

# What is FIR (Far Infrared Ray Technology)?

Far-Infrared Rays are energy waves that penetrate the skin's surface and gradually raise it to 107.6F/42C or higher while positively activating many bodily systems and processes.

These waves are entirely invisible to the human eye. On the light spectrum, far infrared rays are located between visible and microwave rays. They permeate the skin and gently heat the entire body, much like the sun.

The Far-Infrared Ray (FIR) thermal technology was developed in the 1960s through research and development, primarily in Germany and Japan. This transformed thermal technology into an efficient, effective, safe, natural, and hygienic method of thermal therapy. Many health and medical specialists now work internationally to treat and treat a variety of physical issues in both humans and animals utilizing heat therapy. Thermal therapy is one method of treating sports injuries, while another is detoxification.

Picture 1 of What is FIR (Far Infrared Ray Technology)?

## How popular is FIR (Far Infrared Ray Technology)?

Far-Infrared technology is producing excellent results and is swiftly winning praise from all across the world: Beyond the initial sensations of relaxation and well-being, the advantages of FIR technology are simply astounding. The public can purchase a range of far-infrared devices all across the world.

Far-infrared thermal devices for whole-body treatments have been sold in Asia in numbers of considerably over 700,000. More than 30 million more people have obtained localized far-infrared therapy using FIR lamps, which emit the same 2–25 micron wave bands used in a whole body system, throughout Asia, Europe, and Australia. For more than 80 years, doctors in Germany have employed a sort of whole-body FIR therapy that was independently created.

## What are the Benefits of FIR or Far Infrared Ray Technology?

Numerous experiments and studies by [healthylineoutlet.com](http://healthylineoutlet.com) on the effects of far infrared rays on the body have revealed that they relax muscles, ease tension, promote relaxation, and boost immune system activity. Additionally, FIR aids in dilating blood vessels, increasing capillary blood flow, and removing metabolic waste, all of which contribute to the delivery of more oxygen and nutrients to cells.

The United States Library of Medicine National Institutes of Health studies has shown that both acute and chronic exposure to far-infrared rays on human skin dramatically enhanced blood circulation, according to the National Institutes of Health. FIR exposure enhanced and controlled sleep patterns in rats. Toxin-containing water samples were exposed to FIR, which caused the water molecules to vibrate and release gases and other poisons. According to their reports, the general health of those who slept with FIR discs in their beds also

significantly improved.

FIR increases cardiovascular system strength. The "health" of the cells that line our blood vessels, which if untreated may raise the risk of cardiac diseases, has been found to be improved by FIR and gentle tissue warming. It widens capillaries, promoting greater blood flow, cellular renewal, circulation, and oxygenation.

FIR helps with detoxification. Cellular energy is compromised and blood circulation is obstructed when toxins build up in the body. When these big water molecules are exposed to an 8–10 micron Far-Infrared wave, elimination starts when the water starts to vibrate.

### **FIR supports and maintains good lung function.**

Due to the heating of the muscle fibers during FIR, pain on nerve terminals and spasms are reduced. As a result, pain, edema, and inflammation are quickly reduced. It reduces back, shoulder, and neck pain through muscle relaxation and pain reduction.

### **FIR relieves stress and anxiety in the body and mind.**

By encouraging greater synthesis of white blood cells (leukocytes) by the bone marrow and killer T-cells by the thymus, far-infrared enhances and supports the immune system. FIR helps the body maximize its healing potential by reducing nervous tension and relaxing auto-neuro muscles.

## **How safe is FIR (Far Infrared Ray Technology)?**

Waon (Far Infrared) therapy is safe, enhances clinical symptoms and cardiac function, and reduces cardiac size in patients with heart failure, according to prospective, multicenter clinical research. It has been demonstrated through a retrospective 5-year follow-up research that giving this medication twice weekly reduces hospitalization and mortality. This suggests that the non-pharmacological Waon (Far Infrared) therapy is a viable option for treating heart failure.

The sun emits safe and advantageous far-infrared photons. These photons should not be mistaken for ultraviolet light, which can cause sunburn and skin damage, as they do not induce those effects on your skin. Your own body produces far infrared rays, which make up around 50% of its total energy. When the body absorbs far-infrared rays, it is similar to being outside in the sun because the body is warmed up and you feel calm and energized. FAR infrared is, therefore, entirely secure.

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