

## FAR INFRARED BEDDING



*Tianshi now offers a very unique bedding set designed to improve your health while you sleep. We live in a less than perfect world where our food, air and environment have been polluted. We need to do whatever we can to help our bodies fight back and neutralize those negative effects. Why not surround yourself every night with a natural source of free radical scavengers and let tourmaline do the work while you sleep?*

### **BENEFITS:**

#### Ions

According to the Niwa Institute for Immunology in Japan the benefits of negative ions are as follows:

- Improves circulation
- Relieves stress
- Increases mental alertness
- Strengthens the immune system

According to the Nanzadoh Medical clinic in Japan negative ions were deemed beneficial for: asthma, high blood pressure, arthritis, gout, the nervous, respiratory and digestive systems as well as the thyroid gland and skin.

#### Far Infrared Energy

- Improves blood circulation.
- Improves blood and oxygen supply to the body
- Boosts our immune system
- Regulates the nervous system
- Promotes sleep
- And eliminates harmful toxins

#### Photon energy

Tourmaline emits a kind of wave energy whose wavelength is similar to what is emitted by the body. Traditional Chinese Medicine is founded on the concept of Qi. Various stress can disrupt Qi. When Qi energy flows freely, body and mind are strong and have the power to heal and function well. This will enhance one's metabolism and improve the overall immune system.

#### Alpha waves

Brain waves can be slow or fast. Alpha brain waves are slow. Scientific research proves that when people are in an alpha state they will rest better and will have a better return of oxygen to the brain. This state has similar effects to meditation or being in a relaxed state. German and Japanese scientists have discovered that tourmaline can radiate 8-13HZ/second energy which matches exactly the alpha wave of the brain. Through this resonance effect it can make the brain enter the alpha state quickly so you can have a calm and peaceful sleep

### **UNIQUE FEATURES & BENEFITS: (IF APPLICABLE)**

Tourmaline is a gemstone that carries a weak electric charge which generates far infrared rays, photon energy and negative ions. Tourmaline is known as a semi-precious gem but now as a mineral it has become a focus of research. Infrared Tourmaline is the only mineral to show permanent electricity on earth and is also a natural (non-manufactured) source of negative ions, photon energy and far-infrared rays. The tourmaline is added to the elastic pipes and lining of the products in a liquid crystal form. In addition to the health benefits from the energy it resonates, it has antibacterial, deodorizing and surfactant (soap) properties.

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**FREQUENTLY ASKED QUESTIONS:****What are negative and positive ions?**

Ancient people used to call the air "electric" and in a sense it is. There are invisible particles in the air (atoms or molecules), which have an electric charge (positive or negative). We want more negative ions in the air than positive for health reasons. The balance of positive and negative ions in the air is easily disturbed.

**What increases positive ions in the air?**

Exhaust fumes, cell phones, factory smoke, dioxin from burning waste, pesticides, food additives, electromagnetic fields from X-rays, electric appliances, computers etc. Positive ions turn into free radicals in the body, damaging healthy cells throughout your body.

**What do negative ions do?**

Negative ions neutralize free radicals in our systems. Negative ions disappear quickly in the open air but if your body is surrounded by material creating these ions, they will be absorbed through Chinese meridian points where there is weaker electric resistance.

**What is far-infrared Energy (FIR)?**

A form of light/energy that is invisible to the human eye. The sun radiates many kinds of light. The Far-infrared wavelengths have been called the "Vital Rays" due to their important effects on our health. People naturally absorb and are warmed by Infrared. For example we feel warm when exposed to direct sunlight on a sunny day. When a cloud covers that direct sunlight we feel cooler. The cloud is blocking the infrared ray – there is not an actual drop in temperature in the air. Infrared rays are part of our daily life. The earth absorbs Infrared energy and reflects it back to us. We always try to stay in a comfortable temperature. Comfortable temperatures are within the energy frequency of 8-14 microns- the same as FIR.

**DID YOU KNOW?**

Everyone knows how much better they feel after a good night' sleep. But do we realize how dangerous a lack of sleep is. In a study published in the British Journal of Occupational and Environmental Medicine, researchers in Australia and New Zealand report that sleep deprivation can have some of the same hazardous effects as being drunk. Drivers are at the highest risk. People who drive after being awake for 17 to 19 hours performed worse than those with a blood alcohol level of .05 percent. In addition, The British Medical Association states that people who get too little sleep may have higher levels of stress, anxiety and depression. This can have detrimental effects on our personal relationships. Lack of sleep effects our productivity at work as well as our children's learning at school.

**KEY SCIENTIFIC STUDIES:**

Tianshi Bedding Series improved the blood circulation through discharging 8-15 micron infrared ray, which can improve the blood and oxygen supply of the whole body. The micro-circulation flux increased 95% after 20 minutes.  
Tested by: China Institute of Medical Science

In 1975, Nanzandoh Medical Clinic in Japan published some astonishing results from their research on negative ion therapy, finding it effective in the treatment of high blood pressure, rheumatoid arthritis, gout, tinnitus (ringing of the ears), as well as for various disorders of the nervous, respiratory, and digestive

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