

Living Well Naturally Club

www.GettingWellNaturally.com

Health Benefits of a Far Infrared Sauna

More information can be found at www.sunlightsaunas.com

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Three basic types of saunas exist

- Traditional saunas consist of a small room heated with electric, gas, or with hot rocks that use steam or water or dry heat.
- Far infrared saunas use ceramic or metallic elements for heating that mainly emit in the far infrared range.
- Infrared lamp saunas use incandescent infrared heat lamps for heating. They emit mainly near infrared, some middle infrared and perhaps a tiny amount of far infrared energy.

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

In a Sunlight Sauna, the average person sweats out 20% toxins and 80% water through infrared rays!

What is Far-infrared Rays?

Far-infrared rays are part of the sunlight spectrum which is invisible to the naked eye. It also known as Biogenetic rays (between 6 to 14 microns).

Biogenetics rays have been proven by scientists to promote the growth and health of living cells especially in plants, animals and human beings.

How deep can the far infrared rays penetrate?
Between 1.5 to 2.8 inches.

What is the effect of Far-infrared rays?

FIR cause resonance with water molecules. The human body contains about 70% water by weight and thus FIR activates the water molecules in our body. Blood flow and oxygen levels are improved. Tissues are warmed and activated by the resonance thus eliminating fats, chemicals, and toxins from our blood and fat cells.

Sunlight Saunas™ are Safe

Infrared light is part of the Sun's invisible spectrum. One of infrared light's characteristics is the ability to easily penetrate human tissue. When this happens, it creates a natural resonance giving you a wonderful natural warmth.

You can be exposed to infrared heat for hours and it will never cause your skin to burn. Far infrared heat is completely healthy and safe for all living things. In fact, it is so safe it is used in hospitals to warm newborn infants.

Sunlight Saunas patent pending technology

All humans send and receive far infrared waves. The range of waves generated by the human body is 6 to 20 microns. The optimal micron output range is between 7 and 14 microns which is very close to the resonant frequency of a water molecule.

The result of Sunlight Saunas heater designs allows for better performance with a good portion of wavelengths at 9.4, which is the frequency at which a water molecule resonates or vibrates. This vibration enables and improves pain relief, detoxification, circulation, and increased peripheral blood flow.

Sweat It All Out; How Stuff Works; Zane R. Gard, MD & Erma J. Brown, BSN, PhN TlfDP, October 1992



Common one person FIR sauna from Sunlight Saunas.

Time and temperature controls are on the outside and inside.

The door does not lock and there is a vent in the ceiling that can be easily opened if desired.

Soft music creates a wonderfully relaxing atmosphere to sweat out your troubles.

Pain Relief

A clinical study in Japan reported a successful solution for seven out of seven cases of rheumatoid arthritis treated with whole body far infrared therapy. Through new clinical research, it has been 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.

Weight Loss

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 an increase in heart rate 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

In comparison, a person running 5.2 mph (11.5 min/mile) for 30 minutes would burn 378 calories.

What's detoxification got to do with weight loss?

Cellular research indicates a direct link between toxins accumulating in our bodies and the slowing of metabolic rates.

In a nutshell, the cells of your body need to take in fresh nutrients and oxygen and flush out toxins and natural waste byproducts in order for you to remain healthy. As your body's cells becomes overburdened with the buildup of toxins, they basically become plugged up!

Eventually, cellular functioning can slow to the point of becoming dormant. New research suggests that cellulite is generated by trapped toxins thus scarring the cells.

Detoxification

Vibration causes a release of cellular toxins such as mercury, aluminum, cholesterol, and other toxic gases such as sulfur and formaldehyde.

The Bible speaks about not eating the fat of animals. When toxins in animals and in humans are not eliminated through the bowel and kidneys, they are moved toward the skin and into the fat cells. Sweating is a God-given mechanism for the removing of toxins.

As a person detoxifies with an far infrared sauna, there is a gradient produced between the subcutaneous fat tissues and the organs and the brain. This promotes toxin relocation out of the organs and brain into the blood stream and eventually into the subcutaneous fat tissues.

As toxins are released into the blood stream to be redistributed, it becomes helpful to add liver, bowel, and kidney detoxification support in addition the FIR.

100% of human fat biopsies in EPA studies contained:

- Styrene (styrofoam, styrene, plastic wrap)
- Dioxins (bleached paper products, herbicides – potent cause of cancer)
- Xylene (gasoline, paints, glues)
- 1,4 dichlorobenzene (deodorizers, sanitizers)
- PCBs (potent cause of cancer)

“Far infrared sauna technology is the only proven, most efficacious way of getting rid of stored environmental chemicals.”

Sherry Rogers, MD, Detoxify or Die

What Causes Cellulite?

The primary cause of cellulite is female hormones and estrogens, which make the blood vessels more vulnerable to liquids.

These liquids accumulate among the connective cells, causing a reduction in blood perfusion and the slowing of fat metabolism. Toxins accumulate as a result causing trauma of the connective tissue creating lesions and thus cellulite.

Lowers Blood Pressure

Sunlight Saunas were proven in a clinical study to lower blood pressure with repeated use. Sunlight Saunas 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 sauna session three times a week.

Blood 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, thus improving circulation.

Skin Purification

Far infrared therapy is excellent for healthy glowing skin! Helps acne, eczema, psoriasis, burns and any skin lesions or cuts. Helps to reduce wrinkles and make skin look radiant.

Hyperthermia for infections

Raising body temperature assists the body to kill bacteria, fungi, parasites and viruses.

Hyperthermia also helps kill other types of abnormal cells. Tumors, for example, tolerate heat poorly. Raising body temperature hastens their death. Though not a conventional method, hyperthermia is a well-researched therapy for cancer.

Duke is one of a handful of research institutions pioneering a new field called hyperthermia. While scientists have known for centuries that heat has healing powers, Duke's Mark Dewhirst has figured out how to harness that heat and direct it right into tumors.

"The temperatures that we are looking for are at the range between 104 and 113 degrees Fahrenheit," Dewhirst says. "At that range, we get the effects we want but we don't burn the tissue."

CBS Evening News, Turning Up The Heat On Cancer, DURHAM, N.C., April 19, 2006,
www.cbsnews.com/stories/2006/04/19/eveningnews/main1515618.shtml

FIR and Chi

Far infrared rays produced by our bodies is probably the 'chi' energy or life force referred to in Chinese medicine that is present in all humans.

The intensity of far infrared rays produced by the human body constantly fluctuates. When its intensity is high, we feel healthy and are more able to overcome ailments. When the Far Infrared of our bodies decline, we are more prone to illness.

Our bodies radiate far infrared energy through the skin at 3 to 50 microns, with most output at 9.4 microns. Our palms emit FIR energy also, between 8 and 14 microns.

'Palm Healing', an ancient tradition in China, has used the healing properties of far infrared rays for 3,000 years. These natural healers emit energy and heat radiating from their hands to heal, much the same as Reiki healers do.

Current research conducted in Taiwan has measured significant far infrared energy emitted from the hands of Chi Gong masters.

Dr. Masao Nakamura of the O & P Medical Clinic in Japan reported success with the use of infrared heat treatment for:

1. Whiplash
2. Sciatica
3. Menopause
4. Arthritis
5. Shoulder Stiffness
6. Insomnia
7. Acne
8. Gastroenteric Problems
9. Ear Diseases

Excerpts from an article in the "Townsend Letter for Doctors and Patients", May 2000 by Dr. Aaron M. Flickstein

Researchers report over 90% success in a summary of Chinese studies that assessed the effects of infrared heat therapy on:

1. Soft tissue injury
2. Lumbar strain
3. Periarthritis of the shoulder
4. Sciatica
5. Pain during menstruation
6. Neurodermatitis
7. Eczema with infection
8. Post-surgical infections
9. Facial paralysis(Bell's Palsy)
10. Diarrhea
11. Cholecystitis
12. Neurasthenia
13. Pelvic infection
14. Pediatric pneumonia

Excerpts from an article in the "Townsend Letter for Doctors and Patients", May 2000 by Dr. Aaron M. Flickstein

Mayo Clinic Study on Heart Disease

Those with the most severe forms of heart disease and resistant to all medications, tolerated the far infrared sauna with no side effects and improved their heart health within 3 short weeks.

Sherry Rogers, MD, Detoxify or Die, pg 213

Medications

Individuals who are using prescription drugs should seek the advice of their physician for possible changes in the drugs effect when the body is exposed to Far infrared waves or elevated body temperature.

Diuretics, barbiturates, and beta-blockers may impair the body's natural heat loss mechanisms. Some over the counter drugs such as antihistamines may also cause the body to be more prone to heat stroke.

Implants

Metal pins, rods, artificial joints or other surgical implants generally reflect Far infrared waves and thus are not heated. Certainly, the usage of an Infrared Sauna must be discontinued if you experience pain near any such implants.

Silicone does absorb Far infrared energy. Implanted silicone or silicone prostheses for nose or ear replacement may be warmed by the Far infrared waves. Since silicone melts at over 200°C (392°F), it should not be adversely affected by the usage of an Infrared Sauna. It is still advised that you check with the implant manufacturer to be certain.

Pacemaker / Defibrillator

The magnets used to assemble the units could interrupt the pacing and inhibit the output of pacemakers. Please discuss with your doctor the possible risks this may cause.

Chronic Conditions Associated With A Reduced Ability To Sweat

Parkinson's, Multiple Sclerosis, Central Nervous System Tumors and Diabetes with Neuropathy are conditions associated with impaired sweating.

Hemophiliacs / Individuals Prone To Bleeding

The use of Infrared should be avoided by anyone who is predisposed to bleeding.

Fever

An individual that has a fever should not use the any other type of sauna.

Insensitivity to Heat

An individual that has insensitivity to heat should go very slow and exercise caution.

Pregnancy

Pregnant women should consult a physician before using any other type of sauna because fetal damage can occur with a certain elevated body temperature.

Having a session in a far infrared sauna if you are basically healthy

1. If you think you are basically a healthy person, you can probably start with a 30 minute session at 110-120 degrees working up to an hour per day and increasing the heat up to 130 or 140 degrees.
2. You must drink plenty of water before and after the session.
3. Keep drying off the sweat with a towel.
4. Remember to replenish your nutrients (esp. minerals) as you go. Forty percent of the public is deficient in magnesium to begin with and it is one of the main minerals to be lost with sweating. Lack of magnesium can cause muscle cramps and heart pains.
5. Adding a detox protocol will assist in toxin removal.
6. Exercising just before the session is good to initiate the sweating process and to dilate the blood vessels.
7. If you are up to it, you could also take cayenne or ginkgo to dilate the vessels.

General rules for the FIR sauna if you have significant health issues

1. It would be prudent to take your blood pressure, temperature, and pulse rate before starting.
2. Drink plenty of water before the session.
3. Get your nutrient levels up especially magnesium, zinc, calcium, and potassium. Keep your nutrient levels up as you go through the week with your sessions.
4. Start at 100 degrees for short 10-20 minute increments to build your body's tolerance. You can open the door or step out to cool off as needed.
5. You should stop if you experience headaches, nausea, fast heart rate, weakness, irregular heart rate, shortness of breath, dizziness, disorientation, muscle cramps, muscle spasms, or any adverse symptom.
6. If you are on medications, you might be detoxifying out your meds enough to change blood levels.
7. Have on hand electrolytes and extra magnesium to mix with cool fluids.

Dr. Bill's After Sauna Energizing Drink

1. Electrolyte Synergy - 1 scoop = 11.5 grams

2. Creatine - 1 teaspoon = 7000 mg

3. MSM

1 teaspoon = Vitamin C (Ascorbic Acid) 600 mg

Molybdenum (Sodium Molybdate) 64 mcg

(MSM) 2000 mg

4. Buffered Vitamin C

½ teaspoon = Vitamin C (Ascorbic Acid) 2000 mg

Calcium (Calcium Ascorbate) 80 mg

Magnesium (Magnesium Ascorbate) 160 mg

Potassium (Potassium Bicarbonate) 200 mg

5. Super pH minerals - 1 tablespoon = 67 macro & micro minerals & 12 amino acids
(Optional)

6. Inositol - 1 teaspoon = 2800 mg

7. Carnitine Tartrate - ½ teaspoon = 1400 mg

8. Methylcobalamin B12 - ¾ tablespoon = 3 dropper fulls = 3000 mcg

9. COENZYME Q10 - ¼ teaspoon = 300 mg (Optional)

10. Greens First - 1 scoop = 9.4 grams



[Dr. Michelle Robin, DC](#)

"In my personal experience, Sunlight Saunas dramatically improves body chemistry leading to overall enhanced health and well being. Since using the Sunlight Sauna, my body sweats easier during my cardio workouts. When the skin does not sweat readily, toxins build up in our body systems causing stagnation in our vital life force, known as chi. This stagnation leads to pain, diminished health and disease."



[Dr. Rachel West, DO](#)

"In today's world where we are all exposed to toxins in the air and water, as well as through medications, vaccines and dental work, it is vital to integrate a detoxification regimen into one's daily life. Whereas chelation therapy can be very expensive, difficult to administer and cause negative side effects, Sunlight Saunas™ are a non-toxic, no side-effect way of ridding the body of harmful pollutants, especially heavy metals."



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”

“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.”