The health and benefits of taking care of your feet:

Proven by modern medical study, decline in human health starts with the sole of the feet. Human feet are equivalent to the body's "second heart", and there's a Chinese saying that goes: "Withered roots dwindle first, and aging people's feet languish first", the soles of human feet are densely covered with many blood vessels, as well as countless nerve endings, which are closely connected with the brain. The health of the feet is not only related to the physical health of the person, but also highly correlated with longevity. The internal organs of the human body have corresponding reflex zones in the feet, and there are a large number of nerve endings in the feet. Maintaining the wellness of feet can vitalize the function of internal organs, eliminate cold, edema, relieve shoulder pain, visual fatigue, and stay energized.

The health and benefits of far-infrared rays include:

1. Activates water molecules and increases the oxygen content of the body

About 70% of the human body is water. Far-infrared rays can resonate water molecules, increase the oxygen content of the body, and thus restore the vitality of cells, making people more energetic!! And improve disease resistance, slow down aging.

2. Improve circulatory system

Through resonance, the water molecules in the human body increase the temperature deep layer beneath the skin, promote the speed of blood flow, at the same time provide oxygen and nutrients to human cells, which can effectively prevent high blood pressure, cardiovascular diseases, tumors, arthritis, coldness in hands and feet, paralysis and other diseases.

3. Boost metabolism

After the circulatory system is improved, the wastes produced by metabolism and the uric acid that causes pain can be quickly excreted from the body, reducing the burden on the liver and kidneys.

4. Balance the pH of the body

Far-infrared rays can purify blood, improve skin, prevent bone and joint pain caused by excessive uric acid, and reduce the interference of electromagnetic waves on the human body.