

# **6 Benefits Of Infrared Sauna Therapy**

## **WHAT IS AN INFRARED SAUNA?**

Infrared Saunas are not the same as traditional saunas. Infrared saunas are different because they use infrared thermal light to penetrate your body's skin barrier in order to raise your core temperature whereas conventional saunas have to heat the air in the sauna before it can actually heat you. Because of this, an infrared sauna gets less hot overall, allowing you to spend more time inside enjoying the benefits.

**Infrared saunas are able to target key factors that contribute to many chronic health problems. Here are some reasons I love my infrared sauna:**

### **INFRARED SAUNAS & INFLAMMATION:**

Out-of-control inflammation is linked to just about every health problem we face. Autoimmune conditions; digestive, brain, and hormone problems all have inflammation as their commonality. Infrared saunas are an effective, natural way to calm inflammation throughout the entire body.

### **INFRARED SAUNAS & CHRONIC FATIGUE:**

Out-of-control inflammation is linked to just about

After around 20 days of using a sauna every day, chronic fatigue study participants saw a significant improvement in their chronic fatigue symptoms

### **INFRARED SAUNAS & SUPPORT OF DETOXIFICATION:**

One of the many factors at the root of this rise of chronic and autoimmune diseases are toxins, which have risen astronomically during this time period. Environmental toxins, which were never known to humanity until relatively recently, are pervasive in our environment and in our bodies. Sweating is one of your body's natural ways of clearing out toxins. By promoting sweating with your sauna session you are helping to flush these out.

### **INFRARED SAUNAS & BOOSTING IMMUNITY:**

Raising body temperature in saunas can be an effective natural way to help the body to kill off bacterial, fungal, parasitic, and viral infections.

## **INFRARED SAUNAS & BETTER BRAIN FUNCTION:**

Sauna use increases something called BDNF, or brain-derived neurotrophic factors. BDNF encourages neurogenesis, or the growth of new brain cells, which is crucial for improving brain function and memory.

## **INFRARED SAUNAS & CHRONIC PAIN:**

Studies have shown that infrared saunas are able to reduce pain even for those suffering from painful conditions like rheumatoid arthritis, chronic headaches & fibromyalgia. Saunas cause the release of endorphins, opioid-like chemicals that are your body's natural painkillers.

## **INFRARED SAUNAS TO REDUCE STRESS & ANXIETY:**

You can be the poster child for clean eating, but if you are feeding yourself a giant slice of stress every day, you aren't doing your body any favors. Research shows that long-term stress raises inflammation levels and is linked to many health problems. Relaxing in an infrared sauna gives you a chance to recharge and soothes stress levels. Studies have shown that sauna use can balance the brain-adrenal (HPA) axis, which is the cause of what is commonly known as adrenal fatigue. And because sauna use increases BDNF, this also helps with anxiety, depression, and overall mood.

**\*\* BDNF:** brain-derived neurotrophic factor, is a protein produced inside nerve cells. ... *BDNF* improves the function of neurons, encourages their growth, and strengthens/protects them against premature cell death.

## **INFRARED SAUNAS & INCREASED LONGEVITY:**

Regular sauna use has been shown to considerably decrease risks of heart disease and lead to a lower chance of dying from all causes. Studies have shown that people who use saunas four to seven times a week have a 48 percent lower risk of dying from heart disease over those who used the sauna once a week.

## **INFRARED SAUNAS & CANCER PREVENTION:**

Sauna use has also been shown to be beneficial for cancer patients. Research found that sauna treatment for an hour at 109°F cause the death of bone cancer cells.

## **ARE INFRARED SAUNA'S REALLY SAFE?**

Since most recommended infrared sauna treatment times range from 10 to 30 minutes, no serious side effects are associated with this proper use. Saunas are considered very safe for most people. The most common side effect is, because of the heat and subsequent sweating, some people can feel some light headedness. If you are using any kind of sauna, make sure you are drinking plenty of water so that you are well-hydrated. If you are sensitive to heat, have heart problems, or take medications, it is always a good idea to talk about sauna use with your doctor.

**Here is a bit more information...**

### **1. Detoxification**

Sweating is one of the body's most natural ways to eliminate toxins, making it a crucial part of detoxification. When compared to traditional Swedish saunas, infrared saunas allow you to eliminate about seven times more toxins.

### **2. Relaxation**

Infrared sauna therapy promotes relaxation by helping to balance your body's level of cortisol, your body's primary stress hormone. The heat generated by the sauna will also help to relax muscles and relieve tension throughout the body, allowing you to relax and de-stress.

### **3. Pain Relief**

If you suffer from muscle aches or joint pain, infrared saunas can relieve this form of inflammation by increasing circulation and relaxing your muscles.

### **4. Weight Loss**

The heat generated by an infrared sauna will cause your core temperature to increase, which can also lead to an increased heart rate — the same increase in heart rate that you experience when exercising. When your body has to work harder to lower your core temperature or keep up with an increased heart rate, your body will burn more calories, resulting in weight loss. The *Journal of the American Medical Association* concluded that a 30-minute infrared sauna session could burn roughly 600 calories.

### **5. Improved Circulation**

As the heat from infrared saunas increases your core body temperature, your circulation will increase along with it. Consistent infrared sauna sessions, especially in the middle-infrared level, can stimulate blood flow, improve muscle recovery, and decrease pain and inflammation after intense exercise.

### **6. Skin Purification**

Infrared sauna technology can help purify your skin by eliminating toxins from your pores and increasing circulation, resulting in clearer, softer, and healthier-looking skin.