



“ARTOF AWARENESS LIVING” 108 CIRCULAR SERIES. CIRCULATE DAILY- MULTIPLY NEW FRIENDS

AWARENESS TIPS ON HEALTHY STEAM BATH.

Wealth is in health. Health is in awareness. Who is a seeker of awareness, he knows that there are number of Costless therapy's to keep oneself ever hale and healthy. Among such therapy's "STEAM BATH THERAPY" is one therapy which works as wonderful drugless home remedy for so many diseases. It saves money, time strain, consuming various drugs and later suffering with their various side effects etc. Now let us see how steam bath therapy works effectively in curing varies diseases.

Stem bath will help extremely for the patients who are suffering with varies breathing problems like bronchitis, asthma etc.

It cleans the skin and gives attractive glow. It t helps to pump out so many harmful body toxins.

After steam bath you feel as if your body got a total energy recharge, as well as a new freshness and activeness

Steam bath helps to cure all sort of lungs related problems very effectively. It helps in easily pumping out allergens as well as mucus and helps in making very free and smooth breathing convenient Steam bath Steam bath gives great relief for those who are suffering with severe cold, chronic cold, cold and cough etc for the time being and helps to cure them on daily repetitions.

Steam bath cleans the skin better than the normal bath by using soaps and lotions. Skin will become extremely clean with steam bath. It will help to open skin pores so as to help to push out dirt in deep as well as toxins. At the same time skin's dead cells also will be removed simultaneously.

Because of heat generated through the steam bath all sorts of pains related to body muscles will vanish at once.

If any wounded part is there in the body ,steam bath that pain will be reduced steadily.

People who could not get sound sleep during nights ,if they take steam bath in the evenings, after returning from their work, they get undisturbed sound sleep

For senior citizens who suffer with severe joint pain, people who suffer with back pain shoulder pain, legs pain etc, muscular pains steam bath will give great pain relief instantly.

For sinus suffering patients, no doubt that steam bath gives instant good relief.

Steam bath helps to enhance enormously your total body's immune system so as to protect your body from all diseases.

It prevents from ugly face attackers pimples and acnes

Because of steam bath lymph system in the body will be detoxicated.

Because of heat in the steam healing process starts in the body and increases body atom's energy levels.

Various types of viruses, tumors, body's toxins etc. can not withstand any temperature. Because of body exposure to high heat the elimination process of them will start.

For people who always stay in air conditioned rooms, people who never downy sort of little exercise at least till the body minimum sweats, for such people steam bath is a boom ,which gifts them good health like who do regularly exercise.

It is proved beyond any doubt that steam bath surely prevents exima, athlete foot, black heads etc

Patients with severs arthritis joints pain,who take pain killers for relief ,if they take steam bath regularly, they get great relief steadily with steam bath itself.

Steam bath is a boon to senior citizens, people with weak bodies or with body weakness, regular tiredness experiencing persons. By taking steam bath the cause of bodily weakness lactic acid will be pushed out of the body's weakness will vanish.

Steam bath will reduce varies inconveniences, pains, irritabilities etc appear in ladies during menopause.

Steam bath gives great relief to ladies for various pains and inconveniences suffered during menses periods.

Steam bath helps to pump out harmful metals like copper, mercury ,lead,zinketc through sweat.

Regular steam bath will help steadily cholesterol levels in the blood.

When kidneys are not in a position to pump urine smoothly, if you take steam bath ,it will drastically reduce the kidneys burden and gives great relief.

Nowadays because of speedily changing life styles ,lack of exercise, sedentary life systems not only senior citizens, even youth as well as school going children are suffering with over weight and obesity. For such

over weight people steam bath is a boon. By everyday taking steam bath steadily one can reduce his body weight.

It is also proved beyond doubt that steam bath will improve all-round physical as well as mental health.

People who regularly do heavy exercise ,if they take steam bath after exercise they will get great relief and feel obsolete freshness.

People who work hard the entire day, people who do bodily hard work throughout the day ,people who returned from long journey ,if they take steam bath ,the relief what they get is unexplainable.

GUIDELINESFOR STEAM BATH: During steam bath dehydration takes place in the body, so take lots of water before going for steam bath. Take steam bath not more than 15 minutes at a time.

WARNING: Steam bath is strictly prohibited for those suffering with heart diseases, fever, small children, Old People and very particularly pregnant women etc.

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