



## TESTIMONIAL

### GENERAL WELLBEING

2006

Every body has the innate ability to heal itself and live life exuberantly. What is it that stands between our current state of health and the possibility of who we know we can become? Like many, for me it was literally years of searching and exploring every mainstream and alternate modality that promised better health. Most seemed geared toward putting more 'stuff' into the body. I have reached a point where my knowing tells me that we need to remove the toxic thoughts and chemicals from our bodies in order to create the necessary healing environment. Using the Sunlight Far Infrared Sauna continues to support this knowing as my body releases years (maybe lifetimes) of toxic build up. I need less sleep, a huge bonus when raising an infant (Charlie), and because I feel so alive again I get to enjoy every possible moment with Charlie to the max. What is chronic fatigue? What is post natal depression? What is cancer? What if they were the build up of toxic thoughts and chemicals in our bodies. Claiming and owning that we are the grand and glorious creators of everything in our lives (including bad health) allows for the possibility of creating a different reality. I am sincerely grateful to the creators and promoters of Sunlight Far Infrared Saunas for making such an extraordinary product available to all of us. Thank you.

Good health to all

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