



Benefits of Sweating

Sweating is the body's safe and natural way to detoxify, heal and stay healthy. Sweat carries toxins out of the body by pushing it through pores. Sweating also helps the body release heat and keeps your internal core temperature as consistent as needed.

The average person has 2.6 million sweat glands. Sweat glands are distributed over the majority of the human body. The skin is the largest organ in the body and it plays a significant part in the detoxification process. Unfortunately, many of us do not get in the sun enough, do not exercise enough, eat processed and genetically modified foods and do not sweat enough. In fact, we often block the bodies' ability to sweat by using deodorants with an antiperspirant. All of these things contribute to a build-up of toxins in our bodies, an inability of the body to get rid of them and the onset of many diseases and health related problems.

What is an Infrared Sauna?

An infrared sauna is a unique, safe and beneficial way to help the body rid itself of toxins by sweating. Infrared saunas use infrared heaters to emit infrared radiant heat. The infrared heat is absorbed directly into the human body and is able to penetrate deeply; unlike traditional saunas which heat the body directly via air or steam and do not penetrate deeply. In fact, infrared technology radiates heat tuned to the temperature of our bodies and works like a sunny day. 93% of the energy penetrates below the skin. Traditional saunas heat the air to above the boiling point which over-heats skin, often feeling claustrophobic.

What are the Benefits of an Infrared Sauna?

The FAR-infrared heat is required for all living things for optimum health. When using an infrared sauna, the radiant heat surrounds you and penetrates deeply into your joints, muscles and tissues, speeding oxygen flow and increasing circulation. It also helps to remove impurities from your cells, specifically the cells inside your fat where your body stores waste and harmful toxins such as cholesterol and heavy metals.

Is Detoxification Better with an Infrared Sauna versus a Traditional Sauna?

Yes, with infrared technology the average person will sweat out up to 20% of toxins and 80% water. In a conventional sauna the average person sweats out 3% toxins and 97% water. This is very important for people that have consumed years of industrialized, pesticide-laden foods, pharmaceutical drugs, chemotherapy and/or radiation.

What Other Health Benefits are Available from Using an Infrared Sauna?

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| • Facilitates weight loss | Helps treat cellulite |
| • Improves your immune system | Helps improve skin diseases like eczema, psoriasis and acne |
| • Strengthens the cardio-vascular system | Helps control blood pressure |
| • Gives you more energy and relieves stress | Relieves pain (joint pain, sore muscles, arthritis) |
| • Helps treat burns, scars, tissue damage, hives, gout, prostate hypertrophy and bronchitis | |

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