



HEALTH NEWS™

The World's Leading Source for Information on Natural Health

The Healing Power of Far-Infrared

Vol. 9 No. 3

The gentle heat of Far-Infrared helps detoxify the body, promotes relaxation, and improves circulation.

Far Infrared can help ease the pain and symptoms of problems such as

- * Arthritis
- * Cancer
- * Allergies
- * Stress
- * Injuries
- * Diabetes
- * Muscle Fatigue
- * Poor Circulation

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For More Information

*For more information about
the Far Infrared Dome,
please contact:*

Mara Gerke

Energy Wellness Products

Decatur, Indiana

USA

Office: (260) 724-2425

Toll Free: (800) 728-2425

Email

info@energywellnessproducts.com

Visit our Website

www.EnergyWellnessProducts.com

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HEALTH NEWS International, Inc.
19363 Willamette Drive Suite 131
West Linn, Oregon 97068 • Phone: (800) 597-2585
Email: info@healthnewsweb.com
Website: www.healthnewsweb.com

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Health Benefits

Exceed Doctor's Expectations

Nathan Lipton, M.D., F.A.A.O., is board-certified in ophthalmology. He did his ophthalmology residency at the University of Toronto and has been in practice for 22 years. He currently specializes in LASIK surgery.



Not long after obtaining wonderful benefits from a portable oxygenating massager, I became curious about another portable therapeutic device - a far-infrared dome. I ordered it and found it very pleasant to use by itself or in conjunction with the oxygenating massager. Soon the benefits of the far-infrared dome were surpassing my expectations.

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Around this time my wife developed arthritis in her right hip and big toe. She was seen by a rheumatologist who recommended powerful anti-inflammatories, which might have been very effective, but can also cause harmful side effects.

Rather than go the pharmaceutical route, she began using the far-infrared dome for two 20-minute sessions daily over her hip and her foot. Within one month all her symptoms resolved, which was very impressive to me. With continued use, she remains pain free.

Before long I brought the far-infrared dome and oxygenating massager into my office to use with patients. The main surgery I perform is LASIK laser vision correction and I have found it extremely helpful to place all my patients on both therapeutic devices for 10 minutes before their procedure. I also introduced the far-infrared dome to patients whom I felt could benefit from its use.

One of these was Mr. Neil Hendrikson who reported his experience in the following note:

"Dear Dr. Lipton,

"Thanks for recommending the far-infrared dome. I was in terrible pain, had gone to every doctor, had an MRI...the works. I have bone spurs and two bulging discs in my back. I was bedridden, taking pain pills, and having terrible back spasms.

"I had made an appointment with a pain specialist when I remembered your far-infrared machine. I had one air-freighted to my house. What a miracle! In just seven days, no medicine was needed. My wife even started using the machine for her sciatica with great relief.

"Thank you, Dr. Lipton."

This and other patients' experiences with the far-infrared dome demonstrate to me that far-infrared rays have unique therapeutic properties.

I have had a significant personal experience with far-infrared, as well. Several months ago, I woke up and

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noticed there was a lump about the size of a grape on the right side of my neck. It wasn't there the day before and I felt fine otherwise. What was it? Likely a lymph node, which certainly is a source of concern.

When I got home that evening, I got under the far-infrared unit for two and a half hours. When I finished this treatment, the lump was unchanged. The next morning when I awoke and looked in the mirror, I was amazed to see that the lump had shrunk 80 percent. I only wish I had taken a photograph. After another week of treatment, it disappeared.

As a physician, I am on a mission to help educate other physicians about far-infrared and how this wonderful modality can be used to help their patients remain healthy.

What is Far Infrared?

"Everything in the universe emits and absorbs certain wave energies. If we look at a graphic representation of the electromagnetic spectrum, we see that infrared waves are longer than those in the visible range, falling just below "infra" or visible red light in the spectrum.

Although the wavelengths of far-infrared are too long for our eyes to perceive, we experience the energy as gentle radiant heat."

What's the difference between far-infrared light and other types of light?

"...The vibrational energy of far-infrared light is unlike that of the heat energy we use, for example, in cooking. Think of it as the difference between leaning over a pot of boiling water and standing outside in the sunlight. Steam from boiling water can burn the skin but it doesn't heat internal organs. Sunlight heats us in a profound way, however, because it contains penetrating far-infrared rays as well as

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the full range of energy in the electromagnetic spectrum....
"At the molecular level, FIR [far-infrared] exerts strong rotational and vibrational effects that are either biologically benign or, in certain processes, biologically beneficial. This healing ability stands in contrast to the damaging effects of short wavelengths, such as X-rays or gamma rays. In healthcare, these effects are being harnessed to promote healing."

Is far-infrared light absorbed?

"Far-infrared light penetrates beyond the skin level and is absorbed efficiently by cells below, whereas visible light is mostly bounced off the skin surface.... Far-infrared can penetrate up to about 1-1/2 inches, exciting the vibrational energy of molecules and resonating with cellular frequencies. We can't exactly perceive the deep heating effects of FIR, though, because our body's ability to sense heat is mainly at the skin level. Nonetheless, the effects of FIR rays promote bioprocesses such as increased metabolism and blood circulation, and can raise core body temperature. [Not recommended for use during pregnancy.]

NASA certainly understood some of these effects when it developed FIR materials for radiant heat during space travel. Hospitals have also taken advantage of some of these properties to keep newborn babies warm using FIR materials around incubators."

How would I benefit from a far-infrared dome?

In brief, here is a summary of the mechanisms and benefits of a far-infrared dome unit.

1. The far-infrared dome raises body temperature, which has many benefits:
 - a. It promotes the killing of many pathogenic (disease-causing) bacteria, viruses, fungi, and parasites.
 - b. It modulates the immune system by increasing production of cytokines (special immune cells that play an important role in disease control). The far-infrared dome promotes the production of our

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own (biologically safe) cytokine cells without fear of external contamination and excessive cost.

- c. It coordinates the immune response against mutated cells. (Mutated cells are genetic variants that occur randomly or because of environmental changes, they are usually not favorable to the survival of the person in whom they occur.)
2. The far-infrared dome helps athletes recover faster from athletic trauma. It promotes rebuilding of injured tissue by having a positive effect on the fibroblasts (connective tissue cells necessary for the repair of injury). Furthermore, it increases growth of cells, DNA synthesis, and protein synthesis - all necessary during tissue repair.
3. The far-infrared dome promotes Chinese meridian regulation. Far-infrared excites the vibrational energy of the molecules and resonates with cellular frequencies, thus promoting the proper flow of energy or "chi" throughout the body. This in turn promotes all

bioprocesses: increasing metabolism, blood circulation, and the core body temperature.

4. The far-infrared dome detoxifies the environmentally ill patient. Far-infrared brings about significant detoxification of heavy metals including mercury and other environmental pollutants.

[The preceding summary was based on information from Dr. Nathan Lipton and found in "Warming up to Far-Infrared," by D.J. Fletcher. Fletcher, D.J., "Warming Up to Far-Infrared" Alternative Medicine. January 2001. <http://www.alternativemedicine.com>. April 23, 2002.]

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Reduce Pain & Feel Better

Dr. Richard Brouse is a chiropractic physician, biochemist, certified clinical nutritionist, teacher, author and lecturer on health preservation and disease prevention. Dr. Brouse received his master's degree in biochemistry from Western States College of Colorado in 1970. He received his doctor of chiropractic degree from Western States Chiropractic College of Portland, Oregon, in 1977. Besides his active nutritional practice, he is currently a lecturer and instructor on minor surgery and proctology at Western States Chiropractic College.



Dr. Brouse is a Diplomate of the American Chiropractic Board of Clinical Nutrition and is a Certified Clinical Nutritionist through the International and American Association of Clinical Nutritionists.

My interests lie in the management of stress and the prevention of chronic degenerative disease using natural and alternative methods. In my practice we use various modalities, and one that I find particularly intriguing is the far-infrared dome. The technology has shown itself to be useful for many health conditions.

We've used it on hundreds of people for all types of problems including vascular problems, muscle injury problems, and soft tissue internal problems. We've even used it for people recovering from cancer surgery. In almost every instance, it seems to reduce pain and speed the healing process.

Presently I'm treating a woman with Raynaud's syndrome, an immune-vascular problem where the hands and feet turn purple and the patient is chronically cold.

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We use the far-infrared dome on her abdomen and legs and she experiences improved circulation. With the far-infrared dome, I think there is a definite increase in the healing rate from just about any condition that requires good circulation. We also have a patient who has trouble with kidney stones. We put him on the far-infrared dome for half a day and it significantly reduces the time it takes him to pass a stone.

For patients with hemorrhoids, using the far-infrared dome after treatment seems to diminish their discomfort and actually make them more comfortable. I often recommend the far-infrared dome to people who have difficulty sleeping at night or just for general relaxation. The dome relaxes smooth muscles as well as striated, or skeletal, muscles so that you get a very good physiological effect.

The dome's comforting and warming effect comes from infrared radiation. Infrared radiation has a relatively long wavelength and is on the red end of the spectrum. It will penetrate the skin but it doesn't cause damage to tissue, so we get a warming effect in the tissue without overheating it.

Of course, to have any benefit, you have to use the dome for an appropriate amount of time. The minimum therapeutic time is 15 minutes, but we usually do it for 30 or 60 minutes at a time. We have even had people, like the Raynaud's patient, who'll use it for three hours or more.

There are people who we've recommended that they use it all night for recovering after a surgery. It improves liver function to help in the detoxification of byproducts from anesthesia.

The only people I might not recommend it to are those who have no sensitivity in their extremities because the sense of warmth triggers a neurological reflex that increases circulation. Otherwise, I would say that it is safe and effective in almost every situation. I have a ten-month-old granddaughter who has had three heart surgeries and we've used it with her. She just smiles and relaxes under it.

The only "side effect" I've ever seen from using the far-infrared dome was really more of a benefit. One gentleman who had severe bronchitis complained that it

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made him cough more, but it was a more productive cough. The "adverse" effect of the increased coughing was really because it was clearing his lungs.

I use the far-infrared dome myself and have found relief from back problems. I use it regularly after playing competitive racquetball and it just completely soothes and relaxes the muscles better than most things I've used - and I have used many types of modalities.

For me, and for many of the patients I've used it with, we've been extremely satisfied with the far-infrared dome.

Flu & Sinus Problems Disappear

Jan Hannig • Recently I was driving home from a meeting when I started getting sick. I was feeling nauseous and needed some air. I just wasn't feeling right. By the time I got home, I was feeling so rotten, I was holding my head and couldn't wait to lie down.



I got under the far-infrared dome right away, but not before I got situated with lots of blankets and stuff on the floor so I'd be comfortable. I also had my soda and my crackers and my towel, just in case.

I woke up every hour to turn the machine back on and switch it either to my head or to my stomach. I stayed under that far-infrared dome all night and in the morning I was fine! This reminded me that a year ago, right around the same time, I had a similar experience. One evening I got

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sick in the car very suddenly, and I really got sick that time. I was so disappointed because the next day I was supposed to have a brunch with my brothers and sisters. I did not want to cancel it last-minute, but I didn't want to expose them to any kind of flu bug either. They're all getting up there in age, some of them are in their late seventies, and I didn't want to put them at risk.

When I got home that time, I got under the far-infrared dome and had it over me all night long - moving it from my stomach to my back. When I woke up the next morning, I didn't have a single symptom. I kept my brunch plans because there wasn't a thing wrong with me. I'm so grateful that the far-infrared dome does such a good job of getting rid of the flu bug for me.

Using the far-infrared dome regularly has also helped with my spring and fall allergies. I use it more often during those seasons and it really does help eliminate the symptoms for me. Last fall I remember specifically one day when the pollen count was really high. I got under the dome five or six times that day because I felt good when I was under it.

That was my only bad day last fall, and that's unusual for my seasonal allergies. Because of the far-infrared dome, I hardly have any allergy symptoms.

My husband has also benefited from using the far-infrared dome. He has suffered with sinus problems ever since I've known him.

He never knows when it's going to hit him, but when it does come, he just gets under the far-infrared dome for 15 minutes and it clears up his sinuses. Before long he's feeling better.

My husband and I take a lot of steps to ensure our good health, and the far-infrared dome really completes the circle for us. Of course, you have to keep a good attitude and live right and have balance in your life. But we've found that the far-infrared dome seems to help the body heal itself.

Nowadays, it seems that we have to take our health into our own hands, and I feel the far-infrared dome is the perfect way to do just that.

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I Feel Like A Completely New Person

Jan Heini • My story has to do with the problems that so many of us have to deal with on a daily basis, mainly caused by stress and unexpected catastrophes.

My work as a real estate agent was very demanding and over the years took a severe toll on my health. I suffered from total exhaustion, chronic bursitis in both my shoulders which caused painful arm movement, circulation problems, migraines, and fatigue to the extent that I wanted to fall asleep in the middle of the day. I also experienced constant pain in both my knees and found it very difficult to climb up and down stairs because the pain was so intense at times.



Because my immune system was shot, I was plagued with the flu and colds that often turned into bronchitis, and was off and on antibiotics.

Three and a half years ago, a miracle happened. I was introduced to an incredible healing device at a health conference in Dallas, Texas. I began with using an oxygenating massager and then started using the far-infrared dome.

I used the far-infrared dome over my entire body, mainly at night, starting from my feet and moving up - concentrating mainly on my shoulders and chest area. Sometimes, I would feel relief within two hours and gradually, over a period of time, my symptoms completely disappeared!

Today, I feel like a completely new person. The pain is gone and I have so much more energy. I will continue to share with everyone the importance of having a far-infrared dome in their homes. Daily use of the far-infrared dome is an essential part of maintaining and enjoying a healthy lifestyle.

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Hospice Patient Has More Good Days with Dome

Beverly Terrebonne • My husband, Robert, was diagnosed with lung cancer in May, 2001. The cancer metastasized to his bones and nerves, and he went into hospice care November 6, 2001. When hospice care started coming to the house, Robert was so weak he couldn't even hold a glass.

He was expected to live no longer than two weeks. The family sadly said their good-byes.

A generous friend gave us a far-infrared dome to use indefinitely, for which I am very grateful. I put the dome over Robert's back several times a day, and the pain in his back stopped. The far-infrared dome helped ease the pain in other parts of his body also.

He got to the point where he could hold a glass! He was able to hold a pencil and started playing his word puzzles again. His appetite also significantly improved.

In the beginning, Robert's feet seemed to weigh a ton and he was dragging them on the floor while sitting in his wheelchair. After using the far-infrared dome, he had the strength to pick his feet up off the floor, and could get in and out of his wheelchair by himself! One day he even took a ride in the car with our daughter.

At one point during hospice care, Robert developed bronchitis. I put the far-infrared dome over his chest, and the fever started to break!

Even though the doctors only expected him to live a couple of weeks, Robert survived for almost six months.

With the far-infrared dome, we were given more time than we expected with him, and I'm grateful to know that in his final months, Robert had more good days than bad days.

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A Fabulous, Health Building Tool

Val Derenoski • As a registered nurse and a massage therapist for 13 years, my background has been in the health industry. Over the years, the stresses of life and my profession seemed to catch up with me and I was fighting a constant battle with fatigue.



Then, about two and a half years ago, I received a phone call at my office. The gentleman on the line said that he was a therapist himself and wondered if I would be interested in some alternative types of health therapies.

I decided to try the first therapeutic machine he offered and had some wonderful results. In fact, both my patients and I had such good results with the first machine that I ordered the far-infrared dome sight-unseen!

The difference the far-infrared dome has made in my energy level alone is incredible! Just 15 minutes a day gives me the boost I need to keep going. My doctor had advised me to take short naps in the afternoon, to help with my fatigue, but I had a hard time falling asleep in the middle of the day. With the far-infrared dome I can relax, fall asleep easily, and wake up refreshed and ready to take on the rest of the day. It even helps ease the pain and soreness in my lower back. It's been a fabulous health builder and wellness tool.

I encourage anyone to try the far-infrared dome. When my 94-year-old grandmother started to complain about pain in her legs and soreness in her hip, I asked if she wanted to try my machine. I put the dome over her feet because she complained that her legs were always cold and I noticed discoloration due to poor circulation. It wasn't long before she had a smile on her face and was asking to use the far-infrared dome again, because she's noticed a difference when she walks. The far-infrared dome can help you relax, detoxify and improve your circulation - all of which are essential to good health. I use the far-infrared dome nearly every day and I just can't say enough good things about it.

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Prostate Symptoms Vanish

Kent Murphy • I am 65 years old and have had prostate symptoms for 25 years. The first five or six years I went to a doctor for a rectal exam and he gave me several different prescriptions. Some helped and some didn't.

I found that eating raw pumpkin seeds and cutting out caffeine worked well for me. That is to say, these things seem to keep the inflammation under control, but there were still some symptoms - like going to the bathroom several times a night, weak or no stream pressure, difficulty getting a stream started, or an extreme urge to urinate and having to go a very small amount.

About two months ago, I had my first PSA test as well as a PSA II test. My PSA level was 9.9 and my PSA II was 12 percent. Safe ranges are 0 to 4.5 and 25 percent or higher, respectively. The doctor said that my readings indicated a 36 percent chance that I had prostate cancer. He told me that a biopsy could be done to make sure. I refused the biopsy and said that I was going to step up the use of the far-infrared dome.

Within two weeks I had a return of stream pressure that had been absent for five years. Most of the other symptoms are gone as well. Won't the doctor be surprised when I return to see him in another month?

Even Pets Can Benefit From Far-Infrared

Chandler Mitts • Happy, my white angora fur, four-year-old male canine, was named so due to his unflagging, happy personality. A picture of superb health, Happy's mission was to protect and stay by my side each step I took. Herding horses, riding the farm equipment, riding on the front seat of the vintage buggy, and even being the very first to board the sailboat when I was setting sail... Happy was always full of energy and good health. But during a routine physical in May, Happy's lymph nodes were detected as being quite enlarged. After a lab test, my "lil' soldier" was diagnosed with lymph sarcoma and given only a couple of weeks to live.

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I immediately began researching traditional and alternative vet practices. I also brought on board a famed alternative vet and a leading nutritionist/alternative consultant in conjunction with my local vet. We started Happy on a carefully-chosen holistic diet and supplement regime. After learning that of all the canine cancers, lymph sarcoma was the most responsive to chemo, we also started Happy on low-dose chemotherapy.



The chemotherapy treatments suppressed Happy's immune system, and so my sister introduced me to the far-infrared dome. It has been a lifesaver on many occasions. High fevers, rare diseases, blown-up lymph nodes, infections, soreness, and depression were often combated by utilizing the infrared dome.

To cite just one example, at one point Happy contracted a rare strain of leptospirosis. The far-infrared dome was used often, in 10 to 15 minute segments, causing the lymph nodes to draw the infection. As it continued to pull the infection from within the body, an unbelievable reaction occurred - one of Happy's lymph nodes seemed to explode. Rushing to the vet, I was relieved to learn that the lymph node swelling was a very good occurrence, allowing the infection to drain out and subsiding his extremely high fevers.

With frequent far-infrared dome sessions and following the healthy regime, Happy's blast (immature white blood cell) count went from a 47 to a 1 blast. We appeared to have the blast count in check and Happy was cancer free! All vets agreed that I should continue with the far-infrared regime.

Because of our success with the cancer, I was in shock when in February a massive coronary heart attack took my "lif" soldier" while I was holding him in my arms. I miss Happy more each day, but 10 months of extra time together, and 10 months of a good quality of life, I credit to

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the far-infrared dome. It pulled Happy through repeated crises, despite all odds. Even in his last hours, the far-infrared dome seemed to help him relax and bring about such a peace and tranquility, that I believe that Happy's passing was not as much a struggle as it could have been.

I have such appreciation for having been introduced to this incredible therapeutic device. I have shared the far-infrared dome with friends to help their sick pets through illnesses, or even to pass more peacefully by utilizing the far-infrared dome in their last days and hours.

I want to share with those of you who love your pets as much as I do, that there is a device available that can give your loved pet a lifesaving advantage - the far-infrared dome. I will always use mine on my many canines, felines, and other fur friends.

No Chemo Needed

Lois Winchester • Using the far-infrared dome on a daily basis, I've experienced some unusual benefits.

For several years I'd had residual problems from pneumonia. I had been experiencing frequent bouts of bronchitis, so I was using the far-infrared dome daily for an hour or two. It helped the bronchitis, but that wasn't what surprised me.



One day one of the moles beneath my eyebrow was itching, and as a reflex, I reached up to scratch and found a scab! The next day, scab and all dropped off. Several days later another mole on the other eyebrow dropped off too!

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Then, about a year later, I had an experience that increased my confidence in the far-infrared dome even more. At the time, I was using it and another therapeutic device only periodically - mostly for energy. One day, I went in to the doctor's office for a mammogram and they ended up taking 16 pictures! I immediately became somewhat suspicious, so to be on the safe side, I started using both pieces of equipment on a daily basis. But since I didn't believe I could have cancer, I only used them for about 20 minutes a day. As time went on, I had to return for an ultrasound, then later for an ultrasound biopsy. It was determined that what was there was malignant, but it was very small (1/4 of an inch) and just starting to spread. With the surgery, the doctor checked the lymph nodes and no cancer had spread into them.

I did a lot of research and read everything I could find on the far-infrared dome, and because of what I learned I refused chemotherapy. Later when I went to the radiologist, we both agreed that I wouldn't need to go through radiation treatments because the malignancy had been so small and had not spread into the lymph nodes.

I attribute the cancer's inability to spread to using the far-infrared dome. By this time I was sold on my regimen of using the far-infrared dome and the other therapeutic device for arresting what could have been a much larger cancer.

Now, more than a year and half later I remain cancer-free! Today, I use the far-infrared dome regularly as part of my "insurance" against health problems - big or small.

No More Allergies or Asthma Medication

Curtis Gordon • I am 19 years old and have suffered from asthma and allergies most of my life.

A few weeks ago I had a bad cold, with a 102-degree fever, and was having to take nebulizer treatments every four hours or sooner. The first night we had our far-infrared dome, my nose was plugged up, my lungs were tightening, and I was feeling like I needed to take another treatment, but I laid under the far-infrared dome instead.

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One and a half or two hours later, when I got up, I could breath deeply and my nose was opened up!

Because of my asthma and allergies, in previous years I haven't even been able to mow the lawn. (One year, mowing the lawn landed me in the hospital for a few days.) But with the far-infrared dome, it's a different story.

Yesterday I was running a thatcher on the yard and the wind blew grass clippings all over me. Something like this normally would have made me start sneezing and by evening I would have had an asthma attack. It was a warm, muggy day and after using the dome, nearly 24 hours later, I haven't had an attack and my nose is no worse than usual - and that's amazing. With the far-infrared dome, I no longer have to take any of my asthma medicine.

If the information in this ebook has interested you and you would like to receive more information on how to obtain **The Far-Infrared Dome,**

Visit us Online at
www.energywellnessproducts.com
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800-728-2425