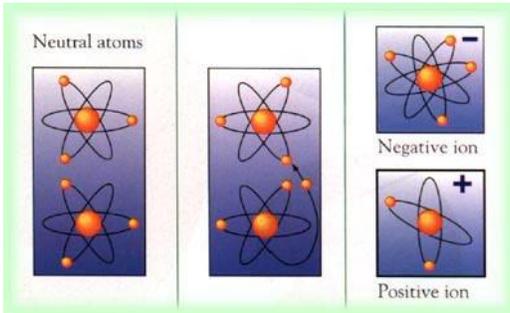


Negative Ions, Salt lamps, Saunas and Your Wellbeing



Salt lamps, saunas, negative ions ... positive effects of negative ions ... Have you ever felt tired and uncomfortable inside an office building? Do you remember feeling relaxed and energized standing near the ocean or by a waterfall. There's a scientific reason for how you felt those days and it has nothing to do with workload, being tired or challenges in your everyday life.



The air all around you is made up of molecules, all of which have an electrical charge on them. Depending on how many electrons circle a molecule, everything in this world has either a positive charge or a negative charge, also called a positive or negative ion. Inside buildings or inside closed vehicles, the molecules often have a positive charge (the stressor ion). Most air-borne allergens and pollutants also have a positive charge. Out in nature, especially by water, the air molecules have a negative charge, which makes them nice to breathe and to be around.

Negative ions are good for you! They bring oxygen to your brain, boost your immune system, and lift your mood. Studies show they even help lessen depression and help with Seasonal Affective Disorder (SAD). For your indoor air environment, you can get negative ions by using a natural air ionizer ... a Himalayan Salt lamp.

Since the early 1950s scientists have suspected that ions play an important role in how the body functions and, consequently, in how we feel. Research has shown that an abundance of negative ions in the air we breathe is highly beneficial, while a lack of ions or a higher ratio of positive to negative ions can cause stress, disease, imbalance and physical & mental disharmony.

These days, besides pollution, chemicals, electronics and wireless areas throw Nature's natural movement of balancing negative & positive ions, leaving more positive ions (which are the stressors).

Tested and researched to produce negative ions, salt lamps are well known and used in Europe. Most people will feel the difference in a very short time.



The discovery of negative ions in certain types of saunas a few years ago became headline news in Finland. Until then, the healing power of the sauna was attributed to relaxation and increased circulation. Now, negative ions add startling new possibilities.

To learn more about this natural element from the Earth, here are a few resources:

The Ion Effect by Fred Soyka

<http://www.youtube.com/watch?v=UxsiYxPfbq4>
www.enviroAsstwellness.com > air

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