

# **infrared correlation table**

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## **Do infrared saunas have any health benefits? - Mayo Clinic**

An infrared sauna is a type of sauna that uses light to make heat. This type of sauna is sometimes called a far-infrared sauna. "Far" describes where the infrared waves fall on the light spectrum. A regular sauna uses heat to warm the air, which in turn warms your body. An infrared sauna heats your body directly without warming the air around you.

## **Hemorrhoids - Diagnosis and treatment - Mayo Clinic**

Coagulation. Coagulation techniques use laser or infrared light or heat. They cause small, bleeding internal hemorrhoids to harden and shrivel. Coagulation has few side effects and usually causes little discomfort. Surgical procedures Only a small percentage of people with hemorrhoids need surgery to remove them.

## **Thermometers: Understand the options - Mayo Clinic**

Thermometers come in a variety of styles. Find out the pros and cons of different types of thermometers.

## **Peripheral neuropathy - Symptoms and causes - Mayo Clinic**

The peripheral nervous system sends information from the brain and spinal cord, also called the central nervous system, to the rest of the body through motor nerves. The peripheral nerves also send sensory information to the central nervous system through sensory nerves. Peripheral neuropathy can result from traumatic injuries, infections, metabolic problems, inherited causes and exposure to ...

## **¿Ofrecen los saunas infrarrojos algún beneficio para la salud?**

FAQ-20057954 Estilo de vida saludable Salud de los consumidores Responden los expertos Do infrared saunas have any health benefits

## **FAQ-20057954 - Mayo Clinic**

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## **How to take your temperature - Mayo Clinic**

A digital ear thermometer uses an infrared ray to measure the temperature inside the ear canal. Turn on the digital thermometer. Gently place it in your ear canal no further than indicated by the

instructions that came with the device. Hold the thermometer tightly in place until you hear the thermometer beep indicating it's done. Remove the thermometer and read the number.

## **Seasonal affective disorder treatment: Choosing a light box**

Seasonal affective disorder (SAD) is a type of depression that typically occurs each year during fall and winter. Use of a light box can offer relief. But for some people, light therapy may be more effective when combined with another SAD treatment, such as an antidepressant or psychotherapy, also called talk therapy.

## **Appointments at Mayo Clinic**

Information on making an appointment at Mayo Clinic, including online and telephone options.

## **Thermometer basics: Taking your child's temperature**

These thermometers use an infrared scanner to measure the temperature inside the ear canal. Keep in mind that earwax or a small, curved ear canal can interfere with the accuracy of an ear thermometer temperature.