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Here it is Amber. I had to wait until the end of the business day to do this. I'm surprised at how long it took to remember and write all this. It just goes on and on. Maybe this sharing will help others.

Reason I purchased my Solo™ sauna:

I saw first hand how it helped a dance friend who was thrown through the windshield of his truck. He had a horrible gash on his forehead, a concussion and what he called brain fog. Even after a couple of months he still had a problem dancing because of the 'brain fog'. The gash looked as if it were turned inside outward--not good stitching by the doctors. He purchased a Sunlight Far-infrared Solo™ sauna. It didn't take long to see a difference in the way he could remember how to dance. After about 3 months I started to notice that the scar was really fading. Within about 6 months when I looked at him, I didn't even notice the scar at all, in fact I had to look for it. He said he had a scar under his chin fade too. The chin scar was from an injury he received as a teenager. He's probably at least 60 now. I noticed that his skin and color looked really healthy. Also he lost some of his "beer gut". He told me this machine was supposed to breakup scar tissue and that was why the scars faded.

On the basis of what I saw, I convinced my sister to purchase a Solo™ sauna.

Her story:

In 1996 she was operated on for a benign brain tumor. The operation took about 11 hours and left her like a stroke victim. It had been growing a long time and the "roots" were in the motor skills area. The doctor said if he even left one tiny piece, it would grown back and probably not be operable the next time. With rehab my sister was able to walk again and continued on with her life. She was left with no feeling in her face and head. After 2 years (1998) it was still the same and the neurologist told her not to expect it to ever come back, that 2 year was the limit for this. Fast forward to late 2003 when she purchased the sauna. By this time one eye was almost closed to the point where she could barely see out of it. One side of her mouth sagged and she drooled out of it. She also had a hard time eating without a mirror to see when the food was in her mouth. So she was always dropping food on herself so that necessitated a bib. No feeling in the mouth meant all dental work didn't hurt, but when she chewed her food, she couldn't tell where it was and if she had chewed it enough. The inside of her mouth, along the teeth were being chewed up like chopped meat--again no feeling. She was afraid to clean her ears because she couldn't feel what she put in them. She couldn't feel the comb when she combed her hair. She's a redhead and the heat bothers her so she started out with the sauna on low. After less than a week in the sauna she called me crying to tell me she had felt a sensation in her face. I finally convinced her to 'turn up the heat' so she could get faster results. She was surprised that the heat didn't bother her like the sun. Results: ALL the feeling has come back. Her eye has opened up and she can even wear contacts again because she can feel when she places them on her eyes. Her mouth no longer sags, but now should she have a cavity, she'll have to get a shot--oh, well. The last time I saw her (in May) she said she had something else to show me. She has a skin disease called actinic keratosis (pre cancerous spots) in areas where the sun hits. She has to go to the dermatologist and will sometimes have 50+ taken off at the time. Lots of times this results in loss of pigment where the spot is removed. One of her legs is just about clear and the other leg is well on it's way. She has new skin on her arms and all one sees is freckles. Well summer rolled around and she decided it was too hot to be bothered with the sauna. Guess what? The feeling in her head and face started going away. She has determined that she will have to use the sauna the rest of her life.

My story:

I had a horrible accident in 1991 and damaged my hip really badly. By 1995 was told I had to have a hip replacement because there was no cartridge in that hip and the pain was so severe I had to walk with a cane and even crutches at times. I walked past the doctor and decided to become my own doctor by giving my body the nutrients/supplements it needed to heal itself. I dance a lot and couldn't see myself being able to function at a high level with an artificial hip. I also had another major problem. After the wreck when the hip was healing it developed a lot of scar tissue. Over time, this would cause my foot to track at almost a 90 degree angle (to the side). I had to go to a physical therapist periodically to break this up so that my foot could track straight ahead again. Unbelievably painful to get this done. After my sister had such dramatic results in such a short time, I ordered the sauna and received mine about 2 weeks after she got hers. I started off at 4 and moved up to 5 before I started to sweat. It couldn't have been more than 10 days before the following happened. I was walking down my stairs to go to work. I heard this gosh awful crunching sound, just like it sounded with the physical therapist. Surprise--there was no pain. I stepped again on that foot and there was absolutely no pain and I noticed my foot was tracking almost straight ahead. I could even make it track straight with a little effort.

Wait, I'm getting ahead of myself. Back to my hip. Before I found out I needed a hip replacement all the doctors wanted to do was give me cortisone shots. I took two in my hip and it didn't help the pain at all. Also about once per year I have a problem with poison ivy and have to take a steroid shot. Between the two I developed a systemic yeast problem. It became a big problem so I went to a doctor and took medication for 6 months and stayed on a very strict diet to get it out of me. When I got my sauna I didn't realize that I had the yeast infestation again. After using the sauna for about a week, I developed a bad case of diarrhea for 2-1/2 days. It was my body ridding itself of the yeast. It was yellow and foamed just as if I had poured Clorox on mildew. The same thing happened when I went through the 6-months cleanse. At the end I just wanted to get into the tub, relax and soak for awhile.

I have lots of amalgam fillings--some from the 50s. After a few weeks of using the sauna my teeth hurt. I figured it was leaching out the mercury. I stopped doing the sauna for a while and when I started back, my teeth hurt again for a few days, then it stopped. Last summer I went on a cruise and got a fungus infection on my feet. By the time I got my sauna, I had almost lost the nails on my big toes and it had spread to the two toes on either side and those nails were dying too. I tried the over the counter kind and it didn't work, so I went to a podiatrist. He told me that my insurance would not pay for treating this. The cost of the medication would be about \$900 but there would be no guarantee it would work. I didn't have that kind of money to spend for one bottle of medicine, so I sort of forgot about my nails. Then one day I noticed that I needed to trim them. The yellow nails were being replaced by healthy nails in the nail bed. The healthy nails didn't grow under the fungus killed one, it just push it out to the end and I eventually cut off all the dead yellow nails.

People have started to comment about what a healthy glow I have to my skin and unless my eyes are deceiving me, I hardly have any noticeable wrinkles any more. I'm retirement age and see people in their 40s who have more wrinkles than I do. My completion is fair like my sister's is so I can't get much sun either. Previously I've also had to have some pre-cancerous spots taken off. I had one on my face that had grown ugly looking to the point that I needed to go to the dermatologist. When I got the sauna I sort of forgot about it. It has almost completely disappeared. Can you see the money the sauna has saved me, not to mention

the pain and aggravation of going to doctors, etc.

Well, the story is almost over, but not until I tell you about my friend Doug. He's my dance partner. He has a bad problem with pre-malignant spots on his head. He has had several spots cut off his face and the doctor always cuts wide and deep to make sure he gets all the bad tissue. The spots were so bad, they needed to come off. Wherever they would be cut out, there would be no hair there. It wouldn't have mattered in one area about the hair because he has (or had) a large shiny bald spot--slick as it could be. He had one particularly worrisome spot about the size of a quarter. It had already turned a very angry looking red, almost wine color. There were several others, but not as large and dark. He has been taking a lot of supplements to help his body be healthy, including a hair, skin and nails supplement. Also he takes omega fatty acids. He asked to use my sauna until he could see if it would get rid of his "spots". After about 10 days I could start to see a difference in them. The strange thing is that where the spots have greatly improved, the skin looks normal, not pink like it would if a scab had been pulled off. This is the strangest thing to me. It's probably been about 25 days since he started. He wouldn't get the heat high enough to sweat until recently. Now the really bad one has diminished to the point where there is just a pink ring around the outer edge. And the ring isn't complete because on each side the healthy skin has already replaced part of the ring. The biggest surprise of all is that when he came over last week he told me to look at his bald spot. He had started to scratch it and felt something. I looked and the hair is growing everywhere and really fast. The skin no longer looks shiny but looks like normal skin where there is hair. Oh, it's coming in brown like the rest of his hair, and the same texture. This made a believer of Doug; he has ordered his own sauna. He figures like my sister that he'll have to keep using it to keep the "spots" from coming back. Amber, I'll keep you posted about the hair too.

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