

Clinical Study on the HotHouse

CLINICAL TREATMENTS WITH THE *FIR DOME*

Of 150 patients given clinical treatment for sciatica, trifacial neuralgia, articular rheumatism, and stiffness in the shoulders, 70 percent experienced improvement or complete relief. Very good results were achieved and pain was relieved in cases of shoulder stiffness, bursitis, and lumbago after as few as one or two treatments. Speed of effectiveness and range of applicability are much better than for other heat therapies.

Condition	Area to Treat with Radiant Heat	Treatment Duration (Minutes)	No. of Treatments	Remarks
Aches and Pain (Muscular)	Locally and along the nerves toward the vertebra.	30 to 40	3 to 10	Soft tissue pain, such as in muscles, tendons, and ligaments can have many causes. The symptoms can also be varied: tenderness, referred pain, muscle spasm, stiffness, and painful cramping. Heat treatment is appropriate.
Arthritis	Locally, in the vicinity of the joint.	30 to 40	3 to 10	Use medium or low dosage for acute arthritis to reduce pain and swelling. With repeated treatments, the pain will go away.
Bed Wetting	Along the 12 th thoracic vertebrae to the 3 rd lumbar vertebrae, the lower abdomen near the bladder and the perineal area.	30 to 40	3 to 10	Apply occasionally to the inner thighs.
Bronchitis (Chronic)	Locally (from neck to chest)	30 to 40	5 to 20	In general, use radiant therapy to encourage the discharge of phlegm from the bronchi.
Edema of Joints	Locally	20 to 30	3 to 12	Some get relief of edema of the knee in as few as 3 to 4 treatments.
Frost Bite Chilblains	Locally	10 to 20	3 to 12	Far Infrared radiation markedly improves blood circulation and results are achieved without resort to medication due to enhanced circulation and metabolism.
Headache (Temporal)	Locally	20 to 30	1 to 6	Apply a little radiant heat in conjunction with relaxation therapy.
Inflammations of Shoulder Area	Locally, toward the lower cervical vertebra and on the stellate ganglion.	20 to 40	10 to 20	The effects of treatment on this malady are particularly striking. Both pain from motion and pain at rest go away as treatments continue. Subjective symptoms abate and the X-ray picture improves.
Itching	Locally	20 to 40	5 to 10	When used for itching of the female genitalia (rashes, etc.) it should be used the same way radiant heat treatment is used in dermatology.

Lumbago	Along the spine from the 3 rd lumbar vertebra to the 1 st coccygeal vertebra and the spinous process.	20 to 40	2 to 10	Muscular pain due to overexertion will be relieved by treatment. But with degenerative bone and nerve pathologies, a combination of therapies should be used. For severe pain, use a corset.
Neuralgia (Intercostal)	Along the ribs and vertebra.	20 to 30	5 to 10	Intercostal nerves run near the surface, so local heat treatment works well. Effectiveness is judged by diminished tenderness in the area of the nerves. Irradiate the spinous process from time to time.
Neuralgia (Post Herpetic)	Along the vertebra and the nerves serving the afflicted areas.	20 to 30	3 to 10	Herpes occurs in areas that control sensory nerves. Eliminate the herpes and in many cases the neuralgia will be cured.
Neuralgia (Trifacial)	Locally	20 to 30	10 to 15	When the cause is known, treat the cause. Radiant therapy is effective for idiopathic problems. Treat locally as well as the locus of pronounced tenderness. For hypersensitivity, reduce the dosage.
Rheumatism	Locally and along the nerves to vertebra.	20 to 30	10 to 20	Causes expansion of local blood vessels, increases circulation and so increases metabolism and reduces pain and inflammation, whether for muscular rheumatism, or lumbago.
Rheumatism (Muscular)	Locally, along the nerves toward the vertebra.	30 to 40	10 to 20	Appropriate for fascia in non-articular rheumatism. The objective of the treatment is pain relief and muscle relaxation.
Sciatica	Along the nerves toward the 3 rd lumbar vertebra thru the 1 st sacral vertebra, along the ischium.	20 to 40	5 to 20	Irradiate along the sciatic nerve for 5 or 10 minutes and then finish by illuminating the lumbosacral plexus for a short duration.
Sprain	Locally	5 to 15	5 to 15	Use low radiation while swelling is severe and after the tenderness subsides, apply moderate heat to the joint and surrounding areas.
Tendinitis	Locally	5 to 10	5 to 20	Inflammation of the tendon sheath is categorized as being either acute or chronic. Suppurative tenosynovitis should be treated surgically promptly. Depending on the cause, radiant heat is useful in lessening the pain of chronic tenosynovitis.
Upper Arm and Shoulder Pain	Locally and along the nerves toward the vertebra.	20 to 30	3 to 10	Degenerative diseases associated with aging, such as shoulder stiffness and scapulohumeral periarthritic syndrome, are improved and pain lessened through a combination of heat therapy and exercise.