Health Benefits of Far Infrared Therapy, Thermo Therapy, PEMF Therapy, Red Light and Negative Ion Therapy are extensively studied by doctors, scientists and research groups for more then fifty years. They have been proven to have healing effects and abilities to improve life quality in many health conditions.

PubMed is the main searchable database of U.S. National Library of Medicine (NLM) and the National Institutes of Health (NIH) with more than 27 million citations for biomedical literature from MEDLINE, life science journals, and online books. it is the main source for information about the newest health technologies, medicines and treatments researches and studies.

Almost all links below lead to PubMed, Medline or NASA articles and reports.

CRYSTAL RAYS HEALING POWER

Healing bio-resonance properties of Amethyst and other gemstones 4-16 microns FIR Rays have been reported by several scientific researches

https://www.ncbi.nlm.nih.gov/pubmed/2689357
https://www.ncbi.nlm.nih.gov/pubmed/12053208

FAR INFRARED AND HOT STONE THERAPY

Far-infrared therapy for cardiovascular, autoimmune, and other chronic health problems: A systematic review

https://www.ncbi.nlm.nih.gov/pmc/articles/PMC4935255/

It showed that FIR physiotherapy, improves the health of patients with

- ischemia
- cardiovascular disease,
- diabetes mellitus,
- chronic kidney disease

Far-InfraRed Therapy was also found effective in

- relieving pain in patients with chronic pain
- eliminating chronic fatigue syndrome,
- relieving fibromyalgia
- repairing muscle damage
- soothing phantom limb pain after amputation
- treatment of depression in patients with insomnia by increasing serotonin levels

These studies have shown that FIR radiation produces several effects, such as increasing artery blood flow and peripheral blood circulation, improving endothelial function, alleviating fatigue and pain, reducing blood pressure, and promoting capillary dilatation

Far infrared radiation (FIR): its biological effects and medical applications

https://www.ncbi.nlm.nih.gov/pmc/articles/PMC3699878

Basing on in-vitro study of lines of human cancer, it suggested that FIR irradiation may be used as an effective medical treatment for some cancer cells which have low levels of HSP70.

It showed that FIR physiotherapy helps in managing the discomfort of primary dysmenorrhea in female patients. FIR belts used in this study increased the local surface body temperature as well as the abdominal blood flow; in addition to reducing the pain and the discomfort from it. It also potentiated the effect of the topical agent in cellulite reduction.

Far-InfraRed Therapy was also found effective in

- wound healing quickening
- eliminating chronic and acute pain,
- improving immunity
- enhancing blood flow and microcirculation

Far infrared radiation (FIR): its biological effects and medical applications

https://www.ncbi.nlm.nih.gov/pmc/articles/PMC3699878

FIR Heat for sweating and detoxification, elimination of Mercury and heavy metals removal

https://www.ncbi.nlm.nih.gov/pmc/articles/PMC3312275

Infrared treatment of obesity and metabolic syndrome

https://www.ncbi.nlm.nih.gov/pmc/articles/PMC3583363

Effects of far-infrared rays on myofascial neck pain, muscle spasms and stiffness

https://www.ncbi.nlm.nih.gov/pubmed/24152215

Back pain relief as one of the most exciting FIR therapy effect

https://www.ncbi.nlm.nih.gov/pubmed/26409395

Phantom limb pain treated by far infrared ray

https://www.ncbi.nlm.nih.gov/pubmed/19964539/

Chronic Lower Backache treatment with FIR Heat

https://www.ncbi.nlm.nih.gov/pmc/articles/PMC2539004

The effects of repeated thermal therapy for patients with chronic pain

https://www.ncbi.nlm.nih.gov/pubmed/16088266

Effects of thermal therapy combining sauna therapy and underwater exercise in patients with fibromyalgia

https://www.ncbi.nlm.nih.gov/pubmed/21742283

Efficacy of Waon therapy for fibromyalgia

https://www.ncbi.nlm.nih.gov/pubmed/18703857

Improved foot sensitivity and pain reduction in patients with peripheral neuropathy after treatment with monochromatic infrared photo energy

https://www.ncbi.nlm.nih.gov/pubmed/16504836

Far-Infrared Therapy Promotes Nerve Repair for Sciatic Nerve Injury

https://www.ncbi.nlm.nih.gov/pmc/articles/PMC4333284

The effects of repeated thermal therapy for two patients with chronic fatigue syndrome

https://www.ncbi.nlm.nih.gov/pubmed/15992574

Far Infrared and Thermotherapy efficiency for chronic fatigue and tiredness

https://www.ncbi.nlm.nih.gov/pubmed/17561703

The effect on serotonin and MDA levels in depressed patients with insomnia when far-infrared rays are applied to acupoints

https://www.ncbi.nlm.nih.gov/pubmed/19885944

Moxibustion and Far Infrared Therapy in insomnia treatment

https://www.ncbi.nlm.nih.gov/pmc/articles/PMC4944240

Moderate FIR Heating of abdominal area stimulates bowl movements and serotonin biosynthesis in the intestine and provides relief for Constipation

https://www.ncbi.nlm.nih.gov/pmc/articles/PMC3092738

Moxibustion and FIR Heating stimulate serotonin and enzymes biosynthesis in the intestine effective to treat gastro-enteric problems

https://www.ncbi.nlm.nih.gov/pmc/articles/PMC3520423

Far Infrared Heating for cardiovascular, autoimmune, toxicant- induced, pulmonary and other chronic health problems

https://www.ncbi.nlm.nih.gov/pubmed/21951023

Far-infrared therapy for cardiovascular and other chronic health problems: A systematic review.

https://www.ncbi.nlm.nih.gov/pubmed/25716016

Far-infrared heat for prevention of cardiovascular risk factors and heart disorders

https://www.ncbi.nlm.nih.gov/pmc/articles/PMC2718593

Passive heat therapy improves endothelial function, arterial stiffness and blood pressure in sedentary humans

https://www.ncbi.nlm.nih.gov/pubmed/27270841

Effects of far-infrared heating on recovery from strength and endurance training sessions in men

https://www.ncbi.nlm.nih.gov/pmc/articles/PMC4493260

Effects of Whole-Body Far-Infrared on Recovery from Exercise-Induced Muscle Damage in Highly-Trained Runners

https://www.ncbi.nlm.nih.gov/pmc/articles/PMC3233540

Sport recovery with FIR treatment. Post-exercise muscle pain elimination

https://www.ncbi.nlm.nih.gov/pubmed/27601783

The effect of sauna and FIR therapy on lipid profile

https://www.ncbi.nlm.nih.gov/pubmed/25001587

FIR and Heat therapy for neuritis

https://www.ncbi.nlm.nih.gov/pmc/articles/PMC4333284

Infrared treatment for patients with arthritis and ankylosing spondylitis

https://link.springer.com/article/10.1007%2Fs10067-008-0977-y

Deep heating for dissolution of gout crystals. Far Infrared Heat should be able to treat joints naturally and non-intensive

https://www.ncbi.nlm.nih.gov/pmc/articles/PMC5131323

The effects inhibiting the proliferation of cancer cells by far-infrared radiation (FIR) expression of heat shock proteins and immunity boost

https://www.ncbi.nlm.nih.gov/pubmed/17968683

Far-infrared radiation inhibits proliferation, migration, and angiogenesis of human umbilical vein endothelial cells and lessens the risk of angiogenesis-related diseases including cancer

https://www.ncbi.nlm.nih.gov/pubmed/24334140

Biological effects and medical applications of infrared radiation. IR can carry out photostimulation and photobiomodulation effects particularly benefiting neural stimulation, wound healing, and cancer treatment

https://www.ncbi.nlm.nih.gov/pubmed/28441605

The effects of repeated thermal therapy on quality of life in patients with type II diabetes mellitus

https://www.ncbi.nlm.nih.gov/pubmed/20569036

FIR heat to live better with diabetes mellitus

https://www.ncbi.nlm.nih.gov/pubmed/20569036

Improved sensitivity in patients with peripheral neuropathy: effects of monochromatic infrared photo energy

https://www.ncbi.nlm.nih.gov/pubmed/15778471

The restorative effects of pulsed infrared light therapy on significant loss of peripheral protective sensation in patients with long-term type 1 and type 2 diabetes mellitus

https://www.ncbi.nlm.nih.gov/pubmed/16710647

Effect of exposure to sauna heat on neuropathic and rheumatoid pain

https://www.ncbi.nlm.nih.gov/pubmed/1375727

Treatment of Thromboangiitis Obliterans and Lower limbs phlebitis with Far-infrared Therapy

https://www.ncbi.nlm.nih.gov/pubmed/28759424

Biological effect of far-infrared therapy on increasing skin microcirculation

https://www.ncbi.nlm.nih.gov/pubmed/16606412

The effectiveness of far-infrared therapy in circulation improvement. Study with hemodialysis patients with end-stage renal disease and arteriovenous fistula.

https://www.ncbi.nlm.nih.gov/pubmed/25464959

Far-infrared therapy improves access blood flow and unassisted patency of arteriovenous fistula in hemodialysis patients

https://www.ncbi.nlm.nih.gov/pubmed/17267744

Effects of Combined Far-Infrared Radiation on Peripheral Blood Perfusion and Autonomic Activities

https://www.ncbi.nlm.nih.gov/pubmed/28883882

Long-term antihypertensive effects of far-infrared ray (study on animals)

https://www.ncbi.nlm.nih.gov/pubmed/26857237

FIR Heat and Sauna procedures prevent colds

https://www.ncbi.nlm.nih.gov/pubmed/2622833

Far Infrared Therapy induced Heat Shock Protein treatment of influenza

https://www.ncbi.nlm.nih.gov/pmc/articles/PMC4908103

Clinical effects of far-infrared therapy in patients with allergic rhinitis, respiratory infections physiotherapy

https://www.ncbi.nlm.nih.gov/pubmed/18002246

Elevated body temperature benefits for antimicrobial treatment of Lyme disease

https://www.ncbi.nlm.nih.gov/pubmed/8792482

FIR heat protective properties against sunburns and related complications

https://www.ncbi.nlm.nih.gov/pubmed/1610218

PULSED ELECTROMAGNETIC THERAPY (PEMF)

general PUBMED search results for PEMF https://www.ncbi.nlm.nih.gov/pmc/?term=PEMF

Permanent Magnets in Medicine

https://www.ncbi.nlm.nih.gov/pubmed/17618081

Research of Migraine and Headache treatment with PEMF therapy

https://www.ncbi.nlm.nih.gov/pubmed/17975726

Treatment of migraine with pulsing electromagnetic fields: a double-blind, placebo-controlled study

https://www.ncbi.nlm.nih.gov/pubmed/11279973

Studies for sciatic pain releive and nerve regeneration showed efficiency of PEMF therapy

https://www.ncbi.nlm.nih.gov/pubmed/25143937

Pulsed electromagnetic fields stimulation enhances regeneration of the sciatic nerve

https://www.ncbi.nlm.nih.gov/pubmed/8216387
https://www.ncbi.nlm.nih.gov/pubmed/2029930

Neck pain treatment with PEMF

https://www.ncbi.nlm.nih.gov/pubmed/19445809

The effect of pulsed electromagnetic fields in the treatment of cervical osteoarthritis

https://www.ncbi.nlm.nih.gov/pubmed/15986086

Magnetic therapy of musculoskeletal chronic pain and fibromyalgia

https://www.ncbi.nlm.nih.gov/pmc/articles/PMC2670735

Study of PEMF efficiency for low back pain treatment

http://www.sciencedirect.com/science/article/pii/S2444866416300514

Spine fusion for discogenic low back pain with PEMF

https://www.ncbi.nlm.nih.gov/pubmed/11010056

PEMF treatment of failed back surgery syndrome pain

https://www.ncbi.nlm.nih.gov/pmc/articles/PMC4317147

PEMF therapy in back pain management and musculoskeletal disorders (MSDs)

https://www.ncbi.nlm.nih.gov/pubmed/24564041

Magnets for treatment of radicular pains

https://www.ncbi.nlm.nih.gov/pubmed/17618081

PEMF therapy in management of postoperative pain and edema, treatment of chronic wounds, and in facilitating vasodilatation and angiogenesis after Plastic Surgery

https://www.ncbi.nlm.nih.gov/pubmed/19371845

Pulsed electromagnetic fields (PEMFs) Mats for treatment of long-bone fracture and lumbar and cervical spine fusion surgery with lumbar muscle degeneration

https://www.ncbi.nlm.nih.gov/pubmed/27282093

Pulsed Electromagnetic fields therapy of osteoporosis

https://www.ncbi.nlm.nih.gov/pmc/articles/PMC4482283

PEMF for bones health, nerves, joints and tendons regeneration

https://www.ncbi.nlm.nih.gov/pmc/articles/PMC5365212

https://www.ncbi.nlm.nih.gov/pmc/articles/PMC2936347

https://www.ncbi.nlm.nih.gov/pmc/articles/PMC3556314

https://www.ncbi.nlm.nih.gov/pmc/articles/PMC3192716

https://www.ncbi.nlm.nih.gov/pmc/articles/PMC5043605

Bones, joints stiffness and shoulders treatment with pulsed magnetic fields

https://www.ncbi.nlm.nih.gov/pmc/articles/PMC3791961

Pulsed electromagnetic fields for knee osteoarthritis treatment

https://www.ncbi.nlm.nih.gov/pubmed/26705327

Prostate enlargement (prostate hyperplasia, swollen Prostate Gland) frequent urination and prostatitis treatment with pulsed magnetic therapy

https://www.ncbi.nlm.nih.gov/pmc/articles/PMC4145661

PEMF therapy for pelvic pain and inflammation, menstrual pains relief and dysmenorrhea treatment

https://www.ncbi.nlm.nih.gov/pubmed/7531030

Extremely low frequency electromagnetic fields therapeutic effect in neurodegenerative diseases and multiple sclerosis

https://www.ncbi.nlm.nih.gov/pubmed/28197174

Study of PEMF treatment for some types of cancer

https://www.ncbi.nlm.nih.gov/pmc/articles/PMC5119968

Treatment with low frequency pulsed electromagnetic field (PEMF) for patients with diabetic polyneuropathy and peripheral neuropathy

https://www.ncbi.nlm.nih.gov/pmc/articles/PMC2812751

https://www.ncbi.nlm.nih.gov/pubmed/14635988

https://www.ncbi.nlm.nih.gov/pubmed/23637830

Magnetic fields for regenerative medicine. The cell lends itself to a self-healing process if it receives specific information. Sexual Dysfunction PEMF therapy

https://www.ncbi.nlm.nih.gov/pubmed/28702986

Microcirculatory effects of pulsed electromagnetic field

https://www.ncbi.nlm.nih.gov/pubmed/14656663

Transcranial Low Voltage Pulsed Electromagnetic Fields in Patients with Treatment-Resistant Depression

http://www.biologicalpsychiatryjournal.com/article/S0006-3223(10)00162-9/fulltext

BIO STIMULATION RED LIGHT THERAPY

Also known as LLLT (low level laser or low level light therapy), LILT (low intensity light therapy), photobiostimulation, biostimulation (BIOS), photobiomodulation, photonic stimulation or photorejuvenation

Monochromatic Red Light (light with the same wavelength) and Infrared Light Therapy share the same benefits.

Visible Red Light capable of penetrating the skin to a depth of about 8 to 10 mm is more efficient in these surface areas. Light energy is absorbed and converted into cellular energy, stimulating a whole series of metabolic events and body's natural processes on a cellular level to produce many benefits in the areas of anti-aging, wounds and injuries healing, and the pain relief.

- https://www.ncbi.nlm.nih.gov/pubmed/?term=LLLT+OR+Low+level+laser+therapy+OR+Photobiomodulation+AND+circulation

- https://www.ncbi.nlm.nih.gov/pubmed/?term=LLLT+OR+Low+level+laser+therapy+OR+Photobiomodulation+AND+fibroblasts
- https://www.ncbi.nlm.nih.gov/pubmed/?term=LLLT+ATP+OR+LLLT+reactive+oxygen+species+OR+LLLT+oxidative+stress+OR+Photobiomodulation+ATP+OR+Photobiomodulation+reactive+oxygen+species+OR+Photobiomodulation+oxidative+stress
- https://www.ncbi.nlm.nih.gov/pubmed/?term=LLLT+tissue+granulation
- https://www.ncbi.nlm.nih.gov/pubmed/?term=lllt+inflammation+or+low-level+laser+inflammation+or+photobiomodulation+inflammation

NASA and other scientists studies found in general searches above bring a lot of results about the following Red Light Therapy effects:

- Increased circulation and the formation of new capillaries
- Increased lymph system activity
- Increased production of collagen and fibroblasts
- Increased release of ATP, or raw cellular energy
- Increased phagocytosis, or cellular clean up
- Tissue granulation stimulated
- Nerves regeneration
- Inflammation reduced
- Post stroke recovery
- Anti-aging of skin promotion
- Treatment of acne, rosacea, eczema, psoriasis, cold sores and herpes, cuts, scrapes, burns and bruises

Below are the links to some articles with particular conditions researches.

NASA Light Technology Successfully Reduces Cancer Patients Painful Side Effects from Radiation and Chemotherapy

https://www.nasa.gov/topics/nasalife/features/heals.html

https://www.nasa.gov/centers/marshall/multimedia/photogallery/photos/photogallery/xssi/photo_led.html

https://www.nasa.gov/topics/nasalife/features/heals_photos.html

https://www.nasa.gov/centers/marshall/news/news/releases/2003/03-199.html

https://www.nasa.gov/home/hqnews/2003/nov/HQ_03366_clinical_trials.txt

Influence of the combination of infrared and red laser light on the healing of cutaneous wounds infected by Staphylococcus aureus

https://www.ncbi.nlm.nih.gov/pubmed/21214389

Analysis of the systemic effect of red and infrared laser therapy on wound repair

https://www.ncbi.nlm.nih.gov/pubmed/19708798

Low level light therapy by Red Light LEDs induces angiogenesis and improves ischemic wound healing

https://www.ncbi.nlm.nih.gov/pubmed/2536344

Photobiomodulation therapy promotes neurogenesis by improving post-stroke local microenvironment and stimulating neuroprogenitor cells

https://www.ncbi.nlm.nih.gov/pubmed/29056360

Significant Improvement in Cognition in Mild to Moderately Severe Dementia Cases Treated with Photobiomodulation

https://www.ncbi.nlm.nih.gov/pubmed/28186867

Research of effects of Bio Stimulation Red Light Therapy

https://www.ncbi.nlm.nih.gov/pmc/articles/PMC4126803

Red Light Photobiomodulation in Retinal Injury and Soft tissue Disease

https://www.ncbi.nlm.nih.gov/pubmed/26427443

Red light low level laser therapy against wrinkles

https://www.ncbi.nlm.nih.gov/pubmed/28195844

Low Level Light Therapy with Red Light-Emitting Diodes for Face Anti-Aging and wrinkles elimination

https://www.ncbi.nlm.nih.gov/pubmed/25039464

Red Light Phototherapy in anti-aging for skin rejuvenation

https://www.ncbi.nlm.nih.gov/pubmed/17173579

Acne treatment with Red Light and other monochromatic light LEDs phototherapy

https://www.ncbi.nlm.nih.gov/pubmed/28095551

NEGATIVE ION THERAPY

Negative Ions efficiency for health

http://www.sciencedirect.com/science/article/pii/S1352231004005953

Air Ions for lung health

https://www.ncbi.nlm.nih.gov/pmc/articles/PMC3848581

Effects of negative ions on Asthma and bronchitis patients

https://www.ncbi.nlm.nih.gov/pmc/articles/PMC459615

Depression and low mood treatment with ions

https://www.ncbi.nlm.nih.gov/pubmed/7181816

Acupuncture-like stimulation methods of hot stones effective for many disorders including carpal tunnel syndrome

https://www.ncbi.nlm.nih.gov/pmc/articles/PMC5481834

Anions efficiency in treatment SAD (Seasonal Affective Depression)

https://www.ncbi.nlm.nih.gov/pmc/articles/PMC3598548

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