

Far-InfraRed Saunas

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Far-InfraRed Saunas have been used to help eliminate heavy metal and chemical toxins from the body, which may relate to symptoms such as:

- Fibromyalgia
- Depression
- Headaches
- Tremors
- Muscle and joint pain
- Night sweats
- Chronic Fatigue
- Anxiety
- Cold hands and feet
- Inability to lose or gain weight
- Allergies
- Dark circles under the eyes
- Rashes
- Brain Fog
- Chemical sensitivity
- Candidiasis
- Low body temperature
- Metallic taste in mouth
- Memory loss
- Acne

Far-InfraRed Saunas are more efficient than traditional "Sweat-lodge" saunas because their heat penetration is concentrated in the fat-tissue layer where chemical and heavy-metal toxins tend to be stored, and they cause less central body heating. Toxins are also stored in the brain, liver and kidneys; these toxins are gradually redistributed throughout the body, so that the entire body can be detoxified.

Sauna detoxification may require about 4-6 months (20 minutes daily, followed by shower to wash off the toxin-loaded sweat), compared to 6-15 months with supplement-detoxification programs. It requires careful attention to mineral and fluid replacement and some specialized supplements to eliminate mobilized toxins before they can settle elsewhere in the body. Good liver, kidney and bowel function are important to remove circulating toxins that are not excreted by the sweat glands. After most toxic burden has been removed, a sauna once a week may be good long-term maintenance.

The best time for sauna may be in the morning before breakfast, because the body tends to mobilize fat better when fasting. It's important to drink plenty of fluids both before and after sweating to maintain good hydration and optimal detoxification. Electrolyte monitoring and replacement, especially zinc, are important to maintain chemical balance. It's better to start a sauna program with shorter times and lower temperatures so you don't mobilize too much toxicity too fast at the beginning, making yourself feel worse for a while. If you feel worse after a session, you've overdone it. Go by how your body feels.

Sauna use causes some people to spontaneously lose weight without otherwise changing their diet or exercise, because less-toxic cells spontaneously burn more energy. That's why saunas work better than dieting for losing weight. ("Yo-yo" weight fluctuations from dieting are often a sign of toxic burden, because the mobilized toxins in the bloodstream decrease energy production in the body's cells and cause fatigue & increased appetite as the under-powered cells put out appetite signals.)