

## **What is the Difference Between Traditional Saunas and Infrared Saunas?**

*Traditional Sauna*, also known as a Finnish steam bath, uses electric, gas or wood heater or are often heated with hot rocks. This is what comes to mind when most of us think of saunas. These use high temperatures (150 F) to promote sweating.

*Infrared Electric Light Saunas*: emit red and orange light and some far infrared light. It uses infrared heat lamps for heating (115F). Where traditional saunas use high heat, infrared penetrates the skin and heats from the inside as well as on the skin. Infrared electric light saunas penetrate deeper, so the air temperature can stay coolest with the same effectiveness. Sweating begins faster and detoxification is increased. While some like the intense heat of a traditional sauna, many find it difficult to tolerate, especially those who are ill. Infrared is an anti-oxidant nutrient, activates cells, supports metabolic processes and decouples toxins from water molecules.

### **Benefits to Infrared Sauna:**

**Detoxification:** Our body's are exposed to such a large number of toxic chemicals, from building materials, home furnishings, food additives, solvents, and thousands of other products. Chemicals are a part of modern lifestyle. Toxic metals are another growing concern; lead, copper, mercury, aluminum and arsenic are being found in people's body's. Sauna therapy is an excellent way to remove these toxic elements.

**Skin Rejuvenation:** Saunas can slowly restore elimination through the skin. The skin is the largest organ of the body and a major eliminative channel. The skin should eliminate 30% of the body's waste by way of perspiration. Due to lack of physical work and an overly sedentary life, the skin of most people today has degenerated as an eliminative organ. Sun exposure, the use of synthetic clothing, bathing in chlorinated water, and exposure to hundreds of chemicals damage the skin.

**Enhanced Sweating:** The sweating process gently and safely helps eliminate heavy metals and toxic chemicals. Eliminating toxins through the skin, also takes the burden from the internal organs. This occurs as saunas shunt blood towards the skin to dissipate heat, decongesting the internal organs and gently stimulating circulation. Sinuses, joints and many other tissues greatly benefit.

**Exercise Benefits/Health Maintenance:** Saunas provide many of the benefits of exercise with much less expenditure of energy. These include enhanced circulation and oxidation of tissues. Repeated use can lower blood pressure, improve elasticity of the arteries, ease arthritis, allergies, skin conditions and chemical sensitivity.

**Relaxation:** The warm, dry heat of the sauna relaxes the muscles and nervous system.

**Fever Therapy for Infections:** Raising body temperature powerfully assists the body to kill bacteria, fungi, parasites and viruses. Sauna therapy not only heats, but powerfully improves circulation to help fight both acute and chronic infections. Common sites for infections include; sinuses, ears, eyes, lungs, bladder, throat and intestines.

**Slow Metabolism:** Toxins can affect the thyroid and adrenal glands resulting in slow metabolic rate. Symptoms include fatigue, impaired glucose tolerance, food cravings, allergies, elevated cholesterol, and chronic infections. Many people have a low body temperature and this may be a reason they have difficulty eliminating chronic conditions. By heating the body, saunas activate and enhance many metabolic processes.

**Tumors and Mutated Cells:** Hyperthermia (raising the core body temp.) affects cancer cells in 3 ways. First, it removes accumulations of stored chemicals from the body.

Secondly, it improves circulation so tissues are nourished with oxygen and flushed of acidic wastes. Lastly, the deeply penetrating high heat kills damaged cancer cells that have a lower tolerance for heat than normal, healthy cells.

**Before a Sauna Session:**

Avoid heavy meals 2 hours before your session. Drink at least 4 ounces of water before entering the sauna. Remove all metal jewelry, as they can become very hot.

**During the Session:**

Clothing is not worn in the Infrared Sauna as the beneficial rays are best received directly on the skin. You can use a small towel to wipe off sweat. Meditate or relax. You can try visualize absorbing the heat and energy through every pore. You may also visualize releasing toxins as you sweat.

***If at any point your heart races or you feel faint or dizzy, end the session immediately.***

Sixty minutes is the maximum time in the sauna.

**After the Session:**

At the clinic try to drink 8 ounces of water. Sit for at least 10 minutes.

When you get home take a luke warm to cool shower, but not hot. Clean the body with a loofah or a skin brush. Brush all over, even the face and hair. Skin brushing enhances the cleansing effect of the sauna.

You may experience a 'healing reaction'. These are temporary symptoms that can occur as toxins are eliminated and chronic infections heal. Symptoms can vary from mild odours, tastes or rashes to periods of fatigue, bowel changes, aches, pains or headaches. Emotional healing may also take place. These can be related to elimination of toxic substances or associated with emotional clearing. Almost all healing symptoms are benign and will pass quickly.