TIME + TEMPERATURE InfraBed Guidelines <u>Higher Time = Lower Temperature</u>

InfraBed's infrared heat is generated by heating its Amethyst crystals. Infrared thermal therapy is a very natural type of light-based heat which can penetrate deeply, however, the body can self-regulate and throw off excess heat. Even natural room or body temperature will create some infrared emissions, and InfraBed in close proximity to the body raises the Amethyst temperature, so **it is quite useful to use the InfraBed** <u>without</u> turning the electric heat ON.

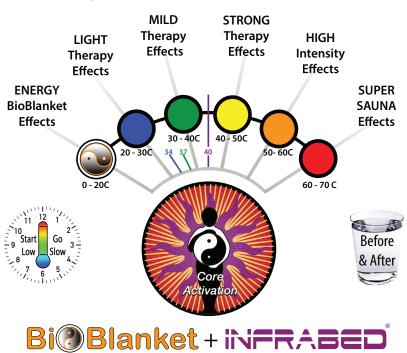
Rotating the controller wheel ON, presets the thermostat controller up to 70C, and then the digital display will show the current temperature, in real time. **Usual body temperature is around 37C** which is a good basic setting.

30C to 40C is regarded as a moderate setting for Mild therapeutic effects.
40C to 50C is regarded as a penetrating setting for Strong therapy effects.
50C to 60C is regarded as a high setting for High Intensity effects.
60C to 70C is regarded as a ultra high, hyper thermal, sauna setting.
Caution – Hyperthermal therapy dehydrates, so <u>Water Before & After Use</u>

InfraBed's Golden Rule : Start Low (30-40C Mild) Go Slow (30-40 Mins)

Settings for Use - vary across different types of aches and issues.
A cute Use - (50-70C) InfraBed setting for High, hyper thermal effects.
C hronic Use - (40-50C) InfraBed setting for Strong, therapy effects.
H olistic Use - (30-40C) InfraBed setting for Mild, therapeutic effects.
E nergetic Use - (0FF-30C) InfraBed has Effects at room temperature.

InfraBed temperature range is shown below with 40C as the mid-point



Energetic Holistic Chronic Acute

