

# *Heavenly Heat*

*Safer Saunas!*



*The best far-infrared saunas since 1987*

*Heavenly Heat Saunas are built of  
white poplar wood & tempered glass*

*Wood glues, laminates, plywood, & varnish are never used*

# *Saunas designed with your health in mind!*

*Heavenly Heat* was founded in 1987 as one of America's first distributors of far-infrared (FIR) saunas. These saunas were built with adhesives and plywood, making them unsuitable for chemically-injured customers who are reactive to slight toxic fumes. So, in 1989, we began building saunas they could safely use. As a result, *Heavenly Heat* saunas are "medical-grade\*" – built for optimal safety and effectiveness by using the best quality of materials and with unique construction methods that are more demanding than with ordinary saunas. *Heavenly Heat's* saunas are clearly a cut above the rest. *No one builds saunas like we do!*

Although they're promoted for health benefits, many FIR saunas use materials that make them inappropriate for detoxification. *Heavenly Heat* saunas provide the ideal detox environment. Anyone needing to eliminate toxic substances from their body will appreciate the safety and greater benefits derived from using a sauna that's designed for chemically sensitive persons.

With *Heavenly Heat*:

- Each sauna is built without wood glue, varnish, plywood, or similar, potentially harmful materials.
- The highest grade (*clear*) white poplar is used for all wooden parts of each sauna.
- The frames are securely screwed together, rather than nailed and glued, as others build them.
- Windows are made of strong heat-tempered glass.
- Window gaskets are custom-milled poplar rather than the usual synthetic materials.
- Lights are plain metal and glass, rather than coated metal or plastic fixtures.
- "Gadgets" like CD players and ionizers are excluded to avoid heating synthetics.
- Each sauna has a passive venting system which provides an automatic, constant air-change.
- The infrared (IR) heaters are tested to assure lower electro-magnetic fields (EMF).
- Bathers dial-in the intensity of the FIR from within the sauna. Important for safety & comfort!
- A carbon filter purifies the air leaving the sauna, before it enters your living space.
- Wall-connecting latches are stainless steel; door latches are solid brass.

Two of the most highly regarded sauna detoxification programs for toxic chemical and heavy metal injury are the *The Environmental Health Center – Dallas*, run by Dr. William Rea, and the *Nova Scotia-EHC*, a special clinic used to treat Canadians diagnosed with "multiple chemical sensitivity". Both medical clinics have used a *Heavenly Heat* sauna successfully for many years in treating their severely chemically sensitive patients.

A *Heavenly Heat* sauna can serve one's health and fitness needs for generations. Each sauna is built in Arizona and shipped securely crated and insured. After they are assembled and used, they may be disassembled and relocated. Each sauna is built with non-corrosive steel screws rather than glue, and with thicker paneling, to assure that each sauna has the clean interior air that is essential for detox and the strength to last for decades.



Each board is being double screwed at each end with non-corrosive steel screws, into a frame of clear-grade white poplar.

# Why Sauna?

Dr. Dietrich Klinghardt has written: “Peer reviewed literature shows that sweating during sauna therapy eliminates high levels of toxic metals, organic compounds, dioxin, and other toxins.” Dr. Klinghardt recommends *Heavenly Heat’s* saunas exclusively

The following are quoted snippets from various articles and studies on toxic metals:

- a. “Analyses of the patient's sweat indicated that appreciable amounts of mercury were excreted by this route.”
- b. “The mean concentrations of nickel and cadmium in sweat were higher than those reported for urine; that of lead was similar to urine.”
- c. “By far the earliest known form of therapy” (to induce mercury excretion), “and possibly still the most effective, is the induction of sweating by the use of sauna or steam baths.”
- d. “... sauna therapy of an individual with evidence of chronic mercurialism was effective at inducing a remarkable excretion of mercury via the sweat.”
- e. (In workers who have perspired profusely) ... “the total amount of mercury excreted in the sweat during 90 minutes ranged from 50% to 90% of that found in a 16-hour composite sample of urine (Lovejoy, et al.).
- f. “Sweating does indeed increase mercury excretion. Probably an hour or two of sauna is the same as 50 mg of DMSA every 4 hours for a day.”

Dr. William Rea is considered the foremost expert on chemical sensitivity. He has put thousands of severely chemically ill patients through sauna detox. He has used a *Heavenly Heat* sauna clinically since 1994, and his patients have used them for aftercare since 1989. At the 2007 meeting of the “American Academy of Environmental Medicine”, Dr. Rea gave a talk on his detox program in which the chart+ below was presented:

SAUNA EFFECTIVE RATE FOR REMOVAL OF CHEMICALS EHC-DALLAS ©	
CHEMICAL	%
STYRENE	100
CHLOROFORM	90
DICHLOROBENZENES	90
TRIMETHYLBENZENES	88.9
DICHLOROMETHANE	77.3
BENZENE	72.7
TRICHLOROETHYLENE	68.4
XYLENES	60.9
ETHYLBENZENE	60.9
TETRACHLOROETHYLENE	60.4
TOLUENE	55.3
1,1,1,-TRICHLOROETHANE	48.9

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- a. *Clinical response to therapeutic agents in poisoning from mercury vapor.* Sunderman, FW., Ann Clin Lab Sci. 1978 Jul-Aug; 8(4).
- b. *The excretion of trace metals in human sweat.* Cohn JR and EA Emmett. Ann. of Clinical and Laboratory Science, Vol. 8, Issue 4.
- c./d. *Industrial exposure to mercury.* Dr. Woodhall Stopford, Duke Univ. Med. Center. Biogeochemistry of Mercury, Amsterdam Elsevier, 1979.
- e. From “*Mercury Study Report to Congress, Volume V: Health Effects of Mercury and Mercury Compounds*”, 1997, the United States E..P.A.
- f. Andy Cutler, PhD., on the Autism-Mercury support group.

## *Not Just Any Sauna - Important Distinctions*

Rather than building saunas in the ultra-safe manner that we do, several companies rely instead on creating the impression that their saunas are like ours. They may use the same or a similar low-resin wood for the visible paneling and describe their saunas as made of non-toxic wood or as hypoallergenic. Such sales information can make it hard for consumers to shop knowledgeably, as the unsuspecting may assume that these other saunas are also made for people who are chemically ill or have allergies - but the truth is often a different matter.

Wood selection is a necessary, easy first step in creating safer saunas. Describing saunas by their visible wood can conceal but cannot correct toxic construction choices. False impressions are reinforced when other construction components are not openly revealed. For instance, it may not be stated that a lower-grade of wood or an entirely different species is used for the framing; if plywood is hidden; that paneling is nailed to a glue-coated frame; or if the exterior is coated or varnished. Such omissions are commonplace. Some companies have framed their saunas with a resinous wood (common allergen) and marketed them as hypoallergenic!

Most FIR saunas are built with adhesives as it makes construction faster and easier than building without them, and it allows use of thinner, less expensive wall paneling. They are built like cheaper cabinets - thin wood is glued-on and often backed by plywood. They are manufactured for rapid production, economy, and appearance - not for the “purity” found in our medical-quality detox saunas.

FIR sellers downplay the glue factor by claiming to use small amounts of water-based glue. Some carpenter’s glues are labeled “non-toxic”, but they are not chemical-free. Most are water-emulsified plastic with chemical additives (biocides, preservatives, etc.). Glue can wear down in saunas and the temperature shifts stress the wood. In each FIR sauna we’ve inspected, lots of glue was used - the construction was adhesive-reliant as these thin-panel saunas would risk durability if just a “few drops” of glue were used. While detoxifying, the last thing you want to do is sweat out one toxin and inhale fumes of another!

### *Model Overview*

(Dimensions are exterior sizes, rounded up, depth by width. Each is just-over 6’ tall)

- FIR1** 3’4” x 4’5” : A personal sauna with 6 FIR heaters for full body exposure
- FIR2** 3’9” x 4’3” : A large, standard style, 2-person FIR sauna with 5 FIR heaters
- FIR2DX** 3’9” x 4’6” : A larger, deluxe, 2-person FIR sauna with 6 FIR heaters
- FIR3** 3’9” x 5’11” : An extra-long 3-person FIR sauna with 8 FIR heaters
- FIR4** 4’6” x 6’1” : A 4-person model for families & clinics

Note: All of our models are larger and more comfortable than most FIR saunas.

## *Our Far Infrared Heaters*

We used “ceramic emitters” for many years but prefer the newer ceramic-covered stainless steel FIR heaters. They are more durable than the emitters and substantially larger. More effective detox saunas are created by increasing FIR body coverage.

The ceramic material is a clay-based mix of minerals that includes zirconium oxide, the key ingredient of the first FIR sauna heaters used in Japan. It is an ideal blend for saunas that is baked-on to form a hard glaze. While solid emitters are considered desirable because of their high “infrared efficiency”, these new emitters produce FIR energy at a slightly higher rate.

We compared our wall heaters to ceramic emitters used in several other brands, at full power. Our “peak wavelength” was about the same as the others. Therapeutically, this is not meaningful; it’s mentioned only because there is a lot of misinformation online about heater’s wavelengths in sauna brands, and that certain wavelengths are especially important.

### *Special Features*

Far infrared is well-absorbed by the body and fast-acting, so it creates low temperature saunas that can enhance and accelerate detoxification. A safety concern with FIR saunas is that speedier detox is not always desirable. To assure both comfort and optimal safety - especially for children, ill folks, and beginners, *Heavenly Heat* takes the invaluable precaution of making the intensity of the IR from each key heater fully controllable from within the sauna.

In all FIR saunas, the intensity of the infrared exposure is the primary body-heating factor and the sauna’s air temperature is secondary. So, it is critical that the strength of the infrared from the closest heaters can be controlled by each bather from within the sauna. In most FIR saunas, this simply can’t be done, but in all of our saunas, it can: interior dials are within easy reach from the bench, allowing immediate control of key heaters.

Intensity control lets each bather independently minimize their FIR exposure initially so they acclimate gradually and safely, and lets them increase it incrementally as they adapt. Once acclimated, they can utilize constant, comfortable full-power FIR exposure – regardless of the sauna’s air temperature! This innovation helps assure both safety and optimal detoxification benefits in an enjoyable sauna you have tuned to your personal comfort.

A common weakness in FIR saunas is their poor venting. This stems from the fact that IR does not heat air. FIR saunas get warm as the air around each heater is warmed. This inefficient air heating makes it difficult to allow much fresh, cooler outside air into the sauna to replace the stale air. The solution is to channel outside air around several heaters, so that warmed fresh air is constantly entering the sauna, pushing out the contaminated air. If done right, there is no need for noisy fans or air cleaners, which are indicators of inadequate ventilation. Good ventilation is another key for healthful sauna detox, and it’s included in all of our saunas.

# The Models

## The FIR1

The **FIR1** personal sauna surrounds the bather with 6 FIR heaters for maximum exposure. No other FIR sauna room provides this degree of coverage. There are 3 heaters just for the legs, with direct exposure in front of, and behind, both lower legs. A 4<sup>th</sup> heater is at the back, plus 1 for each side of the upper body. There are 2 windows - 1 at your side and another in the end wall which you face, above the 2 leg heaters.

The **FIR1** is very comfortable with: all 3 upper body heaters intensity-controlled, an extra-deep seat, over 20” of leg room, and a sloped footrest so your feet are near the base of the heater rather than below it. This model plugs into a standard, grounded, 15-amp, 110V outlet.



FIR heaters at seat



Outside the FIR1



Overhead Panorama

The circles above heaters are inlet air vents where newly warmed fresh air is always entering the sauna. Similar ventilation is found in each FIR model.

## The FIR2 – two versions

The **FIR2DX** provides FIR energy for two with 6 heaters. One smaller heater is at the end of the seat, in the side wall, so a sole bather can stretch out while retaining FIR at their back. Most 2-person FIR saunas have no side heater to warm the back in this more comfortable position. This also acts as a safety feature for young children, as they can adapt gradually to the heat with the stronger heater behind them turned off, or down, by their parent, while using the gentler FIR from the smaller heater at their side. This model is larger than most 2-person FIR saunas and plugs into a 20-amp, 110V outlet.



Jenny McCarthy loves her FIR2DX:  
“Heavenly Heat rocks!”



Standard FIR2-GL1



FIR2DX Overhead

The **FIR2** is the same unit without the end-of-seat heater for use on a 15-amp, 110V outlet.

## *The FIR3*

At almost 6' long, the **FIR3** is a spacious 3-person FIR sauna. A single bather is able to recline on a 5'7" long bench. It includes 8 FIR heaters. A 20-amp, 110V circuit is required. Each rear heater can be intensity controlled.



FIR 3 over-head view



The standard front



FIR 3 Seating

## *The FIR4*

The 4-person sauna is 54" deep by 73" side-to-side. It plugs into a 20-amp, 120V\* grounded outlet. The foot room is about 21" across. There are 8 heaters – 4 above bench, 4 below. All 4 uppers are intensity controllable. This is a great unit for family & clinical use.



Overhead view  
Note vented inset heaters



4 heaters per side

\* 240V volt heaters can be substituted, and larger 240V saunas can be built to-order.

## *The Options*

You can customize your sauna with options: remove windows (*GL*); apply a safe, water-based sealant to the exterior (*S*); receive an extra carbon air filter (*A*) (1 is provided, good for 1 year); include pre-wired, metal-grilled stereo speakers to hookup to your sound system (*SND*); add a recessed, red infrared heat lamp into the ceiling (*NIR*). It is placed in front of an overhead position to beam infrared upon the chest. Add locking casters (*C*) to: reposition the sauna, or to keep it above a potentially damp surface, or for cleaning underneath. They raise the sauna by 4".

## The Detail Sheet

Description	Model	Room For	Size D x W	Heaters	GL (Glass)	GL Option	Price	Seal	SND
<b>Far Infrared Saunas</b>	<b>FIR1</b>	Personal	40" x 53"	6	<b>2</b>	D, 1	<b>3,400.</b>	150	75
	<b>FIR2</b>	2-person	45" x 51"	5	<b>1</b>	D	<b>3,500.</b>	150	75
	<b>FIR2DX</b>	2-person	45" x 54"	6	<b>1</b>	D	<b>3,800.</b>	150	<b>STD</b>
	<b>FIR3</b>	3-person	45" x 71"	8	<b>1</b>	D	<b>4,200.</b>	175	75
	<b>FIR4</b>	4-person	54" x 73"	8	<b>1</b>	D	<b>4,400.</b>	175	75

**GL:** Standard glass (a glass door plus # of walls with windows, **D:** just the door has glass)  
**GL Options:** Modify glass; no charge. **STD:** Standard; **S:** exterior sealant.  
 Sizes are exterior, depth by width; heights are 6'1"

### Other Option Pricing

**A:** an extra air filter: \$25. **\*NIR:** add a red ceiling heat lamp: \$175. **C:** casters; \$100.

## Heaters & Electrical Specifications

Model	KW	Volts	Amps	Wire	Plug	Wall Receptacle
FIR1	1.6	120	13.7	14	15-amp, 120V	5-15R
FIR2	1.6	120	13.7	14	15-amp, 120V	5-15R
FIR2 DX	1.8	120	15	12	20-amp, 120V	5-20R
FIR3	2.2	120	18.6	12	20-amp, 120V	5-20R
FIR4	2.2	120	18.6	12	20-amp, 120V	5-20R

Use dedicated circuits for all models.

\*Adding NIR modifies requirements: in **FIR1** & **FIR2**, use a 20-amp, 120V circuit.  
 In a **FIR2DX**, **FIR3**, or **FIR4**, use a separate 15-amp, 120V circuit.

## Delivery

Prices do not include shipping. The saunas are delivered freight-collect from our Arizona factory. The fee is collected upon delivery, with charges reflecting our 70% commercial discount. To estimate, the personal models average \$200.-\$300., and each larger model increases the delivery cost by approximately \$75. Specific rate quotes are available upon request.

## Terms of Sale

Each sauna is built to-order. Please allow 4 weeks to ship, although 2-3 weeks is the average. Orders are placed by a 50% payment. Receipts are e-mailed, usually within 24 hours. The balance is due upon shipping. Returns are accepted, with a full refund, if shipped back to our factory within 30 days of receipt, in as-new condition, at the customer's expense. Each sauna is insured in-transit.

Each sauna has a lifetime warranty on materials and workmanship.

We reserve the right to make design modifications as needed.

\* Saunas are not FDA approved as medical devices. For any therapeutic purpose, use only under a physician's guidance.

# *Heavenly Heat's* saunas or equipment have been purchased by:

*A partial listing*

The Environmental Health Center - Dallas	Dr. William Rea*
The Nova Scotia Environmental Health Center (EHC Canada)	Dr. Phil DeMio+
Sue Thomas, co-founder, <i>Autism Society of Boulder County</i>	Dr. James Neubrander
The American Environmental Health Foundation	Jenny McCarthy
Dana Gorman, founder, <i>Defeat Autism Yesterday</i>	Dr. Amy Holmes
Kevin Trudeau (author, <i>Natural Cures They Don't Tell You About</i> )	Dr. Kurt Woeller
Dr. John Diamond (author of numerous natural health books)	Dr. Lynne Mielke
Ann Jackson (Director, Environmental Health Association)	Dr. Paul Cheney
The Hippocrates Health Institute	Dr. Geoffery Ames
Dr. Jacqueline Krohn (author, <i>Natural Detoxification</i> )	Erin Brockovich
The San Diego Padres Baseball Club	Dr. Karima Hirani
The Clinic of Bastyr University of Naturopathic Medicine	Dr. Phil Ranheim*
The Response Team for the Chemically Injured	Dr. Erica Elliott
Paula Baker LaPorte (author, <i>Prescriptions for a Healthy House</i> )	Dr. Alfred Johnson
Connie Fox (www.mercurymadness.info)	Dr. Bill Coury
Clairre Farr (founder, Klaire Labs)	Dr. Jeanne Hubbuch
Dr. Ann McCampbell (Chair, Multiple Chemical Sensitivities Task Force of New Mexico)	Dr. Amy Davis
Brenda O. Brown (author, <i>Dying in the Land of Plenty</i> )	Dr. Ron Parks
Dr. Myra Shayevitz, (author, <i>A Clinician's Experience in the Diagnosis and Treatment of Gulf Veterans</i> )	Dr. Jennifer Armstrong*
Pride & Joy Resort (for the chemically sensitive)	Dr. Kalpana Patel
Hyperbaric Oxygen Corporation	Dr. Rhett Bergeron
Champion Medical Center of NYC (9/11 rescue workers, " <i>The NY Detox Project</i> ")	Dr. Susan Tanner
Lance Brubaker (www.netphysician.com) (www.genoxinc.com)	Dr. Zane Gard
Health-Med (Dr. David Root)	Dr. Roy Fox
Dr. Robin Bernhoft, The Environmental Health Center - Ojai	Dr. Adrienne Buffaloe
Debbie McCabe, Patient Resource & Wellness Center	Dr. Cindy Schneider
The Edelson Center for Environmental & Preventive Medicine	Dr. Walter Crinnion
Alan Bell, founder, Environmental Health Foundation	Dr. Claire Reindeau

*Heavenly Heat* is recommended in books by: Dr. Jacqueline Krohn, Dr. Doris Rapp\*, Dr. Pamela Reed Gibson, Brenda Brown, Dr. Nenah Sylver, Dr. Larry Wilson, and Marilyn McKiver.

*Heavenly Heat* has been recommended by: Dr. Albert Robbins, Dr. Alan Lieberman, Dr. Peter Holyk, Dr. Gerald Natzke\*, Dr. Bernard Raxlen, Dr. Nedra Downing, Dr. Paula Davey, Dr. Nancy White, Dr. Jeffrey Anderson, Dr. David Buscher\*, Dr. Dietrich Klinghardt, Dr. Grace Ziem, and many others.

*Heavenly Heat* saunas are used in: Belgium, Denmark, The Netherlands, Germany, India, Japan, Singapore, South Korea, China, Norway, Scotland, Mexico, New Zealand, The UK, and Australia.

\* President, past president, or president-elect of the *American Academy of Environmental Medicine*.  
+ Chief Medical Officer, *US Autism and Asperger Association*

## *Heavenly Heat*

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