

The Infrared Therapy Revolution *HAS ARRIVED*



a major new study just published in the July 2009 issue of the *Canadian Family Physician* offers strong support for the use of infrared sauna therapy for many of our aging population's most common health complaints and challenges. Indeed, it makes a strong case for having an infrared sauna in your home or apartment because of its strong preventive health benefits.

The review of the available studies "is of importance to those currently suffering from—or interested in pre-

venting—common symptoms such as pain, stress, and fatigue, as well as common chronic diseases such as hypertension, dyslipidemia, diabetes, and obesity," says the study author Richard Beever, M.D.

He added that his analysis demanded only the very best peer-reviewed clinical studies.

EXCELS FOR HEART HEALTH

Infrared therapy has enjoyed strong public support for cardiovascular health from Drs. Mehmet Oz and Stephen Sinatra. Dr. Oz, of course, is a frequent guest on *Oprah* and has recommended Sunlight Saunas on the show, sparking huge sales. Dr. Sinatra, editor of the highly noted newsletter, *Heart, Health and Nutrition*, is one of the nation's leading heart health experts. Backing Oz and Sinatra's reports, the authors of the article note, "There is preliminary but high-quality support of infrared therapy for treatment of New York Heart Association (NYHA) class II and III congestive heart failure (CHF) and systolic hypertension."

When it comes to dealing with pain, "there is fair preliminary support for its role in reducing chronic pain." Plus, there "is weak preliminary support for infrared sauna therapy in treating chronic fatigue syndrome."



In a series of key points, it was noted, "Although the evidence is limited, it does suggest a number of benefits of infrared sauna therapy use, including effects on systolic

hypertension, NYHA class and clinical symptoms of CHF, premature ventricular contractions, brain natriuretic peptide levels, vascular endothelial function, exercise tolerance, oxidative stress, chronic pain, and possibly weight loss and chronic fatigue. No adverse events were reported in any of the studies."

TAKE-HOME MESSAGE IS CLEAR

Don't confuse other types of saunas with infrared sauna therapy. Its highly penetrating heat allows for longer stays at lower temperatures with better overall results. The authors note, "Because infrared heat penetrates more deeply than warmed air, users of infrared saunas develop a more vigorous sweat at a lower temperature than users of traditional saunas. The cardiovascular demand imparted by thermoregulatory homeostasis is similar to that achieved by walking at a moderate pace. As such, infrared sauna therapy might be of particular benefit to those who are sedentary due to various medical conditions like osteoarthritis or cardiovascular or respiratory problems."

HOW TO FIND YOUR INFRARED SAUNA

When you're looking for your own in-home sauna, whether for your apartment, condo, home or spa, be sure to choose Sunlight Saunas, the only name you need to know when it comes to infrared therapy. In fact, Dr. Beever consulted with Aaron Zack, president and CEO of Sunlight Saunas, in writing the article to learn more about this fast-growing industry. Why? Because Sunlight Saunas has been at the forefront of the infrared therapy revolution here in the United States and increasingly globally.

Sunlight Saunas has provided the highest quality, best-performing saunas, and is the only brand with its own published clinical validation for reducing blood pressure. In fact, Sunlight Saunas and the American Heart Association have teamed up together to spread the word about the overall health benefits of infrared therapy saunas, particularly for heart and circulatory health.

Today's economic times have made many people consider what they are going to do to make sure they stay healthy. This current article in *Canadian Family Physician* makes it abundantly clear that the future of infrared sauna therapy is going to be a very healthy and exciting one, with more and more people taking advantage of the remarkable preventive health benefits—and at prices and designs for every budget. ■

Resources

For more on Sunlight Saunas, visit the company's highly informative website, www.sunlightsaunas.com; you can also learn more by calling 877-292-0020.

