

TAKE HEART with Sunlighten Infrared Sauna



Another study published in the April 2009 issue of the *Journal of Cardiology* suggests using infrared sauna therapy as a promising non-pharmacological treatment for congestive heart failure (CHF), a condition where the heart does not adequately pump oxygen-rich blood to the body.

INFRARED HEAT AND BLOOD PRESSURE

Infrared heat demonstrated superior benefits in lowering blood pressure in a randomized, double-blind, placebo-controlled study conducted by doctors at the University of Missouri in June and July 2005. Participants were healthy individuals ranging in age from 21 to 65 who were randomly assigned to sit in either a Sunlighten infrared sauna or a control sauna that emitted heat, but not far infrared heat. After participating in 30-minute sauna therapy sessions three times a week for six weeks, those who completed their sessions in a Sunlighten infrared sauna experienced an average drop of systolic blood pressure from 130.5 to 124. The drop in blood pressure can be attributed to the far infrared sauna's ability to dilate blood vessels, decreasing the volume of their inner lining and increasing circulation to support healthy blood pressure.

Committing to regular detox and relaxation with a Sunlighten infrared sauna is one of the best investments you can make in your health. Purchasing a home unit for everyday use will yield priceless dividends in improved health and longevity. Now that's the way to ease into 2013!

INFRARED SAUNA THERAPY AND THE BODY

Infrared saunas, in some ways, are akin to physical workouts. As you sit in your sauna with a gentle radiant heat that penetrates deep into your body, your blood begins circulating to all the vessels in the outer layers of your skin and your brain, bringing fresh nutrients and oxygen and removing waste. That's why infrared sauna is so good at removing chemical pollutants and strengthening your cardiovascular health.

Far safer than other heart-health support such as taking an aspirin a day, infrared sauna therapy also promotes relaxation, detoxification, immune response, mood enhancement and increased metabolism and weight loss.

RESEARCH FINDINGS ON SAUNA THERAPY AND HEART HEALTH

One experimental study at the University of Toyama in Japan showed regular sauna therapy helped the arteries heal after a heart attack. "Repeated sauna therapy (ST) increases endothelial nitric oxide synthase (eNOS) activity and improves cardiac function in heart failure as well as peripheral blood flow in ischemic limbs," reported researchers in the August 2011 issue of the *American Journal of Physiology-Heart and Circulatory Physiology*. Sixteen additional studies listed on Pubmed.com, the clearinghouse for medical research, also show patients who do regular infrared saunas recover better from heart attacks, are less likely to suffer a second one and are more protected from a first incident.

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A professor and medical doctor in the Department of Family Medicine at the University of British Columbia, Dr. Richard Beever, BSc, MD, CI, has done extensive research on far infrared saunas. He explains, "As infrared heat penetrates more deeply than warmed air, users develop a more vigorous sweat at a lower temperature than they would in traditional saunas. As such, far infrared saunas might be of particular benefit to those who are sedentary due to various medical conditions, such as osteoarthritis or cardiovascular or respiratory problems."

BRINGING IT HOME WITH SUNLIGHTEN

In just a few weeks of regular saunas, my weight, mood, emotional well-being, heart and circulatory health are all improved and balanced. Of course, I exercise, take my supplements and watch my diet too. My one piece of health advice for American Heart Month: Get thee in an infrared sauna. ■

—DWS

Helping Healthy Hearts

Sunlighten is a proud supporter of the American Heart Association (AHA). In honor of American Heart Month, a portion of all Sunlighten sauna sales will be donated to the AHA.

Resources

www.sunlighten.com

Call Sunlighten at 877-292-0020 and tell them you read about saunas' beneficial effect on your heart in *Healthy Living*.