

17 Fantastic Reasons to Use a Far Infrared Sauna

1. Effortlessly remove stored toxins and detox your body to look and feel younger

Scientific analysis shows infrared heat induced sweat contains 5-6 times more toxins, fat and impurities than normal sweat. Relax in the Physiotherm and enjoy its unsurpassed ability to eliminate stored waste (metabolic wastes, environmental toxins, city pollution, fat, cholesterol, heavy metals, alcohol, nicotine - *source: Zane R. Gard, MD & Erma J. Brown, BSN, PhN TLfDP, October 1992*).

Heat Treatments Get Rid of Toxins By Raymond Francis, M.Sc. Reprinted from "Never Be Sick Again"

Not only do saunas feel good, they are good! Saunas get your heart beating and your blood circulating, helping the body to detoxify in unique and important ways. Toxins do the damage, and saunas help with damage control. Saunas or other treatments help to accomplish detoxification in the following manner: A layer of fat and oil exists just below the surface of the skin. Heat from the sauna increases skin temperature, causing those fats and oils to "melt" and ooze out of the skin's oil glands. As sweat and oil are secreted, the toxins dissolved in them are secreted as well. By excreting these toxins and then washing them off your body, your toxic load is lowered and cellular health improves.

Choose a temperature that can be tolerated for an extended period of time-thirty minutes to an hour or more. The point is not to sweat out a lot of water, but to rid your body of oil-soluble toxins. Our skin contains sweat glands and oil glands, both of which help us detoxify. Sweat gets rid of water-soluble toxins, and even helps to eliminate toxic heavy metals such as mercury and cadmium. Oil glands help remove oil-soluble toxins that the body would otherwise have a difficult time eliminating. We have created a world filled with oil-soluble toxins such as gasoline, solvents, pesticides and ingredients in toothpaste and personal care products, and the body is not able to dispose of them efficiently. The longer the skin is heated, the more oil-soluble toxins are eliminated.

Be careful not to overheat! The challenge is finding an environment where you can keep your skin temperature up for an extended period of time without overheating or dehydrating. Overheating and perhaps feeling dizzy can happen easily if you stay in a steam room, a hot tub or the top bench of a hot sauna too long. Choose a "low temperature" sauna (35 - 45 degrees), and use it for an extended period of time-an hour or more is best-though you may have to work up to this duration gradually. Remember: Drinking adequate amounts of water before, during and after your sauna is essential in order to prevent dehydration.

A good supplement program, containing fat-mobilizing vitamins and essential fatty acids makes the sauna even more effective. Be sure to shower afterwards; prevent those toxins from reabsorbing back into your body by washing with a nontoxic Castile soap.

Taking saunas or other "heat treatments" is not a luxury, but like exercise, is a physical responsibility and an important element of the physical pathway. Incorporating saunas after exercise is even better. Exercise begins to mobilize toxins and saunas continue the process. You may need to make a few sauna visits before you can tolerate extended periods of time, but the benefits of these heat treatments are incredible. These treatments feel good for very good reasons; they provide beneficial physical stimulation-including increased lymphatic and cardiovascular circulation, as well as the removal of toxins-all of which are good for the health and function of your cells.

Benefits of Detox Dr. Dietrich Klinghardt, M.D., of Seattle

In one study performed by American researchers, the sweat of people using a conventional sauna was found to be 95 to 97% water while the sweat of those using an infrared thermal system was 80 to 85% water with the non-water portion principally cholesterol, fat-soluble toxins, toxic heavy metals (such as mercury and aluminum), sulfuric acid, sodium, ammonia and uric acid. This unusually high concentration of heavy metals and other fat-soluble toxins is not found in the sweat from normal exercise.¹ Mercury is the most toxic element on earth, second only to plutonium.

Hyperthermic detoxification using these saunas is not only uniquely helpful in removing fat-stored toxins from the body, but also as an adjunct to mercury removal. Dr. Dietrich Klinghardt, M.D., of Seattle, who has been called "the holistic doctors' doctor and teacher," is one of the pioneers in combining the use of far-infrared saunas with the chelating agent DMPS in a heavy metal detox protocol.

Dr. Klinghardt explains, "Since hyperthermic sauna therapy removes metal contaminants from the body, we have found that it may be used to further the benefits derived from chelation therapy. And we have also found that it may be an alternative for those who are unable to undergo chelation. Research conducted by U.S. scientists has demonstrated that close to 80% of individuals with chronic fatigue syndrome will improve markedly by a guided detoxification program.² We combine this approach with hyperthermic therapy using the far-infrared sauna, as well as exercise and chelation. The results we are seeing are very promising."

Dr. Klinghardt adds, "If far-infrared saunas work, why wait to use them? People need information about what nutrients and minerals to take, how to stay hydrated, and a reminder to shower after the sauna. It's not going to do much good to spend time detoxifying if you don't wash off those toxins afterwards. And don't overlook the

importance of educating yourself and your children about sources of environmental toxins and allergens. Your future health depends on it!"

" ... with the infrared sauna we are talking about reversing disease, getting rid of underlying causes and therefore getting rid of the symptoms once and for all. We are talking about restoring the body to a level of chemicals it had maybe 20-50 years ago."

Detoxify or die, Sherry A Rogers M.D, Prestige publishing, 2002. ISBN 1 - 887202-04-8, p.227

2. Aid in weight loss

Our body expends energy to produce sweat (1g sweat requires 0.586 kcal) meaning your body can safely burn up to 800 calories in just one 30-minute session; with sweat loss equivalent to running 10-15km. While this weight can be regained through drinking water, the calories consumed will not. A Physiotherm treatment can also help to raise your basal metabolic rate meaning you will burn calories at an elevated rate for hours after your session has finished. At 42 degrees Celsius, body fat becomes water soluble and can be eliminated through sweating.

3. Reduced signs of aging - Beautiful youthful skin

Physiotherm's deep acting infrared heat helps to develop and maintain the body's capillary network. This increases the blood circulation especially to your skin's surface. Together with infrared heat's super cleansing effect, you will see a noticeable improvement in your skin's texture, complexion and tone. It can also remove skin roughness; soothe damage from scaring and even help UV damage leaving your skin feeling baby smooth and soft. Prepare to glow!

4. Cellulite treatment

Beauty specialists in Europe regularly incorporate daily Physiotherm sessions in programmes specifically designed to reduce cellulite. Because the radiant heat of the Physiotherm warms three times as deeply as conventional saunas and aids in the break down and release of stored fat and toxins through the skin, it is significantly more effective at reducing cellulite and promoting smoother skin.

5. Exceptional natural pain relief

Physiotherm owners time and again attest to its amazing ability to reduce and even remove completely the pain associated with various muscle and joint problems; from poor sitting positions and over work to more chronic ailments such as osteo- and rheumatoid arthritis and fibromyalgia. Meaning that safe, natural pain relief without medication, used by European medical professionals is now available in your own home!

6. A retreat to destress and relax

Stress and anxiety melt away in the soothing warmth and comfort of the Physiotherm, your senses being further treated with sensual aromas, soothing colourtherapy and soft music if desired. Infrared therapy has been shown to promote a rebalancing of the body's hormones through its effect on the autonomic nervous system, reducing the negative physical impact of stress on the body. A Physiotherm session thus helps to truly rebalance both the mind and body.

7. Increased blood circulation that exercises and strengthens the cardiovascular system

As your body is warmed in the Physiotherm the entire cardiovascular system is dilated to increase blood flow to the surface of the skin and the extremities in order to dissipate heat. Meaning your heart works harder pumping blood at a greater rate to boost circulation, supplying the conditioning benefits of continuous exercise. Heart rate, cardiac output and metabolic rate increase, while diastolic blood pressure drops, for improved overall cardiovascular fitness. A German study showed reduced blood pressure in patients with hypertension for at least 24 hours after infrared therapy.

8. Improved cell function and increased ATP production

Scientific research suggests that infrared therapy helps the body's cells to work at a more optimal level, including greater efficiency of absorbing nutrients and removing wastes and producing more ATP - the cells source of energy. Healthy cells help make a healthy body!

9. Boosts moods and helps lift depression - five therapies in one

Full spectrum sunlight alone has been shown to have dramatic effects on lifting the winter blues, with the radiant warmth of infrared heat, soothing colours, sounds and aromas of the Physiotherm, however, the effect is further enhanced; each therapy working synergistically to effectively rebalance the body and lift moods. A Physiotherm session can offer a respite from the coldest, wettest and darkest of winter nights when a tropical beach is still thousands of miles away!

10. Improves your immune system

The deep, radiant infrared heat raises your body temperature, inducing a type of artificial fever. As the body works to combat this "fever" your body's immune system is stimulated and strengthened. Combined with the elimination of toxins and wastes produced by intense sweating your overall health and resistance to disease can be improved.

11. Unbeatable for Insomnia, jetlag and hangovers

Whether you are still on a different time zone, working too late or have overindulged with late night socializing, the Physiotherm can quickly help get you back on track. Either before bed to promote deep, restful sleep, or the morning after to help flush out the excesses of the night before the Physiotherm helps you recover.

12. Promotes healing of sports injuries

Be it a sore back from golf, tired legs from cycling, or even damaged tendons and muscles from the rugby field the Physiotherm offers highly effective promotion of the body's natural healing processes as proven over many decades by the sports medical profession. Infrared sauna therapy is used by the US Olympic team and NASA.

13. Prevent injury through effective warm up

Before exercise, simply get in the sauna with training gear on and wait until just before starting to sweat.

" Tissues heated to 45°C and then stretched exhibit a non-elastic residual elongation of about 0.5-0.9% that persists after the stretch is removed, which does not occur in these same tissues at normal temperatures. Thus 20 stretching sessions can produce 10-18% increase in length of tissues so heated and stretched."

Justus F Lehmann M.D., Williams and Wilkins, Therapeutic Heat and Cold, 4th edition.

14. Create a home spa retreat in which to pamper yourself and enhance other beauty treatments

For many decades European beauty spas have used infrared heat to enhance the uptake of active ingredients and treatments for skin and beauty. Creating your own home spa with the Physiotherm will allow you to take time out for yourself and further enhance any other treatments you may utilize.

15. Safe for any age group

Unlike a traditional sauna, the Physiotherm is perfectly safe from childhood to advanced age. From hyperactive kids and stressed adults to the elderly the Physiotherm represents a safe and effective treatment to promote enhanced wellbeing and quality of life.

16. Low comfortable temperature and effective in only 30 minutes

In just 30 minutes you will feel relaxed, rejuvenated, revitalized and rebalanced, having burned lots of calories in the pleasant heat of 32-48°C. This low temperature ensures you will not feel uncomfortable and along with the full safety glass door prevents claustrophobia.

17. Maintenance free, cheap to run and portable

All the above benefits are gained with the added benefit of the Physiotherm being so easy to use. A fifteen minute warm-up time, no moisture, drainage or ventilation concerns, a standard three pin plug and a session costing less than 30p makes this an ideal and affordable addition to any home, gym, hotel or spa.