

Benefits of Infrared Sauna

Infrared saunas are an effective tool for natural healing and prevention. Infrared light has the ability to penetrate human tissue which in turn produces a host of anti-aging health benefits, making infrared saunas one of the “hottest” home therapies for overall healthier living. If you want to get yourself back into balance, an infrared sauna may be the ticket to achieving your wellness goals.

Detoxification

Sweating is the body's safe and natural way to heal & stay healthy. Far infrared sauna benefits the body by heating it directly causing a rise in core temperature resulting in a deep, detoxifying sweat at the cellular level, where toxins reside.

Weight Loss

An infrared sauna is an unsurpassed expeller of toxins, so it is an excellent way to get rid of any fat our bodies are utilizing to dilute toxins we are storing. Our bodies use fat to dilute toxins. If we remove toxins, we don't need the fat to harbor it.

Relaxation

Unlike traditional saunas which operate at extremely harsh temperatures, infrared is a gentle, soothing and therapeutic heat that promotes relaxation and improved sleep. Infrared sauna benefits include therapy that helps you relax while receiving an invigorating deep tissue sweat, leaving you fully refreshed after each session.

Lower Blood Pressure

Infrared saunas induce a deep sweat to make the heart pump faster, which in turn increases blood flow, lowers blood pressure and helps circulation. Scientific evidence shows that using a using an infrared sauna a couple times a week lowers blood pressure.

Anti-Aging & Skin Purification

The near infrared wavelength (sometimes referred to as Red Light Therapy) is the most effective wavelength for healing the epidermis and dermis layers of the skin. Infrared sauna treatments stimulate collagen production to reduce wrinkles and improve overall skin tone.

Cell Health

Near infrared therapy stimulates the circulatory system and more fully oxygenate the body's cells. Better blood circulation means more toxins flow from the cellular level to the skin's surface to improve cell health, aid in muscle recovery and strengthen the immune system.

NOTE: Creighton University Medical School's AltMed website explains that individuals with a history of multiple sclerosis, hemophilia, hyperthyroidism, systemic lupus erythematosus or adrenal suppression should not use an infrared sauna. Furthermore, those who are pregnant, nursing or experiencing their menstrual flow should not use a sauna. Those with artificial joints, metal pins and silicone implants should also avoid using these machines. The effects of some prescription drugs may be altered due to the high heat in a sauna.

How Infrared Sauna Works to Heal

Heating treatments for health benefit have been recognized throughout history. Quite simply, hyperthermia is used as a healing technique. Ancient healers were aware that a slight fever was a potent healing tool against various illnesses. Greek physicians elevated body temperatures to strengthen the body's immunity against infection. (1-2):106-9. 24.

Many health care professionals realize that a safe, induced fever can have extraordinary healing results. Slightly raising body temperature produces a natural biological defense and healing action of the immune system to rid the body of destructive pathogens...in effect, to literally burn out foreign or invading microorganisms. 2(6):438-46. 2.

Today, many holistic and alternative health clinics use infrared sauna therapy to generate fevers, which effectively treat infections such as acute bronchitis and pneumonia, arthritic conditions like carpal tunnel syndrome and fibromyalgia, and even more severe diseases such as cancer and HIV. 1. Also (3)”237-69. 20.

So, What Is Far Infrared Anyway?

Far Infrared light/heat is generated by the sun. It is a bandwidth of invisible sunlight. Even though this bandwidth of light is not detectable to our eyes, our bodies feel the warming sensation. It is like sitting in a car on a chilly day and feeling the sunlight warm your body as it comes through the car windows.

In fact, you can experience Far Infrared Sauna heat for hours and it will never damage your skin or harm your body. No oils or lotions are needed.

Far Infrared energy heats your body by direct, molecular excitation, without heating the air. **Far Infrared light rays penetrate your body’s tissue much deeper than near infrared rays do.** As your body absorbs Far Infrared heat waves, it encourages the transfer of water across cellular membranes.

Once the cellular membranes are hydrated, your blood flow is enhanced, which produces an assortment of biologically beneficial body healing functions. The **most notable characteristic of Far Infrared heat** is its **exceptional ability to penetrate far below superficial skin layers.**

When this phenomenon occurs, it **creates a natural harmonic resonance within your body at the cellular level, which has numerous advantageous properties. * (Resonant Absorption)***

Infrared energy is measured in wavelengths as microns, and the human body can best absorb infrared energy in the 3- to 50-micron range—with the best absorption occurring at 9.4 microns (the same wavelenth as the human body at rest). These infrared wavelengths penetrate deep into

the body where they gently elevate the body's core temperature and assist in expanding capillaries, which stimulates blood circulation and delivers healing oxygen.

By using an infrared sauna to elevate the sub-surface tissue temperature, a series of physical and chemical changes occur within the body that are most beneficial for human health.

Far Infrared Saunas: Superior Healing Power

For the most part, the general public's early knowledge with Far Infrared was limited to the use of infrared heat lamps which generate radiant heat. By the late 1960's, The National Aeronautics and Space Administration (NASA) ascertained that by conducting electricity through a select number of mineral oxides, they were capable of producing FIR (**Far Infrared Radiant**) waves.

Following the use of different types of FIR products in the space program, The National Aeronautics and Space Administration made no further advancements using this technology.

The Japanese forged ahead and developed over 150 products that required patents involving Far Infrared technology. Some of these include: FIR ovens that would replace microwaves, FIR panels for incubators in maternity wards, FIR wave-generating ceramics, and of course, Far Infrared saunas.

In the course of the last 35 years, both Chinese and Japanese researchers and clinicians have performed widespread research on infrared treatments and have testified to their abundant benefits.

Dr. Tsu-Tsair Oliver Chi adds to the understanding of the healing power of Far Infrared with his discussion of **Resonant Absorption**: "These rays are selectively absorbed by the tissues. The production of infrared energy that occurs within our tissues is associated with a variety of healing responses. After boosting a tissue's absorption level to maximum, healing responses are optimized. This phenomenon is called **Resonant Absorption.**"

The reason Infrared saunas are so unique is that they use radiant energy to directly penetrate the body's tissues to a depth of over 2.5 inches, in different parts of the body.

The light energy output of an infrared sauna can be tuned to correspond so closely to the body's own radiant energy so that our bodies absorb close to 93% of the infrared waves that reach our skin.

Less than 20% of the infrared energy heats the air, leaving over 80% available to be directly converted to heat within our bodies. Therefore, an Infrared Sauna can warm its user to a **much greater depth** and much **more effectively than a conventional sauna**. This important difference explains many of the unparalleled benefits reported to be available through an Infrared Sauna System that are **not achievable through the use of a standard sauna**.

Far Infrared saunas produce up to 2-3 times the sweat volume of a hot-air sauna, while working at a considerably cooler air temperature range of 110 degrees to 135 degrees F versus 170 degrees to 215 degrees F for hot-air/ convection heat saunas. (6) 749-59. 22.

The **lower sauna cabin air temperature is ideal** for people who may be apprehensive about cardiovascular risk factors that might be adversely affected by the higher cabin air temperature encountered in traditional hot-air/ convection heat saunas.

A Broad Spectrum of Benefits

A healthy sweat permits your skin to eradicate body wastes through perspiration. It increases the detoxification capabilities of your skin and takes advantage of the skin's ability to regulate its protective mantle and pH.

However, the benefits of infrared sauna therapy extend far beyond a simple sweat. Far Infrared light infiltrates beyond superficial skin layers and is absorbed by cells and tissues below, which has proven beneficial for numerous health concerns.

Near infrared is mostly absorbed at the skin level and raises the skin temperature. 3.

Far Infrared waves can penetrate the body up to two inches+, and does not raise the surface skin temperature. Far Infrared energy excites the vibrational energy of molecules and resonates with cellular frequencies. We cannot exactly perceive the deep heating effects of FIR, as our body's capacity to sense heat is chiefly at the skin level.

The effects of FIR rays encourage bioprocesses such as **increased metabolism, blood circulation, immune system response, and core body temperature elevation.** 2(6): 438-46. 2.

Infrared saunas encourage microcirculation, therefore **supplying more healing oxygen to injured tissues in cartilage, joints and musculoskeletal tissues.**

Inflammation subsequently subsides. When the inflammation diminishes, not only does the occurrence of chronic degenerative diseases decrease, but **overall health, energy, and well-being is elevated to a new plateau.** There has even been outstanding improvement in cases of insomnia and sleep apnea as well.

Often times, **chronic diseases are associated with the accumulation of toxic metals and petrochemicals that are located in fat cells and neighboring connective tissue.** These toxins decrease the cell's ability to take delivery of oxygen and key nutrients that are contained in the bloodstream.

Toxins and heavy metals inhibit the pulsating energy of these cells and tissue, and deter the purging of toxic metabolic waste. As the toxins slowly build up and accumulate, the **total toxic load in your body overpowers the immune system,** as well as vital bioprocesses.

Toxic overload in our bodies is responsible for various detrimental chemical changes that will virtually guarantee **an array of chronic diseases** that puzzle the majority of the medical profession.

Far infrared sauna therapy offers a broad range of genuine health benefits aimed at increasing your overall wellness. FIR saunas dilate blood vessels to generate flushing, which mobilizes your blood supply. Infrared sauna therapy is extremely effective in the **elimination of**

toxic heavy metals, such as lead, mercury, cadmium, arsenic, and aluminum via profuse sweating. (5) 133-8. 5. (5)93-5. 8.

Far Infrared sauna therapy produces an overall youthfulness of skin from increased microcirculation, blood flow, pore cleansing and rejuvenated elasticin-collagen tissues. It is an effective tool in addressing various skin disorders such as acne, rosacea, cellulite, eczema, varicose veins and keloid scar tissue. 31.

The deep heating and detoxification properties of a Far Infrared sauna have proven **extremely effective in the treatment** of debilitating and chronic diseases such as **Chronic Fatigue Syndrome (CFS), Fibromyalgia, Osteoarthritis, Rheumatoid arthritis, Heart Disease.**

Why Would A Physician Recommend Far Infrared Sauna Therapy?

A number of doctors recommend infrared sauna therapy for improving the skin, while **others will even use it in cancer management. Numerous alternative cancer centers are employing Far Infrared saunas as part of their detoxification and chemo/ radiation protocols.**

If you have cardiovascular health problems, you will be interested in knowing that an article in the **Journal of the American College of Cardiology demonstrated that using a sauna on a regular basis improves vascular, endothelial, and cardiac function in patients with congestive heart failure.** (9): 652-7. 18.

Far Infrared sauna therapy additionally **diminished systolic blood pressure** in patients. A Japanese study of 20 men with at least one risk factor for heart disease assessed the effects of a short 15-minute stay in a 140 degree F sauna every other day for two weeks. Another study done at the Department of Rehabilitation and Physical Medicine, Kagoshima University, Japan, demonstrated the hemodynamic benefits of a sauna in relation to Congestive Heart Failure. (35): 1016-20. 16.

Doctors have found that many **heavy metals and chemicals are bound in subcutaneous fat**, and sweating is a critical way to rid the body of toxins. Heat therapy in the form of Far Infrared

has been cited in many medical journals and studies, and **employed by well-known medical centers such as the Mayo Clinic.**

In addition, some mental hospitals use infrared saunas in their rehabilitation programs to soothe patients.

According to the medical community, sweating is as essential to our health as eating and breathing.

Regular profuse sweating achieves three critical results:

- * rids the body of toxic chemical wastes,
- * re-establishes proper metabolic balance and regulates the critical temperature of the body at 98.6 degrees
- * fights infections while strengthening immune system.

According to medical statistics, **most people, in this sedentary age, simply don't sweat enough**, making infrared saunas particularly desirable in today's hectic lifestyle.

Antiperspirants, artificial environments, smog, synthetic clothing, and a physically idle lifestyle all plot to clog skin pores and hinder the healthy flow of sweat. **These detrimental effects are reversed in an infrared sauna.**

Detoxification:

(List of Toxins Eliminated through regular FIR Sauna Therapy)

- Pesticide & Insecticide Residues
- Prescription & Recreational Drugs
- Dioxins

- Alcohol
- Nicotine
- Formaldehydes
- Hair Dyes, Cosmetics & Deodorants
- Petrochemicals: Xenobiotics & Xenoestrogens
- Heavy Metals: Iron, Copper, Mercury, Lead, Aluminum, Cadmium
- Nitrites
- Radon
- Gasoline
- Chlorinated Water
- Perchlorate
- Industrial Chemicals
- Phthalates Musculoskeletal

Improvements Noted For:

- Muscle Spasms are reduced or eliminated
- Traumatic Arthritis
- Adhesions
- Tight Shoulders

- Bursitis
- Joint Stiffness
- Low Back Pain
- Compression Fractures
- Shoulder Pain
- Muscle Tension
- Arthritis, Gout, Rheumatoid Arthritis, DJD
- Post Exercise Muscle Pain
- Sciatica
- Facial Paralysis Ear, Nose & Throat:
- Nettle Rash
- Chronic middle-ear inflammation of infection
- Sore Throats
- Tinnitus (ringing of the ears)
- Nose Bleeds Skin Conditions
- Improved Skin Conditions
- Infrared Therapy is utilized routinely in burn units throughout Asia
- Nettle Rash Improved

- Clogged Pores and Blackheads
- Poor Skin Tone
- Scars and pain from wounds and burns
- Lacerations healed quicker
- Acne improved • Body Odor improved
- Eczema and Psoriasis respond well
- Sunburn Antidote
- Frostbite with inflammation
- Neurodermatitis
- Ketoids May Be Softened and Diminished
- Dandruff
- Cellulite Removal

Other Ailments:

- Menopause
- Cold Hands and Feet
- High Blood Pressure
- Radiation Sickness
- Cancer Pain (greatly relieved)

- Benign Prostatic Hypertrophy (reduced)
- Duodenal Ulcers (eliminated)
- Hemorrhoids (reduced)
- Cystitis (eliminated)
- Cirrhosis of the Liver
- Gastritis (relieved)
- Asthma (cleared up)
- Crohn's Disease / Ulcerative Colitis
- Leg Ulcers (healed when previously static and resistant to other care)
- Weight Loss
- Increased Collagen Production makes skin smoother and reduces wrinkles
- Ligaments, joint capsules, tendons, fasciae, and synovium that have become scarred or thickened
- Increased Blood Flow and delivery of oxygen throughout the body

How Saunas Tackle Congestive Heart Failure, Atherosclerosis and Hypertension

According to the American Heart Association (2005), clinical trials have demonstrated that maintaining healthy blood pressure can dramatically:

reduce the risk of strokes by 35% to 40%,

reduce the risk of heart attacks by 20% to 25%

and heart failure by over 50%.

However, these statistics are just the tip of the iceberg. Maintaining blood pressure levels within a normal range eases the workload on your heart and blood vessels. As blood pressure readings rise, the risk of cardiovascular events becomes “continuous, consistent, and independent of other risk factors” (American Heart Association 2005).

What can be done to empower ourselves in our efforts to maintain healthy blood pressure and a healthy heart? Adopt a more vigilant lifestyle that includes daily exercise along with a balanced diet.

In addition, **take advantage of the incredible benefits of a Far Infrared sauna.** The Far Infrared sauna makes for an ideal therapy for people who are otherwise not capable of exerting themselves or do not follow an exercise or conditioning program to attain a cardiovascular training effect.

In an August 7th, 1981 issue of the **Journal of the American Medical Association** (JAMA), a report was released that is now everyday knowledge to most people: Numerous people who run do so to put a demand on their cardiovascular system as well as to build muscle. What is not well known is that it is also reported that the “regular use of infrared sauna may impart a similar stress to running/ jogging on the cardio system, and its **regular use of an infrared sauna may be an effective means of cardiovascular conditioning and burning of calories as regular exercise.**”

The body reacts to infrared sauna deep-heating by means of a hypothalamic-induced increase in both heart volume and rate. This positive heart stress leads to a desired cardiovascular training and conditioning effect. As a substantiation of the legitimacy of this form of cardiovascular conditioning, **extensive research by NASA** in the early 1980’s led to the deduction that **infrared stimulation of cardiovascular function** would be the **perfect way to maintain cardiovascular conditioning** in US astronauts for the duration of long space flights. (2): 69-71. 14.

Blood flow during whole-body hyperthermia is reported to rise from a normal 5-7 pints per minute to as much as 13 pints per minute.

In addition, an interesting study was done in regard to infrared saunas. Following an infrared sauna treatment, a **chemical analysis showed production of larger amounts of a substance called nitric oxide**, synthesized in the endothelial (lining) cells of the aorta, as well as the coronary, carotid, and femoral arteries.

According to Nobel Laureate in Medicine, Dr. Louis Ignarro, **increased levels of nitric oxide synthesis are extremely beneficial by speeding delivery of healing oxygen to all parts of the body.** Nitric oxide dilates coronary arteries, effectively improving heart function.

That in itself is tremendous news—but it actually gets better! A more intensive analysis proved a 40-fold increase of nitric oxide synthesis in the endothelial cells of the aorta after just one week of infrared sauna use. After four weeks of using the sauna, the increase leveled off, but steadied at 50%.

It is extremely probable that the improved blood vessel dilation in men with cardiovascular risk factors resulted from higher levels of nitric oxide synthesis.

While the studies have not measured it exclusively, **Far Infrared sauna therapy will very possibly lower blood pressure for quite a few individuals too.** The theory is intellectually sound, since the mechanism of action is the same as in congestive heart failure. A boost in nitric oxide dilates blood vessels and lowers blood pressure. If the research above is any gauge, it should not be very long to determine marked benefits, as the results in humans transpired in just two to four weeks.

Let's take a look at congestive heart failure, which is a dead-end disease that kills more people in each year than cancer. The average person only lives five years once the diagnosis of congestive heart failure is made. In addition, the person is usually on at

least \$600 a month of prescription drugs, not to mention frequent doctor visits, x-rays, blood tests and hospitalization.

In contrast to that bleak picture, let us examine **studies done by the Mayo Clinic where pulmonary wedge pressure, shortness of breath, capacity to discontinue medications and many other limitations of congestive heart failure are enhanced and improved with use of Far Infrared sauna therapies.**

In other words, **far infrared sauna therapy achieves what no medication and no surgery can**, for a disease that no one should have, to which the medical profession has no answers. In addition, there is documentation that states that excessive salt carried away by sweating is generally believed to be beneficial for cases of mild hypertension.

In the Japanese study referred to earlier, we told you about 25 men with at least one risk factor for heart disease who were evaluated after using an infrared sauna for 15 minutes every other day for two weeks. They also rested in beds, covered with blankets for 30 minutes afterward, and had the thickness of their artery lining measure by ultrasound. **In the American Journal of Cardiology, the investigators reported a 40% reduction of the inner lining of blood vessels. A wider blood vessel supports lower blood pressure.**

In addition, thinner blood vessel walls are associated with a reduced chance of heart attacks and strokes. In fact, when a patient has elevated scores of intra-medial thickness (IMT) of the carotid arteries, **many doctors recommend regular use of a Far Infrared sauna to lower their risk of having a stroke.**

Remember that not just any sauna will do. **Far infrared saunas offer all the benefits that traditional saunas do not, at much lower temperatures.**

High air temperature heat environment is stated to be inadvisable and poorly tolerated by heart failure patients and, in reality can be a cause of early death.

Can You Lose Weight With A Far Infrared Sauna?

Saunas provide an inexpensive, relaxing, and healing, weight loss alternative. It is obvious that more people today are taking health seriously. It is also obvious that people in the United States are at their heaviest weight, leading to key health problems such as heart attacks, diabetes, strokes, and much more. (6): 749-59. 22.

Look around—the market is inundated with gimmicks for losing unwanted weight, including “sensational” diet pills, machines that can take it off before you know it, and one diet craze after another.

In actuality, losing weight and regaining your health takes a real common sense approach. This includes eating a well-balanced diet, daily exercise, drinking plenty of clean water (3-5 liters a day), and detoxifying the body of toxins and unhealthy chemicals.

One of the paramount ways you can **improve your overall health and lose weight at the same time is by making an infrared sauna part of your daily life.** It is not just another gimmick—it is a way to transform your health and life forever.

Note: the body will produce up to three times more sweat volume with far infrared sauna than with a steam or hot rock sauna. You will lose water weight right away—but you will not regain the calories lost.

During a 30-40 minute session in an infrared sauna, you can burn up to 600+ calories.

Infrared saunas will help you lose weight. In a two-week study of twenty-five obese adults, body weight and body fat were reduced after daily infrared sauna treatments of 15 minutes. Interestingly, the researchers who conducted the study reported on one obese patient who couldn't exercise due to arthritis in the knee yet lost 17.5 kg, and decreased body fat from 46 to 35 percent after 10 weeks of sauna therapy. (32.)

We know you want to lose weight right away, but if you want to lose fat and keep it off permanently, you will have to be patient. It would be safe to say that losing two pounds of fat (it does not need to be weight) each week is a noteworthy achievement.

Losing weight is not that difficult. Sit and relax in a sauna for two to four hours per week, and you'll find out what we mean.

Some weight loss experts think that our bodies use fat to dilute toxins. An infrared sauna is an unsurpassed expeller of toxins so it is an excellent way to get rid of any fat our bodies are utilizing to dilute toxins that we are storing.

Far Infrared Saunas & Troublesome Cellulite

That ugly stuff that is made up of fat, water, cellular waste and various toxins and is trapped in pockets underneath the skin is called cellulite, and oddly enough only women seem to be afflicted with it.

An infrared sauna will help with this condition by generating profuse sweating, which helps **clear the area of unwanted toxins and fatty particles.** (33.)

Exercise definitely improves blood circulation in the skin and using the infrared sauna after your exercise program will just speed up the elimination of toxins, burn calories and reach twice the depth of heat penetration into cellulite.

In addition to using the infrared sauna, here are a few more tips that will help in the eradication of those ugly dimpling, orange peel or cottage cheese looking afflictions.

- Vigorous exercise, in particular of the muscles in the area of the butt and thighs, such as the gluteus maximus, quadriceps, etc.
- Eating properly balanced diet is extremely successful in clearing toxins and fatty tissue from your body that can cause cellulite.
- **Massage your fatty areas while enjoying your infrared sauna session.** This exercise has been proven to improve fatty tissue breakdown and enhance the fatty tissue elimination process, helping to clear up cellulite afflicted areas of your body.
- Drinking clean, pure water also assists with the eradication and cleansing of your system from cellulite.

Be sure and drink 8-10 glasses a day and make certain you are using either glass or stainless steel drinking containers. Be especially prudent **NOT to bring plastic drinking bottles into the sauna**, as that will only expedite the leaching of Phthalates into your water.

Far Infrared Saunas: Heavy Metal and Chemical Detoxification

Over the course of the last century our environment has become unimaginably toxic. Unfortunately, in turn, we are all slowly being poisoned. We continue to have major problems with well documented hazardous pesticides and insecticides, even after they have been banned from further use.

DDT and chlordane residues persist in the soil and continue to add to the increased cancer rates in our modern, industrialized world. In spite of everything, we have to face the daily attack of the tens of thousands of toxins that penetrate our soils, water supplies, and air.

These environmentally derived chemicals have a destructive impact on our normal bioprocesses, causing enzyme dysfunction, hormonal imbalances, and weakening of

our immune system. They are also producing health maladies that most don't realize can be related to environmental pollution.

Symptoms of environmental toxicity in your body can include:

- Allergies
- Skin Problems
- Insomnia
- Brain Fog
- Chronic Fatigue
- Fibromyalgia
- Depression
- Anxiety
- Memory Loss
- Poor Concentration
- Joint & Muscle Pain
- Mouth Sores
- Frequent Colds & Flu

The list goes on and on.

Without a doubt, detoxifying ourselves is one of the prime personal challenges of the 21st century. Your lungs, skin, colon, liver, and kidneys are key organs that assist in ridding your body of toxic waste.

An infrared sauna is the ideal instrument for opening your sweat pores for toxic metabolites to flee from our bodies. When your temperature goes up, and you begin to perspire, the toxins, pesticides, heavy metals and petrochemicals that have been kept in your subcutaneous fat for years rise to the surface, and are excreted through pores via sweat.

Injury to the heart and circulatory system is not the only danger that heavy metal toxicity. Mercury and aluminum have been acknowledged to contribute to Alzheimer's disease, Parkinson's, ALS, and Autistic Spectrum Disorders. (1): 224-9. 28.

The good news is—**infrared sauna detoxification** can be an invaluable tool in assisting the **removal of toxic heavy metals** imposed upon your system. Infrared sauna detoxification provides a myriad of health benefits. While the infrared makes you sweat, the composition of chemicals discovered in the sweat is quite different from that generated by a steam bath, dry sauna, or exercise.

The sweat of people treated in an infrared sauna will not only include water, but will also contain cholesterol, fat-soluble toxins, heavy metals (such as mercury, lead, cadmium, aluminum, and arsenic), nicotine, sulfuric acid, ammonia, and other dangerous environmental poisons. (5): 138-8. 5.

Normal sweat manufactured by other processes, including exercise, is composed of mostly water and sodium chloride. According to laboratory testing, traditional saunas, while they do induce sweating, produce approximately 97% water and 3% toxins, **whereas FIR sauna therapy generated sweat was approximately 80% water and 20% toxins.**

These results are even more intriguing, considering the fact that **traditional saunas operate at an average of 60-80 degrees higher than far infrared saunas**. It is for these reasons that FIR therapy is such an effective tool in the treatment of individuals with weak, ill, or otherwise frail conditions.

Additionally, sweat has the task of being a prudent garbage collector. During a 15-minute infrared sauna session, sweating can execute the same heavy metal excretion that would take the kidneys 24 working hours.

Today, many holistic and alternative physicians and clinics utilize saunas as a painless way to assist in releasing toxins such as synthetic pollutants and heavy metals.

A 30 minute infrared sauna session elevates body temperatures to induce a mild, cleansing fever, and a healing sweat.

If you are overweight, plagued by chronic illness and constant stress, or simply want to optimize your body's ability to protect and heal itself, **infrared saunas provide a fun, relaxing and efficient method to upgrade and maintain your health at optimum level.**

To view the research abstracts in regard to detoxification of chemicals and heavy metals, please use these links:

PCB Exposure: University of Southern California, Environmental Sciences Laboratory
Saunas & Chemical Sensitivity: St. Joseph's Health Centre, Toronto, Ontario, Canada

All You Ever Wanted To Know About Infrared Saunas –JashBotanicals.com

From: http://www.jashbotanicals.com/articles/far_infrared_saunas_1.html

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