

The Hothouse

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(From HTE Newsletter)

Not long after obtaining and discovering the wonderful benefits of the Chi Machine, I became curious about another device made by the same company, called the HotHouse™ or the Far-Infrared Dome.

I ordered it and found it very pleasant to use by itself or in conjunction with the Chi Machine. Around this time, my wife developed arthritis in her right hip and big toe. A rheumatologist, who recommended powerful anti-inflammatories that might have been very effective but can also cause side effects, saw her. Rather than go the pharmaceutical route, she began using the HotHouse for two 20 minute-sessions daily over her hip and foot. Within one month, all her symptoms resolved which was very impressive to me. With continued use, she remains pain-free.

Before long I brought the HotHouse and Chi Machine into my office to use with patients. The main surgery I perform is LASIK laser vision correction and I have found it extremely helpful to place all my patients on the Chi Machine and the HotHouse for 10 minutes before their procedure.

I also introduced the HotHouse to patients whom I felt could benefit from its use. One of these was Mr. Neil Hendrikson who reported his experience as follows:

Dear Dr. Lipton –

Thanks for recommending the FIR HotHouse. I was in terrible pain, gone to every doctor, MRI, the works. I have bone spurs, and two bulging discs in my back. I was bedridden, taking pain pills and having terrible back spasms. I had made an appointment with a pain specialist when I remembered Dr. Lipton's FIR machine; I had one airfreighted to my house. What a miracle! In seven days, no medicine was needed. My wife even started using the HotHouse for sciatica with great relief. Thank you Dr. Lipton.”

This and other patient's experiences with the HotHouse demonstrated that far infrared rays have unique therapeutic properties. How does far infrared work? There is an excellent article in the January 2001 issue of Alternative Medicine magazine that addresses this question.

In brief brief, here is a summary of the mechanisms and benefits of the HotHouse Far ar Infrared unit:

1. The HotHouse raises body temperature (also known as hyperthermia) which has many benefits.
 - a. It promotes the killing of many pathogenic (disease-causing) bacteria, viruses, fungi and parasites.
 - b. Second, it modulates the immune system by increasing production of cytokines (special immune cells that play a very important role in disease control). In Europe and Central America, people pay exorbitant amounts of money to bring cultivated cytokines in for their health needs.

The HotHouse promotes the production of our very own (biologically safe) cytokine cells (without fear of external contamination and excessive costs).

- c. Third, it coordinates the immune response against mutated cells. (Mutated cells are genetic variants that occur randomly or because of environmental changes; they are usually not favorable to the survival of the person in whom they occur).

2. The HotHouse helps athletes recover faster from athletic trauma; especially the combination of the

HotHouse and the Chi Machine, helps tissues repair by increasing oxygenation to the tissues and reducing the production of lactic acid. Also, through increased lymph drainage, the accumulated lactic acid from the injury is resolved sooner. It also promotes rebuilding of injured tissue by having a positive effect on the fibroblasts (connective tissue cells necessary for the repair of injury). Furthermore, it increases growth of cells, DNA syntheses, and protein synthesis all necessary during tissue repair.

3. The HotHouse promotes Chinese meridian regulation. Far infrared can penetrate up to 4 cm (1 ½ inches) into the body. This excites the vibrational energy of the molecules and resonates with the cellular frequencies, and thus promotes the proper flow of energy or chi throughout the body. This in turn promotes all bioprocesses, increasing metabolism, increasing blood circulation, and the core body temperature. One hour under the HotHouse burns over 900 calories by raising the metabolism and body temperature.

4. The HotHouse detoxifies the environmentally patient. Far infrared brings about significant detoxification of heavy metals including mercury and other environmental pollutants.

Finally, I will share my own personal experience with far infrared. Several months ago, I woke up and noticed there was a lump about the size of a grape on the right side of my neck. It wasn't there the day before and I felt fine otherwise. What was it? It was likely a lymph node which certainly is a source of concern. When I got home that evening, I got under the far infrared unit for 2 hours; when I finished this treatment, the lump was unchanged. The next morning when I woke up and looked in the mirror, I was amazed to see the lump had shrunk 80%; I only wish I had taken a photograph. After another week of treatment, it disappeared.

I know that far infrared units are used in Europe and Asia to treat almost every health condition with therapeutically significant results. As a physician I am on a mission to help educate other physicians about far infrared and how this wonderful modality can be used to help their patients remain healthy.

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