

How Formostar Works

The core temperature of our body is 37 degrees Celsius and constantly reduces toward the outside. Consequently, the outer areas of the body tend to be around 10 degrees Celsius colder and this is where excess fat is typically deposited.

In order to achieve body toning, it is necessary to undergo sustained cardiovascular exercise for a minimum of 30 minutes, 3 to 4 times per week. During exercise, the body temperature rises and sweat is generated as the body attempts to cool itself. At the same time, the heart works harder pumping blood at a greater rate to boost circulation. Heart rate, cardiac output and metabolic rate increase, while diastolic blood pressure drops, improving overall cardiovascular fitness and burning off fat deposits.

Guyton's Textbook of Medical Physiology reports that one gram of sweat requires 0.586 kcal. The JAMA citation above goes on to state that " A moderately conditioned person can easily sweat off 500 grams in a traditional sauna, consuming nearly 300 kcal-the equivalent of running two to three miles. A heat conditioned person can easily sweat off 600 to 800 kcal with no adverse effects. While the weight of water lost can be regained by rehydration, the calories consumed will not be."

The implications are that Far Infrared heat applied directly to the body via the silicon bandages will allow between 970-1460 kcal to be sweated off in a 50 minute session.