

### **Contra-indicator Information 1**

As you will have read from our other information sheets, the segment of the infrared spectrum emitted by an infrared thermal system is reputed to offer an astounding range of possible therapeutic benefits and effects in research conducted around the world. The data presented is offered for reference purposes only and to stimulate further observation. Infrared thermal systems creating a cure for or treating any disease is neither implied nor should be inferred.

If you have a disease, be certain to consult with a primary-care doctor concerning it before undertaking use of heat therapy.

If you are using any prescription drugs, check with your doctor or pharmacist for any possible change in the drug's effect due to any interaction with infrared energy.

It is considered inadvisable to raise the core temperature in someone with adrenal suppression and systemic lupus erythematosus or multiple sclerosis, by some authorities.

If you have a recent (acute) joint injury, it should not be heated for the first 48 hours after an injury or until the hot and swollen symptoms subside. If you have a joint or joints that are chronically hot and swollen, these joints may respond poorly to vigorous heating of any kind. Vigorous heating is strictly contra-indicated in cases of enclosed infections be they dental, in joints or in any other tissues.

If you are pregnant or suspect you may be, discontinue your sauna use.

Heating of the low back area of women during the menstrual period may temporarily increase their menstrual flow. Once a woman is aware that this may occur, she can choose to allow herself to possibly experience this short-term effect without worry or to simply avoid infrared thermal system usage at that time of her cycle.

### **Contra-indicator Information 2**

- Metal pins, rods, artificial joints, or any other surgical implants generally reflect infrared rays and thus are not heated by this system, nevertheless you should consult your surgeon prior to using an infrared thermal system.
- Certainly, the usage of an infrared thermal system must be discontinued if you experience pain near any such implants.
- Silicone does absorb energy. Implanted silicone or silicone prostheses for nose or ear replacements may be warmed by the infrared rays. As silicone melts at over 200 degrees C (392F), it should not be adversely affected by the usage of infrared thermal systems. It is still advised that you check with your surgeon and possibly a representative from the product manufacturer to be certain.
- Haemophiliacs and anyone predisposed to haemorrhage should avoid infrared thermal system usage or any type of heating that would induce vasodilatation which can potentate the tendency to bleed.
- Obviously, should any condition worsen with use of an infrared treatment, the use of the system should be discontinued.
- People do not experience pain using infrared thermal systems unless such is contraindicated. If you do, the use of radiant heat is clearly inappropriate for you at that time.
- DO NOT attempt to **self-treat** any disease with an infrared thermal system without direct supervision of a certified physician.