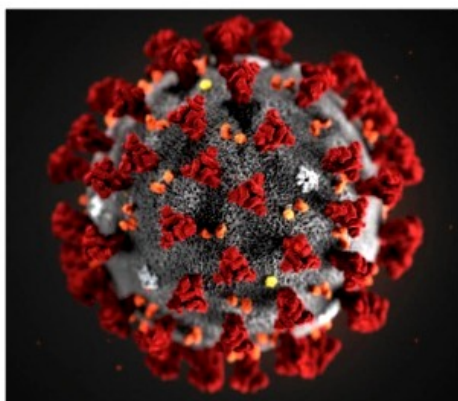


# PREVENTION IS BETTER THAN CURE



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**Infrared saunas have been proven to aid in the fight against a wide range of health conditions. Here we discuss how FAR Infrared Sauna is a good protection against the COVID-19.**

COVID-19 is an infectious disease caused by a newly discovered coronavirus. Most people infected with the COVID-19 virus will experience mild to moderate respiratory illness and recover without requiring special treatment. The virus that causes COVID-19 is mainly transmitted through droplets generated when an infected person coughs, sneezes, or exhales. These droplets are too heavy to hang in the air, and quickly fall on floors or surfaces.

The best way to prevent and slow down transmission is be well informed about the COVID-19 virus, the disease, it causes and how it spreads. Protect yourself and others from infection by washing your hands or using an alcohol based rub frequently and not touching your face.

With the idea of prevention is better than cure, I would like to share the idea of using private FAR InfraRED Sauna as COVID-19 virus is sensitive to temperature & humidity, eating habit, immunity systems. Regular use of FAR InfraRED Sauna will not only neutralize the COVID-19 virus and improved body metabolism

will fight this deadly disease. Healthy food habits will improve your digestion systems and improve immunity. Again, very useful for fighting the COVID-19 virus. Since, COVID-19 is impacting the respiratory system, use of our Himalayan Salt model will be more effective.

At this time, if a sauna is installed at home, you can enjoy the benefits brought by the sauna at any time. Enhance immunity: improve the body's immune function and enhance its ability to resist disease. Eliminate body toxins, reduce the burden on the body, improve the blood circulation of the whole body, especially the microcirculation, promote the body's vigorous metabolism and start the decline of cells.

## **New coronavirus is not resistant to high temperatures**

According to Agence France-Presse, experts from the Finnish Ministry of Agriculture stated on September 5, 2005 that the sauna can effectively kill the bird flu virus because the virus cannot survive high temperatures. For this reason, the Finnish Ministry of Agriculture

As on 5th May 2020,

COVID-19 CASES	INDIA	WORLDWIDE
CONFIRMED	49,391	3.66 M
RECOVERED	14,183	1.2 M
DEATHS	1,694	257 K

requires people who return from avian flu-affected areas to immediately "sauna disinfect" themselves and their clothes, shoes, and luggage. Clothes need to be steamed for 3 hours at a high temperature of 70 degrees Celsius (Infrared Sauna the penetration rate is high, the number is estimated between 2-3 million). There's a lot we don't know yet about SARS CoV-2, the virus that causes Coronavirus disease – COVID-19. We don't know when there will be a treatment, how fast it will spread, or how we will treat each other during a global pandemic. We don't yet have any coronavirus sauna studies but we do know the temperature and humidity range of Dry Saunas can kill (technically deactivate) the coronavirus.

Experts caution that the sauna may not help after the virus infects the lungs, but it may play a role in the early stages and prevention of the virus. And there are plenty of other simple ways we can help prevent the spread of Coronavirus.

The hot temperature and ability to control the humidity levels in a sauna can create extremely unfavorable conditions for the virus. Hot temperatures can deactivate any virus, and Corona is no different. Studies show the viability of Coronavirus decreases as temperatures rise. Additionally, there is a sweet spot of relative humidity that is unfavorable to the virus.

**This does not mean that a sauna will cure a person who has been infected by the coronavirus.**

However, some experts think saunas can stop the spread of viruses. "Studies show that cold

viruses replicate best at a cool 32°C – that's five degrees lower than regular body temperature – so, a sauna or a hot bath can stop the virus," says Professor Ronald Eccles, director of Cardiff University's Common Cold Centre.

In addition to improving your bodies ability to fight off the virus, a sauna may be helpful at the early or late stages of the virus. Knowing the optimal temperature and humidity levels to deactivate and kill the coronavirus can help create the most likely conditions to kill the coronavirus. Additionally, regular sauna use decreases all-cause mortality, and cuts pneumonia risk, so getting in the sauna at least twice a week may provide additional protections against the virus.

**Finally the BEST Ways to Prevent Coronavirus Covid-19 - #StayHome – The best way to slow the spread of Coronavirus is to stay home, and avoid any unnecessary interactions other than your immediate family members staying in the same home & use Royale FAR InfraRED Sauna and healthy food. DT**

