

Relaxarium

Over the years the spinal discs that separate the vertebrae of the spinal column lose their ability to draw in nourishment. The jelly-like discs become thin resulting in a shorter, less flexible spinal column. Consequently, physical exertion, such as lifting a heavy weight, can cause damage to the nerves, which pass through the spinal cord. Sending vibrations through the spine creates a pumping action within the disc, forcing nourishment in, and thereby reducing the ravages of time. Similarly, the articular capsules (which surround the moving surfaces of the vertebrae), the spinal ligaments and the neuromuscular and neurotendonous spindles also benefit from vibration. Increased movement in the tissue fluids, which lubricate and nourish the various components of the spine, accelerates waste elimination and reduces inflammation. Impulses from the motor nerves to the muscles and tendons are reduced resulting in complete relaxation.

The autonomic nervous system has two major components, sympathetic and para-sympathetic. These components work in perfect balance with each other to maintain harmony in the body's reactions to various stimuli:

- 1) The blood vessels: The blood vessels relax and dilate when the heat sensors on the body are activated by the RELAXARIUM's dry heat. The body's surface tissues, muscles, nerves, and skin are flushed by the improved blood supply, and rapid healing of damaged tissues is promoted.
- 2) The heart: It is believed that many heart attacks can be avoided if the heart is exercised regularly. In the RELAXARIUM, heat causes the peripheral blood supply to increase; the major arteries and veins contract and the heart rate increases. Thus the heart is exercised without the necessity for violent physical exertion.
- 3) The skin: The pores of the skin open wide in the dry heat of the RELAXARIUM, allowing the sweat glands to bathe the whole body in perspiration. Perspiring cleans the pores of the skin, removing waxes left by soaps and also decomposed body oils. Natural oils flow from the unclogged pores and restore the natural acid balance of the skin.
- 4) Weight Loss: The initial weight loss caused by the RELAXARIUM can be quite dramatic due to water loss through perspiration. Long-term weight loss is a more subtle process and involves several factors. For instance, the increase in breathing and heart rate consumes more energy than normal, and the relief of pain from over exerted muscles and joints promotes renewed energy. Some people will also note a subdued appetite for several hours after experiencing the RELAXARIUM.