



Detox is more than a trending buzzword! There's a reason biohackers, physicians, and people interested in overall health and wellness are talking about detox --- what it is, how it helps, and which specific ways are the most effective.

We live in a toxic world, and our bodies are feeling the burden of stress, heavy metals, and everyday toxins. With the rates for chronic illness rising, people are thinking about either how to get healthy or how to prevent illness and accelerated aging. Implementing a few small lifestyle changes that focus on detoxifying your body add up to major improvements in overall wellness.

For those new to detoxification, we have compiled a list of 20 reasons why detoxing is so important and exactly how it will enhance your life.

[Click Here To Continue Reading Our Article 20 Reasons to Detox.](#)

[\(Link image to Article\)](#)



It's fair to say that infrared sauna use is an increasing trend in the health, wellness, and beauty spaces. After all, what's not to be desired about the idea of losing weight, improving skin tone, and boosting energy — all while sitting and relaxing? Sound too good to be true?

Full spectrum infrared sauna technology offers a range of benefits across many different areas of health, with weight loss being one of those important areas.

Let's take a look at some of your top questions regarding full spectrum infrared sauna use, and how the hottest technology (literally) might help you reach your weight loss goals.

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THE MOST ADVANCED PORTABLE INFRARED SAUNA IN THE WORLD

BENEFITS:

- **DETOXIFICATION**
- **DECREASE INFLAMMATION**
- **INCREASE CIRCULATION**
- **RELIEVE PAIN**
- **BURN CALORIES**
- **SLEEP BETTER**
- **IMMUNE ENHANCEMENT & PROMOTE OVERALL HEALTH AND WELLNESS**
- **MITOCHONDRIA SUPPORT AND ENHANCED ENERGY**
- **INCREASED NATURAL NITRIC OXIDE AND REDOX MOLECULE PRODUCTION**
- **ANTI-AGING BENEFITS; COLLAGEN PRODUCTION, CELLULITE REDUCTION**



[\(Link Image to Sauna Page\)](#)

