

Hot Bed Therapy to revitalise yourself

Why does one age? Simply put, it is the end result of our body's own biological processes.

Oxidation within the body causes the creation of Free Radicals, which are reactive and unstable molecules. Free Radical production can also be increased by other factors like stress, unhealthy food, smoking and alcohol. Because of their reactive state, Free Radicals will 'attack' the body's own cells, the result being aging. Left unchecked, Free Radical damage to the body will accumulate, leading to premature aging, as well as other aging-related problems & diseases, from Alzheimer's Disease to arteriosclerosis.

So what can we do to slow down aging and the related problems of aging? Simple, by reducing excess oxidation within the body, thereby retarding the creation of cell damaging Free Radicals. And what reduces oxidation? Antioxidants!

Antioxidants are molecules that stabilize reactive Free Radicals, rendering them harmless. This cuts off the Free Radical process, thereby minimizing the damage to other cells within the body.

We normally get our supply of antioxidants through our diet, but recent studies have shown that the absorption rate of dietary antioxidants is not that high.

Ecoparadise, a Malaysian group formed in 2007, promises to a new method of supplying antioxidants to the body.

Using revolutionary new building materials from Japan, Ecoparadise has developed a method to construct specialized Antioxidant Hot Bed Rooms. These rooms supply antioxidant-enriched air to customers, who absorb antioxidants while breathing and through the skin.

Set at 45 degrees Celsius and a humidity of 20%, customers will be able to sweat it out, relax and gain the benefits of antioxidant absorption.

Besides neutralizing Free Radicals, antioxidants also have numerous other benefits. For one, antioxidants improve one's blood circulation. This is important as the blood is responsible for transporting nutrients to the skin and carry waste away to be excreted.

An added benefit to this Hot Bed therapy is that through continued use, customers will experience weight loss, initially through decreased water retention and in the long term through improved metabolism, which helps burn more calories.

Clients who have used the Ecoparadise antioxidant therapy have reported improved well being, better skin texture and feeling re-energized. So the next time you feel old, tired or just need a perk up, try the Ecoparadise therapy.

Ecoparadise located at 58-5, Jalan Metro Pudu, Fraser Business Park, KL. The other branch is located at 35-G, Block C Jaya One, Jalan Universiti, PJ. For more information, call Ecoparadise PJ at (603) 7956 – 3336 or Ecoparadise KL at (603) 9222 – 2292. Website: www.ecoparadise.com.sg



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