



Far Infrared Therapy

Ancient Healing

The electromagnetic spectrum can be subdivided into regions according to wavelength, e.g. ultraviolet, infrared, microwave and radio frequency. Infrared (IFR) falls between visible light and microwaves. Far Infrared (FIR) is at the long wavelength end of the infrared region.

Our bodies and the sun emit FIR energy at all times. Far Infrared Therapy uses these waves of energy to slightly elevate the surface temperature of the body to enhance our body's functioning on multiple levels. For thousands of years FIR therapy has been used in Japan, China, India, Americas and ancient Rome to gently heal, soothe and detoxify the body.

The Health Benefits of Far Infrared

Ordinary heat is mostly absorbed at skin level and raises the skin temperature, whereas FIR rays easily penetrate the skin. Unlike short waves (like X-Rays) the effects are very beneficial:

- **Expands blood vessels to improve blood flow**
- **Encourages the formation of new blood vessels**
- **Helps release toxins**

FIR is a safe method to accelerate healing of the skin or muscle, provide effective pain relief, reduce inflammation, improve lymph circulation, improve immune response and decrease joint stiffness.

FIR can help:

- **Pain Relief** (e.g. menstrual cramps, muscle sprains)
- **Poor Circulation** (e.g. Raynaud's disease)
- **Inflammation** (e.g. Rheumatoid Arthritis)
- **Healing** (e.g. of skin, muscle, nerves, etc.)



FabRoc™ and Far Infrared

FabRoc™ from exo² is a lightweight, intelligent, polymeric fabric which produces far infrared heat. It is safe to use, contains no wires and cannot overheat. It produces a uniform heat (with no hot spots) and is therefore comfortable to use in close proximity to the skin such as in clothing, body wraps, etc. It is also waterproof, windproof and stretchable making it an obvious choice for 21st century clothing, therapeutic instruments and medicinal aides.

Clothing and aides containing FabRoc™ can be worn/used for :

- **Outdoor Activities** (e.g. riding, hiking, skiing or diving)
- **The Source of Targeted Heat** (to warm a person, animal, etc. rather than heating the whole room or using 'layers').

About exo²

exo² is a heat technology innovator, which produces a range of heated clothing and commercial/industrial products. exo² has already become the leading manufacturer of heated motorcycle clothing in Europe and popularity is spreading in North America and other countries since expansion in 2008. exo² pioneered the development of FabRoc™, an innovative material that provides safe, reliable, cost-effective heat with therapeutic benefits. FabRoc™ is incorporated into products by other top manufacturers such as RipCurl, Rohan and Typhoon.

For more information visit www.theheatinside.com, email sales@exo2theheatinside.com or call **877-exo2-HEAT** (877-396-2432).