

Is FIT Bodywrap right for you?

The segment of the infrared spectrum emitted by the Fit Bodywrap has been shown to offer an astounding range of possible therapeutic benefits in research conducted around the world. The data presented herein is offered for reference purposes only and to stimulate further observation. No implication that the Fit Bodywrap is a cure for or treatment of any disease is implied nor should it be inferred.

If you have any of the following conditions, or any other condition where the use of infrared heat is contraindicated, you should not receive a FIT Bodywrap session without approval from your doctor.

- Cardiac condition
- Implanted pacemaker
- Blood thinning or clotting disorder
- Anemia or Menorrhagia
- Hemophilia
- High or low blood pressure
- Hyper/Hypo Thyroid
- Multiple Sclerosis
- Lupus Erythemotosus
- Adrenal suppression
- Kidney malfunction
- Diabetes requiring insulin
- Artificial Joints, implants, metal pins, or rods
- Acute joint injury
- Enclosed infection
- Open wounds
- Skin diseases
- Contact allergies
- Fever
- Severe general infection
- Pregnancy
- If you have a disease, be certain to consult with a primary-care physician concerning it.
- If you are using any prescription drugs, check with your physician or pharmacist for any possible change in the drug's effect due to any interaction with infrared heat.
- It is considered inadvisable to raise the core temperature in someone with adrenal suppression, systemic lupus erythematosus, or multiple sclerosis, by some authorities.
- If you have a recent (acute) joint injury the old school admonition is that it should not be heated for the first 48 hours after the insult or until the hot and swollen symptoms subside. While this may apply the more modern concept is move, exercise, attenuate the

pain and treat the injured tissues, the first two of which far infrared does do. If you have a joint or joints that are chronically hot and swollen, these joints may respond poorly to vigorous heating of any kind.

- Vigorous heating is strictly contraindicated in cases of enclosed infections be they dental, in joints, or in any other tissues.
- If you are pregnant or suspect you may be, discontinue your Fit Bodywrap use.
- Metal pins, rods, artificial joints, or any other surgical implants generally reflect infrared rays and thus are not heated by these wavelengths, nevertheless you should consult your surgeon prior to your FIT Bodywrap session. Certainly, infrared heat therapy must be discontinued if you experience pain near any such implants.
- Silicone does absorb infrared energy. Implanted silicone or silicone prostheses for nose or ear replacement may be warmed by the infrared rays. Since silicone melts at over 200°C it should not be adversely effected by FIT Bodywrap use. Older versions of the Fit Bodywrap have an off switch for the breast region to avoid a problem from this issue. It is still advised that you check with your surgeon and possibly a representative from the implant product manufacturer to be certain about safety.
- Heating of the low back area of women during the menstrual period may temporarily increase their menstrual flow. Once a woman is aware that this may occur, she can choose to allow herself to possibly experience this short-term effect without worry or to simply avoid FIT Bodywrap use at that time of her cycle.
- Haemophiliacs and anyone predisposed to haemorrhage should avoid IR usage or any type of heating that would induce vasodilation which can potentiate the tendency to bleed.
- Obviously, should any condition worsen with use of the Fit Bodywrap, the use of the system should be discontinued.
- People do not experience increased pain using the Fit Bodywrap unless such use is contraindicated. If you do, the use of radiant heat is clearly inappropriate for you at that time.

Do not attempt to self-treat any disease with a Fit Bodywrap without direct supervision of a physician.

- People with MS should sit in the sauna while it is warming up and increase duration gradually.

Please read below carefully before signing:

“The purpose of Inside Out Restorative Spa and all our staff is to provide services, products and offer information to clients. Our services, products and information are for vocational and advocational self-improvement. We do not intend to treat, diagnose, prescribe or cure. All procedures are directed towards the establishment of this goal.”

Because you must be aware of any existing physical conditions that I may have, I have honestly answered all above questions and am not intentionally withholding information about my health. I will inform IORS of any changes in my physical health. I am agreeing to the office policies and procedures of Inside Out Restorative Spa.

Signature: _____ Date: _____
