

For someone living with diabetes, infrared therapy might well be a their best friend.

Doctors have discovered that infrared light—a completely safe spectrum of the sun that penetrates the dermis and provides inner warmth—has amazing benefits for people suffering from chronic pain and arthritis, can improve mood, relieves mild depression and seasonal affective disorder, and enables the body to detoxify.

And, as the latest research shows, some of the most far-reaching benefits are for people with diabetes or who are prediabetic with a constellation of symptoms known as Syndrome X, which was first made popular as a term in this decade, and reflects a number of dysfunctions involving cholesterol, blood pressure, blood sugar, and obesity. As it turns out, these underlying conditions all respond remarkably well to infrared sauna therapy.

LATEST STUDY SHOWS HOW INFRARED THERAPY BENEFITS PEOPLE WITH DIABETES

The most recent good-news study was published in the April 2010 issue of *Acta Med Okayama*, where doctors from the Department of Physical Therapy at KIBI International University, in Takahashi, Okayama, studied the effect of infrared therapy on patients with type 2 diabetes. In this study, they examined the effect of leg hyperthermia on oxidative stress in bedridden subjects with type 2 diabetes mellitus using 15-minute sessions of infrared rays over a two-week period.

Fasting markers of inflammation and oxidative stress were measured at the start and at two weeks after infrared therapy had begun. Results showed that markers for total oxidative stress levels “were decreased significantly.”

HELP WITH SYNDROME X

An October 2001 study in the journal of the *American College of Cardiology* found positive results. Researchers from Kagoshima University, Japan, sought to determine whether sauna therapy improves endothelial (blood vessel) function in patients with coronary risk factors such as hypercholesterolemia, hypertension, diabetes mellitus, and smoking.

Twenty-five men with at least one coronary risk factor and 10 healthy men without coronary risk fac-

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Infrared Sauna Therapy for the Millions

tors were enrolled. Patients in the risk group were treated with a 60 degrees C infrared-ray dry sauna for 15 minutes and then kept in a bed covered with blankets for 30 minutes once a day for two weeks. Two weeks of sauna therapy significantly improved vasodilation, improving circulation and nourishment to all the tissues. “Repeated sauna treatment improves impaired vascular endothelial function in the setting of coronary risk factors, suggesting a therapeutic role for sauna treatment in patients with risk factors for atherosclerosis.”

The evidence is becoming increasingly clear that infrared saunas will benefit people with diabetes. Be sure to choose Sunlighten, as this is the only brand with Solocarbon® technology, which has been clinically studied and proven effective. The latest mPulse Series provides immediate biofeedback for heart rate and calories burned with an LCD interface that links to an online biofeedback center.

So if you are one of nearly 24 million Americans with diabetes and you want to do something smart for your health condition, think Sunlighten. ■

Resources

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