

## **The Natural Way Health Clinic –Infrared Sauna Treatments**

### **Health Benefits:**

Infrared sauna treatments offer a variety of health benefits. They are often recommended as part of a detox, weight loss program, or to relax the muscles before an acupuncture or massage treatment. Some of the positive benefits you can expect from an infrared sauna treatment include:

- **Detoxification-** The skin is the largest organ of your body. Through the act of sweating, the body is able to remove stored toxins including heavy metals, through the sweat glands. This can reduce the body burden of heavy metals (Mercury, lead, cadmium) as well as remove toxins from excess consumption of sodium, alcohol, and nicotine.
- **Weight loss** – a 30 minute sauna session can burn 300-500 calories. Infrared rays also have a “lipolysis” effect, which means they target, and breakdown fat cells (the storage site of most toxins). This is beneficial for both the detoxification process, and weight loss.
- **Cardiovascular (Heart) health** – Infrared therapy stimulates the circulation and is heart protective. As blood moves from internal organs to the skin, the heart rate and metabolism are also stimulated.
- **Natural pain relief** – Infrared therapy has been effective in providing pain relief for a variety of muscular-skeletal ailments, arthritis, fibromyalgia, headaches, rheumatism, muscle spasm, and bursitis. By improving circulation and oxygenation, pain is reduced and the healing process is speeded.
- **Relaxation & stress relief** – Infrared therapy promotes a rebalancing of hormones systems through the autonomic nervous system, thereby reducing the negative physiological impact of stress on the body. Treatments can also improve your mood, and help fight seasonal depression by triggering production of endorphins, a natural euphoric. Sauna treatments also relax and loosen the muscles making it an ideal treatment before a massage or acupuncture session.
- **Improved immune system** – Sauna treatments increase your core body temperature to create an artificial fever and thereby provide immune system benefit and strengthening. The temperature increase causes increased production of white blood cells (leukocytes and T cells) by the bone marrow and thymus.
- **Skin health** – Infrared therapy has been show to benefit several skin conditions such as: acne, psoriasis, and eczema.

### **History of Infrared Saunas**

Saunas have been used throughout history in a variety of different cultures as an effective and natural means of healing the body.

- Chinese medicine has incorporated natural infrared rays for over 3000 years.
- In Finland saunas have been used for mental, spiritual and physical cleansing.
- Sweat lodges are a rich part of Native American tradition.
- German physicians have recommended whole body Infrared therapy for more than 80 years.

### **What is an Infrared Sauna?**

A 2-25 micron infrared band is most therapeutic.

- An Infrared sauna, is a dry sauna that operates at a temperature of 30-60 °C compared to a traditional sauna which operates at 85-110 ° C. It provides a soft and dry heat allowing for comfortable breathing during a treatment.
- During an Infrared sauna treatment, rays of Infrared safely and comfortably penetrate the skin up to 2" deep. This Infrared penetration induces sweating (2-3 times more than conventional saunas) and allows for stimulation of your organs and deep tissues, and increased oxygenation of the body.
- The Natural Way Health Clinic offers an Infrared Sauna option that is natural, safe, and of a therapeutic nature.

### **How do my sauna treatments work?**

Your treatment will last for 30 minutes. You **must** wear your dry bathing suit at all times inside the sauna. Unless otherwise directed by your naturopathic doctor, you should follow your sauna treatments with a 30 second cold shower to enhance the effects of detoxification. You will not be supervised during your sauna treatment, but assistance will be made available to you at any time it is needed through the treatment. Also, you will be reminded of the 30 minute mark if you are not finished in time.

#### **You will need:**

- Your bathing suit
- You may choose to bring a book to read during your treatment. Our infrared sauna is equipped with an interior reading light.
- You may choose to bring your favorite cd or meditation to listen to, or ask our clinic administration for one of our soothing relaxation CDs.
- A towel and water will be provided for you

Far infrared radiation (FIR) is considered harmless for human. Infrared heaters are even used to heat premature babies in hospitals incubators. But some people with certain illnesses and conditions should not use an infrared sauna or should use it with great caution.

The infrared radiant waves penetrate the body's tissues to a depth of over one and one half inches. Its energy output is tuned to correspond very closely to the body's own radiant energy that our bodies generate. **For your comfort:** Inside the sauna is a temperature control panel so that you can decrease the temperature if needed. The temperature and timer on the sauna will be set for you prior to your arrival.

No toxic veneers or paneling were used in the manufacturing of our infrared sauna. The high energy heater is safe and emits a wavelength of infrared rays that are closest to those of the human body, making them easily absorbed. An oxygen ionizer releases negative ions through the treatment to purify the air and further stimulate your relaxation.