

Warm Your Heart with a Sunlighten

If you've been sitting on the fence when it comes to purchasing a Sunlighten infrared sauna, now is the time. An infrared sauna will profoundly support your heart health.

by Julie Powell

Heart disease is the leading cause of death in the United States. According to the Centers for Disease Control and Prevention, "In 2010, an estimated 785,000 Americans had a new coronary attack, and about 470,000 had a recurrent attack. About every 25 seconds, an American will have a coronary event, and about one every minute will die from one."

February serves as American Heart Awareness Month, and in light of these sobering statistics, the time is right to show our hearts some love. Make a plan for heart health that includes improved diet, increased exercise, the proper nutritional supplements and infrared sauna therapy.

HOW INFRARED SAUNAS WORK—THE SUNLIGHTEN DIFFERENCE

As far as heart health goes, all saunas work on the same principle: they induce a deep sweat to make the heart pump faster, which in turn increases blood flow, lowers blood pressure and helps circulation.

However, traditional steam saunas can heat the air to around 180°F, which can make breathing difficult (or even cause heat stroke in some cases). On the other hand, Sunlighten-brand infrared saunas emit only a dry, radiant heat that warms from within, keeping temperatures at safe levels of 100 to 150°F.

The well-known cardiologist and TV show host, Dr. Mehmet Oz, sat in a Sunlighten sauna with Oprah Winfrey on *The Oprah Winfrey Show* to discuss the superior cardiovascular benefits of infrared sauna use. Dr. Oz explained, "We've shown that people who take saunas a couple times a week actually drop their blood pressure."

SUPPORTIVE STUDIES

The scientific evidence that supports infrared saunas for cardiovascular health is impressive and continues to mount. According to an April 2009 study in the *Journal of Cardiology*, using infrared sauna therapy is "a promising non-pharmacological treatment for congestive heart failure (CHF)." Researchers observed 129 patients with severe CHF. The sauna group was treated daily for five

days during hospital admission and then at least twice a week after discharge. Each infrared sauna session was conducted at 140°F for 15 minutes followed by 30 minutes of bed rest with a blanket. At the five-year follow-up, results showed that infrared sauna therapy reduced cardiac events in patients suffering from CHF (with 31.3 percent of the sauna group experiencing cardiac events as compared to 68.7 percent in the control group).

A randomized, double-blind, placebo-controlled study conducted by doctors at the University of Missouri in 2005 found a connection between infrared saunas and lower blood pressure. 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 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 blood pressure from 130.5 to 124. The drop in blood pressure can be attributed to the infrared sauna's ability to dilate blood vessels, decreasing the volume of their inner lining and increasing circulation to support healthy blood pressure.

SUNLIGHTEN HAS A BIG HEART

Sunlighten is an ardent supporter of the American Heart Association (AHA). Each February, in honor of American Heart Awareness Month, Sunlighten donates a portion of its sales to the AHA. However, the commitment does not end there. Sunlighten participates in a number of local Kansas City, Missouri, AHA fundraisers, and owners Aaron and Connie Zack have served on the board of directors for their local AHA chapter.

Kick off your heart health commitment by investing in a Sunlighten sauna. If ever you needed a great reason to do so, then taking care of your heart is reason enough. ■



Resources

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