

How does far infrared sauna affect detoxification?

2 ways – when the core temperature is increased it increases the rate of enzyme reactions in the body – more nutrition can get in to the cell, more waste products can move out, as well it increases the enzyme reactions in the liver so more toxins can be metabolized and excreted in to the bile and ultimately in to the intestine – the corollary here is that the intestines have to be working efficiently!!!

The second and most beneficial effect of sauna is inducing sweat. The body works very hard at taking care of itself. When it is exposed to toxins that the liver can't process (for instance they are manmade and the body has no idea how to detoxify them – or the liver is already over-burdened) it stores the toxins in the place where they will cause the least harm – generally this is in fat cells because they are the least metabolically active. Sauna allows the toxins to be released from the fat cells under the skin and moves them to the surface through sweat. Conventional saunas get too hot and most people have to get out before they have been able to sweat effectively.

Far infrared saunas are much cooler so people can tolerate the heat and far infrared penetrates to a greater depth, so can reach more fat cells. NOT ALL IRs ARE CREATED EQUAL! Consistent temperature and placement of the elements is very important, as is the quality of the carbon filtering system.

The Main reason to prescribe FIRS is

Environmental toxicity – heavy metals, chronic chemical exposures - which can present as neurological conditions, hormone imbalances, irritability, intolerance to scents or chemicals, immune dysfunction, fibromyalgia and chronic fatigue syndrome.

Saunas can be used as an adjunct to other detoxifying treatments or as the primary treatment in less severe cases, or in very severe cases where aggressive treatment is not well tolerated.

Who should consider Infrared Sauna?

People who are exposed to toxins on an ongoing basis should remove them on an ongoing basis. Anyone who lives in a city or has carpet on the floor and paint on the walls, anyone who is exposed to pesticides or herbicides which would include eating inorganic food, anyone who has pressure treated lumber on their deck, or who gets their clothes dry cleaned. Anyone who has or has had mercury fillings. Anyone who wants to hide away from the world for 30 minutes a day! If toxins accumulate they will eventually lead to illness. Patients with cardiovascular disease, high or low blood pressure, skin rashes or other conditions that cause intolerance to heat should check with a practitioner that prescribes sauna treatment before commencing a program.

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