

Lava Steam Pod Therapy

Lava Steam Pods provide a combination of the following wellness therapies:

1. **Anion (Negative Ion) Therapy**
 2. **PEMF (Pulsed Electromagnetic Field) Therapy**
 3. **FIR (Far Infrared Ray) Therapy**
 4. **Hyperthermia (Thermal) Therapy**
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Benefits of Anion (Negative Ion) Therapy

Negatively charged atoms, known as **anions** or “air vitamins,” play an important role in supporting overall wellness.

1. Activate and regenerate cells, help prevent oxidation, and enhance overall vitality.
 2. Decrease blood viscosity, improve blood circulation, and enhance the transport of oxygen and carbon dioxide.
 3. Increase the activity of the body’s natural antioxidant enzyme (SOD) and reduce the production of active oxygen.
 4. Help stabilize the autonomic nervous system, reduce stress, and improve insomnia.
 5. Support prevention of hypertension and kidney disease and stimulate liver sugar secretion and insulin activity to improve diabetes.
 6. Increase levels of Na^+ and Ca^+ ions in the blood, promoting alkalinity of blood, body fluids and cells, improving mitochondrial function, and increasing ATP energy production. This supports cellular energy, circulation, collagen production, and helps prevent viral replication.
 7. Enhance immune function, neutralize lactic acid, and help reduce soreness and swelling.
 8. Support improvement of allergic conditions, atopic dermatitis, osteoporosis, and rheumatism.
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Benefits of PEMF (Pulsed Electromagnetic Field) Therapy

All living organisms are composed of cells that rely on specific electrical charges to function normally. Each organ has its own bio-electromagnetic field, and cells communicate through electromagnetic frequencies. When cells are damaged, they lose healthy electrical charge, causing cells to cluster together and slow circulation. Poor circulation and metabolism may lead to inflammation, pain, and disease.

PEMF therapy supports overall physical health and also benefits brain and neurological wellness by improving cognitive function, enhancing mood, and helping reduce brain fog, anxiety, and depression.

Lava Steam Pods generate **650 gauss of PEMF**, which closely matches the natural electromagnetic field of the human body. Through resonance, PEMF stimulates cellular electrical activity and supports cellular repair and vitality.

1. Alter cell membrane potential, improve membrane permeability, enhance ion mobility (such as K^+ , Na^+ , Cl^-), promote substance exchange across the cell membrane, and activate cells.
2. Regulate the endocrine system and balance hormone secretion by stimulating the pituitary gland and adrenal system.
3. Regulate the autonomic nervous system to soothe emotions and relieve stress.
4. Catalyze enzyme activity through interactions with metallic and non-metallic ions in the body.
5. Strengthen electrocardiographic, electroencephalographic, electromyographic, and nerve action potentials through meridians, acupoints, and biological electrical currents.
6. Improve the phagocytic function of white blood cells, thereby enhancing immunity.
7. Improve microcirculation by using blood, body fluids, ions, and cellular mediators as conductors.
8. Provide analgesic, anti-inflammatory, and anti-swelling effects.

Benefits of Natural FIR (Far Infrared Rays) & Hyperthermia Therapy

Lava Steam Pods emit **Far Infrared Rays (8–12 micrometers)**, which align with the absorption needs of the human body, water molecules, and cell membranes.

1. Help burn body fat, reduce cholesterol and plasma triglycerides, and lower blood pressure.
 2. FIR penetrates up to 4 cm beneath the skin through cellular resonance, reaching muscles, internal organs, and skeletal structures.
 3. Support the body's absorption of anions.
 4. Increase atomic activity through resonance, accelerating metabolism, stimulating blood circulation, increasing blood flow, and activating cells.
 5. Help discharge reactive oxygen species, free radicals, and lactic acid.
 6. Stimulate the autoimmune system and activate immune function.
 7. Improve hypothermia-related conditions.
 8. Reduce cancer cell discharge activity, counter potential cancer cells, and destroy existing cancer cells.
 9. Dilate blood capillaries, enhance blood flow, and relieve pain and swelling.
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Benefits of a 30-Minute Lava Steam Pod Session

During a 30-minute session, users may experience the following benefits:

1. Detoxification through sweating, eliminating toxins such as body fat, excess fluids, metabolic waste, heavy metals, dead cells, alcohol and drug residues (including vaccines, radiation, and chemotherapy) from blood vessels, muscles, bones, lymph nodes, and organs.
2. Increase heart rate to 120+ bpm, providing true cardiovascular benefits without physical exertion.
3. Reduce blood glucose by 30+ points, increase anion levels in the body, and promote grounding/earthing effects.
4. Burn 400+ calories, remove lactic acid, and lower cholesterol levels.
5. Reduce stress and enhance mental well-being.
6. Improve respiratory conditions, including allergies, asthma, and COPD.
7. Improve sleep quality, support bowel movement, assist body contouring, and help remedy acne.

8. Promote skin cell renewal by improving elasticity, balancing skin pH, reducing puffiness, fine lines, and cellulite, accelerating wound healing, and stimulating collagen production.
9. Improve lung function and increase oxygen intake.
10. Open airways, increase oxygen flow, and accelerate metabolism.
11. Lower blood pressure, help prevent blood clot formation, and reduce fluid retention.
12. Provide anti-inflammatory, antimicrobial, and antioxidant effects.
13. Improve symptoms related to dementia and Alzheimer's disease.
14. Reduce severe pain and improve eyesight.
15. Achieve improvement in 50–90% of symptoms.