

Make Sunlighten Your New Year's Resolution

Here's my prescription—
Start the New Year with a Sunlighten sauna.

buying my Sunlighten sauna changed my life. My health is better, outlook stronger, and truthfully, my whole philosophy of living a healthy lifestyle has expanded. I think a Sunlighten sauna is essential for achieving truly optimal health. This is a purchase that offers big benefits.

Sunlighten outshines all the competition. I know. I scoured the online market for the best. When I went to buy, I wanted a company that is strong and has a great reputation for caring about the community and the planet.

Sunlighten uses the most advanced infrared technology on the market. With a Sunlighten sauna, you can choose the infrared spectrum that is best suited for your health needs—detoxification, pain relief, weight loss, cardio, stress and relaxation. You also have biometrics. It also offers biofeedback tracking. You can see your heart rate and calories burned in real time and then track your information online.

The LCD touch-screen makes it so easy to choose your health program. And to give you an example of what it can do for you, a 30-minute sauna session can burn 500 to 700 calories. Sunlighten's advanced solocarbon heating technology means you are surrounded with infrared band-specific, deep-penetrating, evenly dispersed heat.

To put this into perspective, I began using my Sunlighten for 20 minutes daily and now enjoy 35 minutes or longer, especially as I enjoy the stereo surround sound or reading quietly and relaxing, free from the TVs and monitors that seem to be blasting at all times in our environment. I find the time to be extremely productive for my reading pleasure. And the chromotherapy lights have a really positive impact on my mood.

Sunlighten models also work in apartments, indoors and out-

doors. Solocarbon full spectrum infrared technology isn't all that makes Sunlighten unique—so do removable benches for yoga, highly efficient energy (it uses just pennies a day), and clinical-backing for effectiveness.

Also, and this is very important: Sunlighten's Solocarbon technology was clinically studied at the University of Kansas and showed significant decreases in blood pressure. Solocarbon technology delivers deep infrared penetration for better perspiration and longer, deeper sauna experiences. It is a patented, scientifically validated technology.

The well-documented science behind the infrared sauna supports its use, particularly for heart and circulatory health. An article in the January 2012 *International Journal of Cardiology* found that repeated sauna therapy improves circulation with chronic arterial blockages. Treadmill times and dilation among the 16 of 24 patients who used infrared sauna improved. In a second study in the August 2011 *American Journal of Physiology, Heart and Circulatory Physiology*, repeated sauna therapy increased the production of nitric oxide synthase of eNOS activity and peripheral blood flow to the limbs. This again shows real help.

Blood flow improvements like this help in so many ways. The flow sparks detoxification as the blood expels even higher amounts of toxins such as pesticides, industrial chemicals and medical or street drugs. All this makes a difference in how you feel because we have all been exposed to so many of these chemicals.

Each sauna brings a whole new you. Each infrared sauna experience is cleansing and delivers specific benefits. For the price of a daily café latte or two, you could be investing in your own long and healthy life.

Don't wait! Look into a Sunlighten sauna for better health today. ■

—David William Steinman



Creating a health sanctuary in my garden with Sunlighten.



REFERENCES

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Resources

www.sunlighten.com