, US National Center for Biotechnology