## BENEFITS OF INFRARED SAUNA THERAPY

| GENERAL | • Weight loss (produced through sweating, the energy expended to produce sweating, and through direct excretion of fat)  
|         | • Detoxification (even reverses effects of toxic electromagnetic radiation)  
|         | • Stress management  
|         | • Pain relief (injuries, nerve pain, fibromyalgia, chronic fatigue, etc.)  
|         | • Chronic inflammation  
|         | • Improved energy and vitality  
| HORMONAL | • Menstrual pain  
|         | • Infertility  
|         | • Endometriosis  
|         | • Polycystic Ovary Syndrome  
|         | • Pregnancy preparation  
|         | • Menopause symptoms  
|         | • Type II Diabetes  
| HEART | • High blood pressure  
| | (safe in 40 – 50ºC, regular use helps lower pressure)  
| | • Low blood pressure  
| | (sauna train the body to raise the pressure)  
| | • Atherosclerosis (hardening of arteries)  
| SKIN | • Eczema  
| | • Psoriasis  
| | • Tinea (ringworm, fungal infection, etc.)  
| ARTHRITIS | • Rheumatoid Arthritis  
| | • Osteoarthritis  
| | • Gout  
| | • Degenerative Joint/Disc Disease  
| MUSCULAR | • Soft tissue injury (daily sessions used until best healing attained, then used to deal with permanent residuals; pain control for chronic residuals lasted three days before another treatment was necessary)  
| | • Facial paralysis (Bell's Palsy)  
| | • Lumbar strain / Low Back Pain  
| | • Disc Protrusion (neuralgia)  
| DIGESTION | • Irritable Bowel Syndrome  
| | • Crohn’s Disease  
| | • Ulcerative Colitis  
| | • Cholecystitis (Gallstones)  
| | • Varicose veins  
| | • Hemorrhoids  
| HORMONAL | • Tinitus (chronic severe case cleared with 10 infrared treatments)  
| | • Brain damage (accelerated repair in brain contusions)  
| | • Cerebral hemorrhage (speeds and significantly enhances recovery)  
| | • Burns (relieves pain and decreases healing time with less scarring)  
| | • Pelvic infection  
| | • Pediatric pneumonia  
| | • Frostbite with inflammation  

### What is Infrared Heat?

Infrared heat is simply a form of energy that heats objects directly through a process called conversion without having to heat the air between. Did you know that the sun produces most of its energy in the infrared segment of the spectrum? This is why even on a cool fall day, direct sunlight can make you feel really warm!

Our tissues normally produce infrared energy to keep us warm and facilitate tissue repair. The phenomenon by which our bodies respond to treatment from infrared sauna is called "resonant absorption." And this phenomenon is what makes infrared heat so therapeutically beneficial!
# CONTRAINDICATIONS TO INFRARED SAUNA THERAPY

## STRICTLY AVOID INFRARED SAUNA THERAPY IF:

<table>
<thead>
<tr>
<th>Condition</th>
<th>Contraindication</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Pregnancy</strong></td>
<td>Not only is dehydration and reduction in amniotic fluid a risk, but extreme <em>heat can act as a mutagen</em>, significantly endangering fetal development. <em>Any therapy designed to raise body temperature above 38.9 °C should be strictly avoided during pregnancy.</em> Note: While many pregnant women enjoy conventional sauna or steam rooms for brief periods, penetrating heat from infrared sauna may be two to three times more intense than similar therapies and any benefits from very short infrared exposure do not outweigh considerable risks.</td>
</tr>
<tr>
<td><strong>Acute Injury</strong></td>
<td>If a person has a recent (acute) joint injury infection, it should not be heated for the first 48 hours or until the hot and swollen symptoms subside. Vigorous heating is strictly contraindicated in cases of <em>enclosed infections</em> (IE: abscess of any kind, including dental, joints, or in any other tissues.)</td>
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<tr>
<td><strong>Hemorrhage</strong></td>
<td>Hemophiliacs and anyone predisposed to hemorrhage should avoid infrared usage or any type of heating that would induce vasodilatation that can lead to the tendency to bleed.</td>
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<tr>
<td><strong>Certain Ailments</strong></td>
<td>According to some sources, it is considered inadvisable to raise the core temperature of someone with <em>adrenal suppression</em>, <em>systemic lupus erythematosus</em> (SLE), or <em>multiple sclerosis</em> (MS).</td>
</tr>
</tbody>
</table>

## USE CAUTION IF:

<table>
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</tr>
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<td><strong>Prescription Drugs</strong></td>
<td>If you are using prescription drugs, we advise that you check with your prescribing physician or pharmacist. It’s uncommon, but some pharmaceutical drug effects can be altered due to an interaction with infrared energy.</td>
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<tr>
<td><strong>Surgical Implants</strong></td>
<td>Metal pins, rods, artificial joints, or any other surgical implants generally are not heated by an infrared heat system. However, in the event that patients with metal implants experience pain during infrared therapy, sauna use should be discontinued immediately.</td>
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<tr>
<td><strong>Silicone Implants or Prostheses</strong></td>
<td>Silicone does absorb infrared energy and implanted silicone or silicone prostheses may be warmed by infrared rays. Since silicone melts at over 200°C, it <em>should not be adversely affected</em> by an infrared heat system. However, event that patients with silicone implants experience pain during infrared therapy, sauna use should be discontinued immediately. We advise checking with your surgeon and/or a representative of the product manufacturer, to be certain your prostheses/implants will not be affected.</td>
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<tr>
<td><strong>Menstruation</strong></td>
<td>Heating of the low-back area of women during the menstrual period may temporarily increase menstrual flow. Once a woman is aware that this is occurring, she can choose to allow herself to experience this short-term effect without worry. Or she may simply avoid using an infrared heat source at that time in her cycle.</td>
</tr>
<tr>
<td><strong>Worsened Condition</strong></td>
<td>Should any condition worsen with the use of an infrared heat system, the use of the system should be discontinued.</td>
</tr>
<tr>
<td><strong>Pain</strong></td>
<td>There should never be pain associated with infrared sauna therapy. If you experience pain in the use of the system, discontinue immediately and discuss the symptom with your physician or with Dr. Eriksen, ND.</td>
</tr>
</tbody>
</table>

Do not attempt to self-treat any disease with the Infrared Sauna without direct supervision of a physician. Please consult our resident Naturopathic Doctor if you have any questions.