

The Alternative Therapy Clinic



Far Infrared Health Sauna Benefits

- **Lower temperatures than traditional saunas**

As the infrared sauna uses a completely different technology for heating the sauna than a traditional sauna, the sauna room doesn't have to be super heated to induce effective sweating. Infrared saunas can make the user sweat up to 3 times as much as a traditional sauna while operating at a lower temperature. Infrared saunas typically operate between 41-57 degrees Celsius whereas traditional saunas operate at around 92 degrees Celsius, making infrared saunas the choice for those who find extreme temperatures taxing and stressful on the body.

- **Increases blood circulation and strengthens cardiovascular systems**

When the body's core temperature increases, the body will start to try to cool itself. The heart will beat faster to pump more blood, oxygen and water around the body in an effort to help it cool down. This cardiovascular activity effectively is similar to a run and has many of the same cardiovascular benefits. The Journal of the American Medical Association August 1981 states: "Many of us who run do so to place a demand on our cardiovascular system, not to build big leg muscles. Regular use of a Sauna imparts a similar stress on the cardiovascular system, and its regular use may be as effective, a means of cardiovascular conditioning and burning of calories, as regular exercise".

- **Ease joint pain and stiffness**

Infrared saunas can ease the pain muscular-skeletal ailments; muscle and tissue injuries with it's penetrating heat properties.

- **Removes toxins and mineral waste**

Sweating in an infrared sauna can help to detoxify the body of harmful impurities, heavy metals, acids, sodium, nicotine, alcohol and many more substances.

- **Improves skin condition**

Infrared saunas increase blood and nutrient supply to the capillaries through increased circulation which leaves the skin glowing and fresh after the infrared sauna session. The expulsion of toxins also helps to keep the skin looking youthful and vibrant. The infrared sauna may also relieve acne and give improved skin tone, colour and elasticity.

- **Strengthens the immune system**

When the body's core temperature increases an artificial fever is induced. As the body thinks it has a fever its production of white blood cells increases, improving the body's overall resistance to foreign virus's.

- **Reduces stress and fatigue**

When sitting back in the radiant heat of the infrared sauna, stress and tension melts away. After a session in an infrared sauna, you will feel refreshed, renewed and rejuvenated.

Far Infrared Medical Healing Worldwide

Far infrared treatments are nothing new and over the last 25 years, extensive research has been carried out worldwide on the medical benefits of far infrared particularly from countries like Japan and China. Japan even have their own "Infrared Society" consisting of a team of highly qualified medical professionals doctors and therapists who are dedicated to FIR research and some of their findings listed below support the outstanding health benefits of infrared therapy as a method of healing.

Very successful results for:

Acne	Hepatitis
Asthma, bronchitis	High blood pressure
Benign prostatic hypertrophy	Insomnia
Brain Contusion	Leg ulcers
Bursitis	Menopause Pain
Cancer pain	Muscle Spasms
Cirrhosis of the liver	Muscle Tension
Cold hands and feet	Nose bleeding
Compression fracture pain	Post-Exercise Muscle Pain
Crohn's Disease (Ileitis)	Post-surgical adhesions
Cystitis	Radiation sickness
Deltoid Muscular Problems	Rheumatoid arthritis
Duodenal ulcers	Sciatica
Ear Diseases	Sequelae of strokes
Eczema and Psoriasis	Shoulder Stiffness
Gastritis	Skin Conditions
Hemorrhoids	Spinal Chord Shock
	Whiplash

The Science of Far Infrared Therapies - Toxin Removal

"One of the reasons FIR has beneficial results in a variety of illnesses is the ability of FIR waves to remove toxins which are often at the core of many health problems. Toxins in our body appear in water as clumps or globules. Blood circulation becomes blocked and cellular energy impaired where these toxins accumulate. However, when the energy from FIR is applied to water molecules containing toxins, the water begins to vibrate, releasing the encapsulated gases and other toxic materials back into the bloodstream where they are removed naturally by the body's normal detoxification process. One study done by American researchers showed that the sweat released by users of a FIR sauna (80-85% water) was different from the sweat released by users of a conventional sauna (75-95% water). The non-water portion of sweat released in a FIR sauna was cholesterol, fat-soluble toxins, toxic heavy metals, sulphuric acid, sodium, ammonia and uric acid".

Quote taken from "The Science of Far Infrared Therapies" by Dr Toshiko Yamazaki, MD