



## JACKIE KOLD FITNESS AND YOGA'S FAR INFRARED SAUNA *Benefits:*

**1. INCREASED WEIGHT LOSS.** If you needed to lose weight. The result of melting fat and expelling toxins and acid out of the body is that the body knows that if there is less acid to store, it can commence eliminating fat. Many weight loss authorities believe our bodies use fat to dilute toxins. This sauna is an unsurpassed expeller of toxins; it is also a great way to get rid of any fat our bodies are using to dilute toxins we are storing.

**2. INCREDIBLE CALORIE BURN.** Burn as much as 700 calories in 30 minutes! Compare that to jogging - 300 calories or cycling (10- mph) – 225.

**3. CLEARER MIND.** It's astonishing how bright you become when you eliminate the toxins that sap you of vibrant energy, focus and that otherwise cause you to crave food and other unhealthy things.... Eliminate the toxins and your mental capacity will soar to amazing levels.

**4. SOFTER, FIRMER SKIN.** You will notice a younger looking face and you'll find that you no longer need lotions to keep you skin smooth and soft. This is the favorite for the ladies... Scars begin to diminish and fade within a week. Facial skin tightens: after conversing with alternative medical practitioners, we discovered that there is research nearly complete that proves the infrared heat actually helps rejuvenate collagen in the face, markedly improving and tightening facial appearance. Sounds like a free facelift to me!!! This sauna is excellent for increasing blood circulation to the skin, which is essential for beautiful, youthful, glowing skin! – Look years younger, scars and blemishes and open wounds heal quicker with reduced scarring!

**5. SOARING ENERGY.** The sauna stimulates momentum to make other necessary changes. Modify your diet and you will multiply the advantages by a thousand percent. Within just 10 days using both the sauna and making and sticking to a healthy diet including raw vegetables, you will improve your biochemistry and feel you're growing younger!

**6. GREATER ABSORPTION OF NUTRIENTS.** Nutrition assimilates by removing toxins and controlling excessive Leukorrhea in women (PMS & yeast). The sauna even promotes mercury detoxification! Sweat is the only proven method for getting the most damaging toxins out of the body. There are no drugs, no surgery, nor other proven detoxification methods of eliminating unwanted chemicals such as PCBs and pesticides like this sauna. Once rid of these toxins and yeast, a toxic-free person absorbs nutrients far more efficiently. Consequently, you feel healthy and renewed!

**7. PAIN RELIEF.** The sauna is FDA-Approved for pain management and proven to help with arthritis, muscle spasms, joint stiffness, sprains and other health concerns such as TMJ. Great for those returning to fitness from injury or illness!

**8. STRENGTHENED CARDIOVASCULAR SYSTEM.** Heart rate, cardiac output and metabolic rate increase, while diastolic blood pressure drops, enhancing weight loss and combating heart disease – the #1 health concern for women.

**9. RELAXATION/ENJOYMENT.** Remove stress in a comfortably warm temperature set to your personal preference with fresh air ventilation. Read or meditate in this calm and completely private spa room. Drinks stay cold in the sauna!

**10. CONTINUED RESULTS.** After naturally freeing fat cells that store toxins, your energy level will sky rocket. This in turn leads to (efficiently) burning more and more calories, helping you keep you're weight where it should be.

**Available for only \$96 a 6-pack (client rate at \$16 a private session)  
or \$20 individual session. Treat Yourself Thin!  
CALL 630-584-2254!**

**JACKIE KOLD**  
FITNESS AND YOGA

ENERGY • BALANCE • STRENGTH