

Sweat Your Way To Radiant Health

Heal Your Body, Look Years Younger, Beautify Your Skin, Reduce Aches & Pains, Shed Extra Pounds, Flush Out Toxins, Reduce Stress, Promote Relaxation & Rejuvenate Your Life with a Thermal Life Far Infrared Sauna

by Susan Smith Jones, PhD ©

Throughout the ages and across many cultures, heat therapy has been considered essential in order for the body to release stress. From the elaborate bath/sauna/exercise complexes of the Romans to the simple sweat lodge structures of the Scandinavians and Native Americans, heat therapy has played a vital role, providing therapeutic benefits including: ridding the body of toxins, aiding weight loss, killing viruses and promoting mental and spiritual health.

In Finland, the sauna is an historic tradition. For over a thousand years, the sauna has been an important part of Finnish life and Finnish culture, cherished by every Finnish man, woman and child according to Paavo Airola in his book *Health Secrets From Europe*. In fact, the sauna is credited for much of the rugged vitality and endurance - the *sisu* - of the Finnish people. In a country of approximately 5 million people, there are an estimated 700,000 saunas - one for every 7 people! Airola writes, "Most Finnish saunas are in separate buildings specially constructed for this purpose. Every farm has its own sauna, usually built on the shore of a lake or river. Most family houses in the city have saunas built on the lot, usually in the back yard."

Business meetings between complete strangers in Finland are often conducted in the soothing surroundings of the sauna, and it has been suggested that the combination of high heat and nakedness enabled the Finns to successfully negotiate the international trade maze between East and West during the cold war. There is a saying in Finland that one must behave in the sauna just as in church. The Finns consider taking saunas very sacred. What can we learn from the Finns about the benefits of saunas?

Sweating is not only an important part of our physical well-being, but in these days of water and air-borne pollution, toxic chemicals, heavy metals and poor dietary and exercise habits, the therapeutic internal cleansing of regular sweating is important in maintaining a healthy body and mind.

The Benefits of Dry Air Saunas Vs. Wet Steam Rooms

The hot, dry air of the far infrared sauna is therapeutically different from the steam room sauna. The dry sauna causes profuse sweating—the air itself absorbing the sweat. But the water-saturated air of the steam room doesn't readily accept the sweat released by the body. The steam room makes you feel hotter because your sweat doesn't evaporate and carry away the heat. This raises a question: Is it better to be warm on the inside or sweaty on the outside?

That depends on what you want from either system. When exposed to heat of any kind, blood vessels in the skin dilate to allow more blood to flow to the surface. This activates the millions of sweat glands that cover the body. The fluid in the blood hydrates the sweat glands, which then route the water onto the skin's surface. As the water evaporates from the skin, it draws heat from the body; it's nature's cooling system.

Either the sauna or the steam room can be used to relax and unwind; however, the dry sauna clearly has more therapeutic benefits. For one thing, the dry sauna has an advantage over a steam room by helping to rid the body of more toxic metals picked up from our environments. Of course, the kidneys take out many of these toxins, but a daily sweat can help reduce the body's accumulation of lead, mercury, and nickel in addition to cadmium, sodium, sulfuric acid and cholesterol.

The sauna is also more beneficial over the steam room due to energy expenditure if weight loss is desired. Compared to the steam room, the sauna places a greater demand on the body's calories and therefore assists in fat loss. The heart has to work harder to send more blood to the capillaries under the skin. The energy required for that process is derived from the conversion of fat and carbohydrates to calories. In addition, the sweat glands must work to produce sweat, which also requires energy and more calories. Studies show that a person can burn up to 300 calories during a sauna session, the equivalent of a 2-3 miles jog or an hour of moderate weight training.

From sweating, you can lose up to a quart of water during a 20-minute sauna. Without replacement, such a high water loss can lead to disruption of normal heart rhythms, and cause fatigue and nausea. Therefore, I recommend drinking fresh fruit juice or water before, during and after the sauna. Any attempt to lose weight by depriving your body of replacement fluid is extremely risky and can land you in the hospital. Further, I suggest eating plenty of leafy greens and a

variety of vegetables and fresh vegetable juices to replace such essential minerals as iron, zinc, copper and magnesium that are lost in sweat.

Therapeutic Benefits

Sweating by overheating the body in a dry sauna also produces these effects:

- Speeds up metabolic processes of vital organs and inhibits the growth of pathogenic bacteria or virus. The vital organs and glands, including endocrine and sex glands, are stimulated to increased activity.
- Creates a "fever" reaction that kills potentially dangerous viruses and bacteria and increases the number of leukocytes in the blood, thereby strengthening the immune system--important for fighting colds, flu, cancer and bolstering resistance to infections. In other words, it increases and accelerates the body's own healing activity and restorative capacity.
- Places demands upon the cardiovascular system, making the heart pump harder and producing a drop in diastolic blood pressure.
- Stimulates vasodilation of peripheral vessels, which relieves pain and speeds healing of sprains, strains, bursitis, peripheral vascular diseases, arthritis and muscle pain.
- Promotes relaxation, thereby lending a feeling of well-being.

Studies on Artificially Induced Fever

Nobel-Prize winner Andre Lwoff, a French virologist, asserts that high temperature during infection helps combat the growth of virus. "Therefore, fever should not be brought down with drugs," he said. Two medical doctors, Werner Zable and Josef Issels, have this to say about fever: "Artificially induced fever has the greatest potential in the treatment of many diseases including cancer." A German physical education professor named Dr. Ernst has found that there are no cancer patients among marathon runners. He conducted a study of marathoners who logged about 20 miles a day. Analyzing their sweat, he found it contained cadmium, lead, and nickel. Ernst concluded that these athletes excreted these potential cancer-causing elements from their bodies by perspiring. He and other scientists conclude that sweating profusely at least once a day is good for health.

However, only the most active of athletes achieve sweat through heavy exercise on a daily basis, and usually not of the deep, prolonged, therapeutic type

that will flush out toxins and heavy metals. Most people do not exercise enough or spend regular time in saunas to sweat frequently to eliminate these accumulations of toxins. And yet, we now know to maintain a healthy body and mind, everyone needs to eliminate and flush out these accumulated poisons regularly. And those who are unable to exercise heavily, for whatever reason, have an even greater need to create a regular sweat. Deep sweating through daily saunas is the best method of doing this.

When saunas are used regularly, studies have shown such benefits as improvement of blood circulation, restored youthfulness, toxin and heavy metal reduction, weight control, cellulite reduction, skin cleansing and rejuvenation, allergy reduction, rash reduction and muscle and joint pain reduction.

With a top quality far infrared sauna (long, or far infrared rays along the invisible band of the full electromagnetic range of sunlight, not ultraviolet, are felt as heat on objects rather than in the air and they penetrate deep into the skin to the fat, collagen and muscle layers), a person is able to stay in for a longer time, thus able to reap greater benefits than through the use of other saunas. Also, because body temperature will rise slightly, the body reacts in the normal manner by raising the heart rate to a mild aerobic range, increasing blood flow, opening up the capillaries for greater blood flow to sluggish areas, opening up the pores, and creating the deep sweat that flushes out the toxins.

On a cautionary note, certain people need to approach saunas slowly and judiciously. Folks over age 60 are in a high-risk group for undiagnosed heart disease. The sauna's no place to find out. See your doctor before using the sauna. So should those who are on regular medication, obese, pregnant, or have thyroid, kidney or respiratory problems, diabetes or high blood pressure.

Today sweating is not only "in," it's been proven to be one of the healthiest things a body can do. Nothing beats the feeling and overall well-being or the health benefits you get after you've worked up a "good sweat" and the easiest key to a "good sweat" is a sauna.

Detoxification

Claire Krulikowski, in "Detoxification Using Far Infrared Saunas," (1) writes that many people who have had a variety of debilitating conditions report complete reversals after using far infrared saunas. For example, Jina Morgan of Colorado wrote the manufacturer of her unit about her results. Claire explains that she had been alternately diagnosed by numerous specialists as having fibromyalgia,

chronic fatigue, allergies, and migraines. In 1999, tests found she had heavy metal poisoning—most conspicuously, mercury. Morgan’s body couldn’t handle injections of a DMPS medical procedure [sodium salt of 2,3-dimercapto-1-propane sulfonic acid for chelation therapy], and a homeopathic physician convinced her to utilize far infrared saunas.

“Other than a couple of supplements taken daily, the sauna was the only active way that I was able to pursue my problem,” she noted.

Feeling better three months later, Morgan returned to her original physician who retested her to find where her mercury count stood. The results showed her level had plummeted to 2.2, while 3.0 is considered acceptable.

“Both the doctor and I were truly amazed! There was nothing that I’d done except for the sauna for the previous three months.”

Shirley White of Pennsylvania says, “After six years of treatment with specialists for rheumatoid arthritis, fibromyalgia and connective tissue disease, I was sick and tired of being sick and tired.... I ached all over, felt as if I had the flu continually, [and] had symmetrical joint inflammation [as revealed by a complete bone scan], brain fog, short term memory loss, inability to form complete sentences or make decisions, chronic fatigue, a metallic taste in my mouth, extreme chemical sensitivities, cold hands and feet, night sweats, unexplained and everlasting bruises, and insomnia.”

Finally, White says, “Blood tests revealed a severely suppressed immune system, underactive thyroid and underactive adrenals.... With a subsequent urinalysis, I was declared ‘legally mercury poisoned.’”

Elevated counts of other heavy metals were also present.

Under a doctor’s care, White followed a “strengthen the body protocol.” She then had 22 amalgams removed and began detoxing using homeopathics, herbs, bath soaks, intravenous vitamin C, and oral DMPS. Several months later, she was frustrated to learn that “my count dropped by only one.”

The doctor then recommended using a far infrared sauna. White agreed and chose to discontinue all DMPS treatments. Within six weeks, she reports, “My previously elevated levels of mercury and aluminum were no longer detectable. Additionally, my lead levels were also reduced.... Thirty pounds lighter, I no longer have rheumatoid arthritis, fibromyalgia or connective tissue disease. I feel a thousand times better.... I am thrilled that I can jog up to two miles, three times a week.”

How to Choose a Far Infrared Sauna

From extensive research on saunas and the benefits of sweating over the past three decades, my personal preference among all the saunas available is ***Thermal Life Far Infrared Saunas***. For decades, ***Thermal Life*** has been the world leader in the sauna business and has gained a reputation of making the best-of-the-best. They use only the best heaters and wood and their craftsmanship is beyond compare. When you invest in a ***Thermal Life Far Infrared Sauna***, you're making an investment not only in your health, but also an investment for life.

Thermal Life Sauna Lifetime Warranty

The best way to show confidence in a product's construction is with a warranty. This sauna comes with a lifetime warranty against defects in workmanship of the cabin, the heaters, and the electrical components. You will also be as happy to own the ***Thermal Life Far Infrared Sauna*** as the company, ***High Tech Health***, is to make it for you. They are so certain you will like it that they offer a 30-day money back guaranty on your purchase. If you are unhappy with your sauna, you can send it back and they will refund your money minus the cost of shipping.

Thermal Life Saunas are completely safety certified for clinic use (unlike others that only have certification on just their heaters or electronics). Also, their saunas are made of 100% poplar wood which is FSC certified (Forest Stewardship Council). This means that the wood is 3rd party certified to be harvested solely from certified sustainable forests. And finally, ***High Tech Health*** is also 3rd party certified to be a "Carbon Neutral" company. They are simply the best!

Personally, I do not want to sit in a gym sauna, or other community sauna, where other people have been sitting and leaving their toxic residue.

For more information or to purchase a ***Thermal Life Far Infrared Sauna***, please call: ***800-794-5355 (US & Canada)*** or ***303-413-8500 (International)***. Also, if you visit my website, SusanSmithJones.com, and click on ***Favorite Products***, you can read more about the ***Thermal Life Far Infrared Saunas*** and look at the photos of their saunas of all different sizes. I also write about these spectacular saunas in my ***February 2011*** Newsletter. I attribute my vibrant health to taking infrared saunas for decades.

Reference

1. "Detoxification from Far Infrared Saunas," by Claire Krulikowski, *Well Being Journal*, Vol. 11, No. 3, 302 E. John St., Carson City, NV 89703

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