

## The Benefits of Far Infrared Sauna on:

### WEIGHT LOSS

#### **Burn Calories in a 30 Minute Far Infrared Sauna Session!**

"Saunas are an important aid to weight loss and thyroid repair because as you lose weight, fat tissue releases stored toxins such as PCBs and pesticides." -Dr. Mark Hyman, author of NY Times best selling book "Ultrametabolism"

**Studies have shown a 30 minute far infrared sauna session can burn up to 200-600 calories .** As the body works to cool itself while using a far infrared sauna, there is a substantial increase in heart rate, cardiac output and metabolic rate. Blood flow during whole body hyperthermia is reported to rise from a normal 5-7 quarts per minute to as much as 13 quarts per minute. *Journal of the American Medical Association, August 1981*

### DETOX

#### **Sweating is the body's safe and natural way to heal, stay healthy, and detox**

Sweat carries toxins out of the body and pushes it through the pores.

Sweating helps the body release heat and keeps your internal core temperature as consistent as needed.

The average person has 2.6 million sweat glands. Sweat glands are distributed over the majority of the human body. Skin is the largest organ in the body and it plays a significant part in the detox process.

**Detox** from a Far Infrared Sauna is 7 to 10 times greater than a conventional sauna because it operates more effectively at temperatures 60 to 80 degrees lower than conventional saunas.

The average person sweats out 20% toxins and 80% water! In a conventional sauna the average person sweats out 3% toxins and 97% water.

*Far-Infrared Technologies that Harness the Sun, Valerie Free writes "The most*

*important breakthrough today for detox and health is to do daily far infrared saunas. Heat therapy is probably the most important avenue for **detox** for abundant health today."*

-David Steinman, Publisher of *Healthy Living* and author of "Safe Trip to Eden: Ten Steps to Save the Planet Earth from the Global Warming Meltdown" and "Diet for a Poisoned Planet - the 21 st Century Edition"

**What is Detox? Detox** can be used as a tool to help relieve symptoms AND as a preventative tool to increase overall health, vitality, and resistance to disease.

**Detox** is a widely used treatment and concept in alternative medicine. The leading **detox** principle is that illnesses can be caused by the build-up of toxic substances - or toxins - in the body.

### Why Detoxify?

Detox can be helpful for people suffering from diseases and conditions, including:

- Allergies
- Depression
- Low blood sugar
- Anxiety
- Headaches
- Digestive disorders
- Arthritis
- Heart disease
- Mental illness
- Asthma
- High cholesterol
- Obesity
- Chronic infections

**Detox** therapy is also useful for those suffering from immune system problems that including chronic fatigue syndrome, environmental illness/multiple chemical sensitivity, and fibromyalgia. The United States Centers for Disease Control estimate that over 80% of all illnesses have environmental and lifestyle causes.

Therefore, **detox** has also become a prominent treatment as people have become more aware of environmental pollution.

For example, it is estimated that one in every four Americans suffers from some level of heavy metal poisoning, including mercury, lead, cadmium and aluminum.

Toxins in the body also include chemical pollutants such as pesticides, DDT, PCB (polychlorinated biphenyls) and food additives. Drugs and alcohol also have toxic effects in the body. Source: *Sweat It All Out; How Stuff Works*; Zane R. Gard, MD & Erma J. Brown, BSN, PhN TlfDP, October 1992

## **PAIN RELIEF**

### **Far Infrared Sauna Heat Therapy for Pain Relief**

New clinical research on pain offers evidence to establish a novel class of pain "heat responsive pain" or HRP, which encompasses several common pain conditions that can be treated with the use of heat therapy. Researchers studying HRP have observed remarkable therapeutic benefits by using continuous low level heat therapy for treating lower back, upper body and menstrual pain, all conditions that fall under the new HRP classification.

"For centuries healthcare providers have used topical heat to relieve minor aches and pains, but today we are just beginning to understand the full range of therapeutic benefits that heat offers," said pain expert Peter Vicente, Ph.D., past president of the American Pain Society and Clinical Health Psychologist, Riverhills Healthcare, Cincinnati, OH. "Through new clinical

research, we have found that heat activates complex neurological, vascular and metabolic mechanisms to mediate the transmission of pain signals and effectively provide relief for a variety of pain conditions."

## **Rheumatoid Arthritis**

A case study reported in Sweden involved a 70 year-old man who had rheumatoid arthritis secondary to acute rheumatic fever. He had reached his toxic limit of gold injections and his erythrocyte sedimentation rate (ESR) was still 125. After using a far infrared sauna for less than five months, his ESR was down to 11. A rheumatologist worked with a 14 year-old Swedish girl who had difficulty walking downstairs due to knee pain from the age of eight. This therapist told her mother the girl would be in a wheelchair within two years if she did not begin gold corticosteroid therapy. After three far infrared sauna treatments, she began to become more agile and subsequently took up folk dancing without the aid of conventional approaches. A clinical study in Japan reported a successful solution for seven out of seven cases of rheumatoid arthritis treated with whole body far infrared sauna therapy.

## **LOWER BLOOD PRESSURE**

### **Be Heart Smart with a Far Infrared Sauna**

Solocarbon heaters were used in a clinical study with the University of Missouri Kansas City in 2005 and were shown to lower blood pressure from a 30 minute **infrared sauna** session three times a week.

Repeated far infrared sauna treatment improves impaired blood vessel functions in patients with high blood pressure, diabetes and high cholesterol. This suggests a preventative role for infrared sauna use for arteriosclerosis.

## IMPROVED CIRCULATION

Heating of muscles with **far infrared** produces an increased blood flow level similar to that seen during exercise. Body temperature elevation also produces an increase in blood flow.

**Infrared heat** assists in resolution of inflammatory infiltrates, edema and exudates. The increased peripheral circulation provides the transport needed to help evacuate the edema which can help end inflammation, decrease pain and help speed healing.

**Infrared sauna** benefits are tremendous. Do you frequently feel the effects of chronic fatigue syndrome or Fibromyalgia? Treatment and therapy for these symptoms can incorporate Far **infrared saunas** and their powerful effects.

## SKIN PURIFICATION

### Improve your skin's appearance

Open wounds heal quicker with reduced scarring

Help acne, eczema, psoriasis, burns and any skin lesions or cuts

Helps to reduce wrinkles and make skin look radiant

Firms and improves skin tone and elasticity

May help reduce cellulite trapped beneath the skin

Scars may become less visible

Burns and incisions may heal significantly

Infrared light is part of the sun's invisible spectrum. One of far infrared light's characteristics is the ability to easily penetrate human tissue. When this

happens, it creates a natural resonance, which has many beneficial properties.

Remember the last time you were sunbathing with sunscreen? Were you still hot? Of course you were because the sunscreen only stops the ultraviolet (UV) light from hitting your skin. The far infrared heat penetrates your skin, giving you that wonderful natural warmth.

## RELAXATION

### Relax with Therapeutic Far Infrared Saunas

Sunlight Saunas delivers the ultimate experience in relaxation. With the most therapeutic far infrared heat found in Solocarbon heating technology, our saunas are guaranteed to help you relax in comfort with an invigorating deep tissue sweat that will have you feeling mesmerized with each sauna session!

Relaxation is more important to your health than most people realize. According to *New York Times* best-selling author and fitness expert Jorge Cruise – and many other health professionals, the more stressed you are, the more cortisol your body will produce. Cortisol is a “fight or flight” hormone made in the adrenal glands that raises heart rate, blood pressure, and encourages the deposit of any excess calories into the midsection.

Scientific evidence shows that far infrared therapy helps the body maintain healthy levels of cortisol. While cortisol levels stay the same or rise slightly during a sauna session, they drop afterwards.