



Hippocrates said in 400BC

*“Who cannot cure disease with medicine, should operate.
Who cannot operate, should heal with heat”*

ailment/condition

Acne

research article

*Entner,S.Dr.2004. Skin Conditions healing benefits far Infrared Sauna therapy. Complete Balance Health Centre,(on-line). Available at:><http://completebalancehealth.com/index.php?page=skin-conditions>

why does it help

Patients with acne have often exhausted skin care products and oral medications in the search for improving the physical appearance of their skin. Blackheads, enlarged pores and chronic inflammation can be helped with improving circulation to the skin and by helping to remove waste from the body in a more effective way with sweating. By opening the pores and allowing the sebum to drain normally, far infrared saunas help to remove the impurities and to stop bacteria from replicating. Equally important is washing the skin after a session in the far infrared sauna to allow the sebum to remain free and the pores clear of accumulated waste from the sweat.

ailment/condition

Allergic Rhinitis

research article

*Clinical studies on the effects of far-infra rays (various abstracts)

*Hu,K.2007. Clinical effects of far infrared therapy in patients with allergic rhinitis. PubM, (ejournal) ed 1479-82.

why does it help

AR is the result of an antibody reaction that results in inflammation with many of the symptoms likely due to changes in the permeability of blood vessels. The most common approaches for treatment include avoiding triggers, using antihistamine medications and desensitization injection, none of which are ideal. Far-infrared (FIR) is an invisible electromagnetic wave with a longer wavelength than that of visible light. Numerous studies have found that FIR can be used to treat vascular diseases and may increase blood flow.

ailment/condition

Anti Ageing

research article

*Entner,S.Dr.2004. Skin Conditions healing benefits far Infrared Sauna therapy. Complete Balance Health Centre,(on-line). Available at:><http://completebalancehealth.com/index.php?page=skin-conditions>

why does it help

Far infra red gently emit all round infra red penetrating warmth, helping to enhance and maintain the body's capillary network. This increases the blood circulation especially to your skin's surface. With increased superficial circulation comes a super cleansing effect, you will see a noticeable improvement in your skins texture, complexion and tone.

ailment/condition

Anxiety

research article

*Schiffer, F et al 2009. Psychological benefits 2 and 4 weeks after a single treatment with near infrared light to the forehead: a pilot study of 10 patients with major depression and anxiety. Biomed central [ejournal]. Available through: <http://www.behaviouralandbrainfunctions.com/content/5/1/46>

why does it help

Levels of serotonin, a brain chemical commonly associated with depression, can be adjusted by increased exposure to light. New research indicates that negative ions can also impact on serotonin levels and in turn, help people suffering from mood disorders.

ailment/condition

Arthritis

research article

Clinical Rheumatology. 2009;28:29. AN02154
June 3, 2011 <http://www.mayoclinic.com/health/infrared-sauna/AN02154>

why does it help

There is some thought that the increased circulation, caused by the elevated body temperatures while bathing in a traditional or far-infrared sauna, may help loosen and remove mineral deposits from joints, where circulation is usually lower therefore allowing mineral deposits to collect and create obstructions which can cause pain. Heat bathing promotes increased circulation when blood rushes through the body to cool the internal organs, and it is manifested in perspiration.

ailment/condition

Bacteria, Viruses, and Parasites

research article

Whelan, et al. Photobiomodulation Directly Benefits Primary Neurons Functionally Inactivated by Toxins: Role of Cytochrome C Oxidase. JBC Papers in Press. Published on November 22, 2004 as Manuscript M409650200. Copyright 2004 by The American Society for Biochemistry and Molecular Biology, Inc.

Van der Zee J. Heating the patient: A promising approach? Annals of Oncology 2002; 13:1173-1184.

Dr. A. J. Adams, International Institute of Holistic Healing: What is Far Infrared Therapy and How Does it Work Toward Healing the Body? (www.drajadams.com/SaunaDomeInfrared...)

why does it help

Infrared Sauna Therapy also promotes the killing and removal of many pathogenic (disease causing) bacteria, viruses, and parasites. Raising body temperature through the use of the infrared sauna can powerfully assist the body to kill bacteria, fungi, parasites and viruses. This is the essence of fever therapy (hyperthermia) for infections. Many people have a low body temperature and, for this reason, cannot get rid of chronic infections. Common sites of infections are the sinuses, ears, eyes, bladder, throat and intestines.

ailment/condition

Blood Pressure (Hypertension)

research article

"Definition of Vasodilation". MedicineNet.com.
27 April 2011. Retrieved 13 January 2012.
[http://www.behaviouralandbrainfunctions.com/
content/5/1/46](http://www.behaviouralandbrainfunctions.com/content/5/1/46)

why does it help

Far Infrared strengthens the cardiovascular system by causing an increase in heart rate and cardiac output. When blood vessels dilate, the flow of blood is increased due to a decrease in vascular resistance. Therefore, dilation of arterial blood vessels (mainly the arterioles) decreases blood pressure. This puts less pressure on the heart.

ailment/condition

Bronchitis

research article

Dr Sherry Rogers' book "Detoxify or Die", available
from Amazon and all leading bookshops

why does it help

Infra red works on asthmatic symptoms because profuse sweating is known to remove toxins from the body's fat cells. Every cell membrane contains fat, and when toxins are present the alveoli become less flexible

ailment/condition

Burnt and Scarred Tissue

research article

Personal story in A Miracle Story of Far
Infrared Therapy

why does it help

Far infra red gently emit all round infra red penetrating warmth, helping to enhance and maintain the body's capillary network. This increases the blood circulation especially to your skin's surface. With increased superficial circulation comes a super cleansing effect, you will see a noticeable improvement in your skins texture, complexion and tone. It is known to also soften scar tissue.

ailment/condition

Cancer

research article

*Clinical studies on the effects of far-infra rays
(various abstracts)Tatsuo I, Ishibashi, J. et al
Non-Thermal Effects of Far-Infrared Ray (FIR) on
Human Hepatocellular Carcinoma Cells HepG2 and
their Tumors, J Cancer Sci Ther Volume 1(2) : 078-
082 (2009) - 078 [http://www.omicsonline.org/
ArchiveJCST/2009/December/01/JCST1.78.pdf](http://www.omicsonline.org/ArchiveJCST/2009/December/01/JCST1.78.pdf)
Udagawa Y, Nagasawa H, Kiyokawa S, Inhibition
by Whole-Body Hyperthermia (WBH) with
Far-infrared rays of the Growth of Spontaneous
Mammary Tumours in mice. Anticancer Res. 1999
Sep-Oct;19(5B):4125-30

why does it help

While we do not purport to treat cancer with our infrared sauna, it is worth noting that research supports that tumors, radiation poisoning and mutated cells can all be issues assisted for those using infrared sauna treatments. Inducing increased body temperature or Hyperthermia also helps kill other types of abnormal cells. Tumors, for example, tolerate heat poorly. Raising body temperature hastens their death. Though not a conventional method, hyperthermia is a well-researched therapy for cancer. Heat also disables or kills cells mutated by radiation or damaged by other toxins.

ailment/condition

Carpal Tunnel Syndrome

research article

*Clinical studies on the effects of far-infra rays (various abstracts)Tatsuo I, Ishibashi, J. et al Non-Thermal Effects of Far-Infrared Ray (FIR) on Human Hepatocellular Carcinoma Cells HepG2 and their Tumors, J Cancer Sci Ther Volume 1(2) : 078-082 (2009) - 078 <http://www.omicsonline.org/ArchiveJCST/2009/December/01/JCST1.78.pdf>

Udagawa Y, Nagasawa H, Kiyokawa S, Inhibition by Whole-Body Hyperthermia (WBH) with Far-infrared rays of the Growth of Spontaneous Mammary Tumours in mice. Anticancer Res. 1999 Sep-Oct;19(5B):4125-30

why does it help

Far infra red offers highly effective promotion of the body's natural healing processes as proven over many decades by the sports medical profession. Infra red saunas are used by the US Olympic team and NASA. Rebuilds injured tissues, increases growth of cells, DNA and protein synthesis. Infra red wavelengths lowers lactic acid and simulates endorphins. They penetrate tissues, detoxify cells by vibrating ionic bonds, stop swelling, improve lymphatic flow and blood circulation and attract calcium to cell membranes where it is needed for healing.

ailment/condition

Cellulite

research article

Dr Sherry Rogers' book "Detoxify or Die", available from Amazon and all leading bookshops

why does it help

The radiant heat of the sauna warms ten times as deeply as conventional saunas and aids in the breakdown and releasing of stored fat and toxins through the skin. It is significantly more effective at reducing cellulite and promoting smoother skin.

ailment/condition

Crohn's Disease

research article

*Masuda,A. 2005. The Effects of Repeated Thermal therapy for patients with chronic pain. Psychotherapy and Psychosomatics.74 (5).

why does it help

Far-infrared radiant heat increases blood flow to the treated area. The increased oxygen and nutrient supply relieves pain, diminishes joint stiffness, stops muscle spasms, reduces inflammation, and speeds healing in the damaged tissue.

It is believed that far infrared therapy may enhance white blood cell function, improving over-all immune system functionality. Couple this with the treatment's anti-inflammatory properties, and it really can be applied as treatment to a countless number of injuries and diseases.

ailment/condition

Circulation Problems

research article

See references under heart failure

why does it help

Infra red sauna users have shown that their blood vessels remain more elastic and pliable than non-users. This is referred to as 'persistent peripheral dilation effect'. An improvement in plasma viscosity was also noted. This is due to the vasodilation that the infra red produces by raises the bodies core temperature

ailment/condition

Cholesterol

research article

See references under heart failure

why does it help

Toxins are culprits for rising cholesterol or other lipid abnormalities, which then trigger the inflammation called arteriosclerosis. Far infra red with its vasodilation properties increases blood flow and improves viscosity of the blood thus reducing fatty deposits.

ailment/condition

Chronic Fatigue Syndrome

research article

Howard,P the owners manual for the brain:Everyday applications from mind brain research

*Masuda,A.,2005. The Effects of repeated thermal therapy for two patients with chronic fatigue syndrome.PubMed.[ejournal] 58 (4)

why does it help

Negative ions increase the flow to the brain, resulting in higher alertness, decreased drowsiness and more mental energy.

Hyperthermic therapy also is one of the few things, which brings about a significant rise in the level of growth hormone, an important hormone that helps to maintain lean body tissue, including muscle.

For the chronic fatigue or fibromyalgia (FMS) patient, hyperthermic therapy helps to restore normal autonomic nervous system functioning. This is the part of the nervous system, which governs unconscious functions such as muscle tension, sweating, blood pressure, digestion and balance. Autonomic dysregulation is the term used to describe changes in the nervous system, which result in many of the symptoms of chronic fatigue and fibromyalgia (FMS) . Muscle pain, excessive body odour, digestive complaints, visual disturbances and dizziness are some of the many manifestations of autonomic dysregulation. Repeated sessions of hyperthermic therapy can greatly assist in the restoration of normal autonomic nervous system functioning.

ailment/condition

Cramps/Muscle Spasms

research article

Management, [ejournal]11(3)

why does it help

Muscle spasms have long been observed to be reduced through the use of heat, be they secondary to underlying skeletal, joint or neuropathological conditions. This result is possibly produced by the combined effect of heat on both primary and secondary afferent nerves from spindle cells and from its effects on Golgi tendon organs. The results produced demonstrated their peak effect within the therapeutic temperature range obtainable with radiant heat.

ailment/condition

Depression

research article

Journal of alternative and Complementary Medicine (June 2010)16 (6): 677-81

Schiffer,F et al 2009.psychological benefits 2 and 4 weeks after a single treatment with near infrared light to the forehead:a pilot study of 10 patients with major depression and anxiety. Biomed central [ejournal].Available through: <http://www.behaviouralandbrainfunctions.com/content/5/1/46>

why does it help

Levels of serotonin, a brain chemical commonly associated with depression, can be adjusted by increased exposure to light. New research indicates that negative ions can also impact on serotonin levels and in turn, help people suffering from mood disorders.

ailment/condition

Diabetes

research article

Dr. Richard Beever BSc, MD, CCFP. Do Far-Infrared Saunas have Measurable Health Benefits? A Sequential Longitudinal Interrupted Time Series Design Study. 2009.

Dr. Richard Beever BSc, MD, CCFP. Do Far-Infrared Saunas have Cardiovascular Benefits in People with Type 2 Diabetes? Canadian Journal of Diabetes 2010; 34 (2) :113 - 118.

why does it help

Far Infrared can increase micro circulation, relieving pain, reducing swelling, flushing toxins, and helping to rejuvenate healthy cellular functioning. Its emitting natural far infrared rays deep into your skin, muscles, tendons and ligaments. Actually increasing circulation within the cells.

Giving your cells a chance to flush toxins and waste by products while absorbing fresh oxygen and nutrients from the blood stream.

Far Infrared can control your diabetes by FIR Therapy. New research has also discovered that far infrared rays inhibit bacterial growth. Helping to prevent and reduce the chance of infection.

Insulin dependent diabetics puncture themselves many times throughout the course of a day. The sites often become bulged or hardened from the accumulation of white blood cells going to the site to heal. It is almost as if each small injection site becomes a scarred area of the skin. When the skin is heated and circulation improves to these areas, they heal quicker and the skin retains its smooth appearance and feel. Improved circulation also helps the body assimilate and process insulin more effectively helping diabetics have more regular blood sugar levels.

ailment/condition

Fibromyalgia

research article

Howard,P the owners manual for the brain:Everyday applications from mind brain research

*Masuda,A.,2005. The Effects of repeated thermal therapy for two patients with chronic fatigue syndrome.PubMed.[ejournal] 58 (4)

why does it help

Hyperthermic therapy also is one of the few things, which brings about a significant rise in the level of growth hormone, an important hormone that helps to maintain lean body tissue, including muscle. For the chronic fatigue or fibromyalgia (FMS) patient, hyperthermic therapy helps to restore normal autonomic nervous system functioning. This is the part of the nervous system, which governs unconscious functions such as muscle tension, sweating, blood pressure, digestion and balance. Autonomic dysregulation is the term used to describe changes in the nervous system, which result in many of the symptoms of chronic fatigue and fibromyalgia (FMS) . Muscle pain, excessive body odour, digestive complaints, visual disturbances and dizziness are some of the many manifestations of autonomic dysregulation. Repeated sessions of hyperthermic therapy can greatly assist in the restoration of normal autonomic nervous system functioning.

ailment/condition

Gastric and Duodenal Ulcers

research article

*Detoxification Through the Skin by Mark Sircus Ac., OMD

why does it help

Far Infrared Ray (FIR) creates increased blood flow by promoting expansion in the capillaries, thereby:Decreased muscle spasms, pain and soreness.Reduced swelling and inflammation, by improving lymphatic flow.Removal of heavy toxins - metal poisoning and chemicals - due to activated metabolic activity.Improved oxygenation exchange and accelerated metabolism and tissue regeneration

ailment/condition

Haemorrhoids

research article

*Detoxification Through the Skin by Mark Sircus Ac., OMD

why does it help

Far Infrared Ray (FIR) creates increased blood flow by promoting expansion in the capillaries, thereby:

- Decreased muscle spasms, pain and soreness.
- Reduced swelling and inflammation, by improving lymphatic flow.
- Removal of heavy toxins - metal poisoning and chemicals - due to activated metabolic activity.
- Improved oxygenation exchange and accelerated metabolism.
- Tissue regeneration.

ailment/condition

Heart Failure

Congestive heart Failure
Dyspnea (shortness of breath)
Angina
Arrhythmia (irregular heart beats)
Mitral Regurgitation

research article

*Kihara T, Biro S, Imamura M, et al., 2002.Repeated Sauna Treatment improves Vascular Endothelial and Cardiac Function in Patients with Chronic Heart Failure. Journal of the American College of Cardiology,6 March, 39 (5)

Dr. Masakazu Imamura, MD, et al. Repeated Thermal Therapy Improves Impaired Vascular Endothelial Function in Patients With Coronary Risk Factors. Vol. 38, No. 4, 2001. Journal of American College of Cardiology: pp 1083-1088.

Kihara T, Biro S, Ikeda Y, et al. Effects of repeated sauna treatment on ventricular arrhythmias in patients with chronic heart failure. Circ J. 2004;68(12):1146-1151.

why does it help

It is known that CHF patients have impaired endothelial-dependent vasodilatation and the proposed mechanism for this is decreased peripheral vascular production of endothelium-derived nitric oxide. Endothelial function in CHF is generally treated with ACE inhibitors. This study showed that 2 weeks of sauna therapy also improved endothelial function and decreased the BNP. BNP levels are an important marker of cardiac status and prognosis in heart failure, as highlighted by several recent studies. The sauna therapy also reduced systolic blood pressure. The precise mechanism by which sauna therapy improves CHF is not clear from this study, but the authors hypothesize that sauna therapy acutely causes vasodilatation, which leads to upregulation of eNOS protein in the endothelium. Clinically, it is worth commenting that sauna therapy may be widely applicable to CHF patients and could also be used in patients incapable of exercise.

ailment/condition

Hypertension

research article

See references for heart

why does it help

See blood pressure

ailment/condition

Immune Disorders

research article

Dr Sherry Rogers' book "Detoxify or Die", available from Amazon and all leading bookshops.

why does it help

By raising the basal metabolic rate, thus increasing detoxification. Infra red strengthens the immune system by stimulating increased production of white blood cells and the killer t-cells

ailment/condition

Insomnia

research article

Int J Biometeorol. 1989 Oct;33(3):145-50

why does it help

Stimulates the hypothalamus, which controls the production of neurochemicals involved in such biological processes as sleep.

A growing body of clinical evidence supports the use of far infrared as a non-invasive health-promoting therapy. As far back as 1989, researchers found convincing evidence that when far infrared was applied to local areas or to the entire body, it had a sleep-modulatory effect on patients suffering from insomnia.

ailment/condition

Leg Ulcers

(Peripheral and Vascular)

research article

Horwitz LR, Burke TJ, Carnegie D. Augmentation of wound healing using monochromatic infrared energy. Exploration of a new technology for wound management. Adv Wound Care. 1999;12:35-40. [PubMed]

*Clinical studies on the effects of far-infra rays (various abstracts)

why does it help

Rebuilds injured tissues, increases growth of cells, DNA and protein synthesis

ailment/condition

Leukaemia

research article

See references under cancer

why does it help

See under cancer

ailment/condition

Liver Disorders

research article

Dr Sherry Rogers' book "Detoxify or Die", available from Amazon and all leading bookshops.

*Detoxification Through the Skin by Mark Sircus Ac., OMD

why does it help

Heat causes toxins to be released from cells. The toxic molecules will then reside transiently in the lymph fluid. Since sweat is manufactured from the lymph fluid, toxins present in the lymph fluid will exit the body through the sweat. Because the liver and kidneys are not required for this process, these organs are largely unburdened by hyperthermic therapy and toxins are able to leave the body even when liver or kidney function is impaired. This may be a distinct advantage for chronically ill patients whose livers and kidneys may already be under toxic stress.

ailment/condition

Menopause

research article

* Chien,LW. 2011. Local thermal therapy effects on menopausal symptoms and bone density. PubMed [ejournal] 17 (12)

why does it help

Far infrared saunas are EXTREMELY good at helping the body to detox. One of the issues with women and menopause (and especially overweight women) is that they tend to carry around a higher toxic load because toxins are stored in the fat cells. Because of this, the body has a more difficult time keeping hormones balanced (and this can make menopause an even more difficult transition than it needs to be).

ailment/condition

Menstrual Problems

research article

*Gale,D.2006. Infrared therapy for Chronic low back pain:a randomized control trial.Pain Research and Management, [ejournal]11(3)

why does it help

During menstruation women can often experience uncomfortable cramping. While the body detoxifies, the sauna relaxes the user, thereby helping to alleviate the individual of the common cramping associated with menstruation processes.

ailment/condition

Migraines

research article

* See various 'pain' research articles

why does it help

Temperatures over 40 degrees Celsius switch on internal heat receptors which block the effect of chemical messengers that cause the body to detect pain. "it deactivates the pain at a molecular level in much the same way as pharmaceutical painkillers work but without the unwanted side effects and release endorphins-nature way of analgesia

ailment/condition

Multiple Sclerosis

research article

Biro, S., Masuda, A., Kihara, T., Tei, C. (2003). Clinical Implications of Thermal Therapy in Lifestyle-Related Diseases. Society for Experimental Biology and Medicine, pp. 1245-1249. Exp. Biol. Med. 2003;228:1245-1249.

Francis, R,Cotton, K. (2002). Never be sick again. Health Communication, Inc., Deerfield Beach, Florida, USA.

Hannuksela, M.L., Ellahham, S. 2001. Benefits and Risks of Sauna Bathing. American Journal of Medicine, 2001, Feb 1:110(2):118-26.

Leppaeluoto, J. (1988). Human Thermoregulation in Sauna. Annals of Clinical Research. Vol.20 (4), pp.240-3.

why does it help

Hyperthermic therapy also is one of the few things, which brings about a significant rise in the level of growth hormone, an important hormone that helps to maintain lean body tissue, including muscle. For the chronic fatigue ,MS or fibromyalgia (FMS) patient, hyperthermic therapy helps to restore normal autonomic nervous system functioning. This is the part of the nervous system, which governs unconscious functions such as muscle tension, sweating, blood pressure, digestion and balance. Autonomic dysregulation is the term used to describe changes in the nervous system, which result in many of the symptoms of chronic fatigue,MS and fibromyalgia (FMS) . Muscle pain, excessive body odor, digestive complaints, visual disturbances and dizziness are some of the many manifestations of autonomic dysregulation. Repeated sessions of hyperthermic therapy can greatly assist in the restoration of normal autonomic nervous system functioning.

ailment/condition

Muscular Aches and Pains

research article

*Gale,D.2006. Infrared therapy for Chronic low back pain:a randomized control trial.Pain Research and Management, [ejournal]11(3)

* See various 'pain' research articles

why does it help

Far infra red offers highly effective promotion of the body's natural healing processes as proven over many decades by the sports medical profession. Infra red saunas are used by the US Olympic team and NASA. Rebuilds injured tissues, increases growth of cells, DNA and protein synthesis. Infra red wavelengths lowers lactic acid and simulates endorphins. They penetrate tissues, detoxify cells by vibrating ionic bonds, stop swelling, improve lymphatic flow and blood circulation and attract calcium to cell membranes where it is needed for healing.

ailment/condition

Neurosis

research article

Schiffer,F et al 2009.psychological benefits 2 and 4 weeks after a single treatment with near infrared light to the forehead:a pilot study of 10 patients with major depression and anxiety.Biomed central [ejournal].Available through: <http://www.behaviouralandbrainfunctions.com/content/5/1/46>

why does it help

Levels of serotonin, a brain chemical commonly associated with depression, can be adjusted by increased exposure to light. New research indicates that negative ions can also impact on serotonin levels and in turn, help people suffering from mood disorders.

ailment/condition

Oedema

research article

Dr Sherry Rogers' book "Detoxify or Die", available from Amazon and all leading bookshops.

*Detoxification Through the Skin by Mark Sircus Ac., OMD

why does it help

Increased peripheral circulation provides the transport needed to help evacuate oedema, which can help inflammation, decrease pain and help speed healing.

Infrared heat assists in resolution of inflammatory infiltrates, oedema, and exudates.

Increased peripheral circulation provides the transport needed to help evacuate oedema, which can help inflammation, decrease pain, and help speed healing.

ailment/condition

Pain Relief

research article

*Gale,D.2006. Infrared therapy for Chronic low back pain:a randomized control trial.Pain Research and Management, [ejournal]11(3)

* See various 'pain' research articles

why does it help

Temperatures over 40 degrees Celsius switch on internal heat receptors which block the effect of chemical messengers that cause the body to detect pain. "it deactivates the pain at a molecular level in much the same way as pharmaceutical painkillers work but without the unwanted side effects and release endorphins-nature way of analgesia

ailment/condition

Raynaud's Syndrome

research article

See references under heart failure and Management, [ejournal]11(3)

* See various 'pain' research articles

why does it help

Raynaud's disease is a condition that causes some areas of your body, such as your fingers, toes, ears, cheeks, tongue, and the tip of your nose, to feel numb and cool in response to cold temperatures or stress. Named after Maurice Raynaud, the French physician who first described it in 1862, it is a disorder of the blood vessels that supply blood to your skin. During a Raynaud's attack, these arteries narrow, limiting blood flow to affected areas

ailment/condition

Rheumatic Disease

research article

Clinical Rheumatology. 2009;28:29. AN02154
June 3, 2011 <http://www.mayoclinic.com/health/infrared-sauna/AN02154>

why does it help

There is some thought that the increased circulation, caused by the elevated body temperatures while bathing in a traditional or far-infrared sauna, may help loosen and remove mineral deposits from joints, where circulation is usually lower therefore allowing mineral deposits to collect and create obstructions which can cause pain. Heat bathing promotes increased circulation when blood rushes through the body to cool the internal organs, and it is manifested in perspiration.

ailment/condition

Seasonal Affective Disorder (SAD)

research article

Journal of alternative and Complementary Medicine (June 2010)16 (6): 677-81

why does it help

Levels of serotonin, a brain chemical commonly associated with depression, can be adjusted by increased exposure to light. New research indicates that negative ions can also impact serotonin levels and in turn, help people suffering from mood disorders.

ailment/condition

Sciatica

research article

*Gale,D.2006. Infrared therapy for Chronic low back pain:a randomized control trial.Pain Research and Management, [ejournal]11(3)

why does it help

Far infra red offers highly effective promotion of the body's natural healing processes as proven over many decades by the sports medical profession. Infra red saunas are used by the US Olympic team and NASA. Rebuilds injured tissues, increases growth of cells, DNA and protein synthesis. Infra red wavelengths lowers lactic acid and stimulates endorphins. They penetrate tissues, detoxify cells by vibrating ionic bonds, stop swelling, improve lymphatic flow and blood circulation and attract calcium to cell membranes where it is needed for healing.

ailment/condition

Sinus Problems

research article

Van der Zee J. Heating the patient: A promising approach? *Annals of Oncology* 2002; 13:1173-1184. Dr. A. J. Adams, International Institute of Holistic Healing: What is Far Infrared Therapy and How Does it Work Toward Healing the Body? (www.drajadams.com/SaunaDomInfrared...)

why does it help

Infrared Sauna Therapy also promotes the killing and removal of many pathogenic (disease causing) bacteria, viruses, and parasites. Raising body temperature through the use of the infrared sauna can powerfully assist the body to kill bacteria, fungi, parasites and viruses. This is the essence of fever therapy (hyperthermia) for infections. Many people have a low body temperature and, for this reason, cannot get rid of chronic infections. Common sites of infections are the sinuses, ears, eyes, bladder, throat and intestines.

ailment/condition

Sports Injuries

research article

*Gale,D.2006. Infrared therapy for Chronic low back pain:a randomized control trial.*Pain Research and Management, [ejournal]11(3)*

why does it help

Far infra red offers highly effective promotion of the body's natural healing processes as proven over many decades by the sports medical profession. Infra red saunas are used by the US Olympic team and NASA. Rebuilds injured tissues, increases growth of cells, DNA and protein synthesis. Infra red wavelengths lowers lactic acid and stimulates endorphins. They penetrate tissues, detoxify cells by vibrating ionic bonds, stop swelling, improve lymphatic flow and blood circulation and attract calcium to cell membranes where it is needed for healing.

ailment/condition

Stress

research article

Complementary Medicine (June 2010)16 (6): 677-81 Schiffer,F et al 2009.psychological benefits 2 and 4 weeks after a single treatment with near infrared light to the forehead:a pilot study of 10 patients with major depression and anxiety.*Biomed central [ejournal].Available through: <http://www.behaviouralandbrainfunctions.com/content/5/1/46>*

why does it help

Shown to promote a rebalancing of the body's hormones through its effect on the autonomic nervous system, reducing the negative physical impact of stress on the body.

ailment/condition

Stroke

research article

See references under pain and heart.

why does it help

Due to improved perfusion, clot formation is dramatically reduced. However, once stroke has happened there are problems associated with spasticity , stiffness and pain. Far infra red is particularly useful for preventing stroke and treating symptoms associated with stroke.

In a typically far infrared sauna facility, the body is subjected to controlled far infrared exposure in a confined container. This activates important reactions in the body such as the discharge of nitric oxide. This chemical unwinds the blood vessels and hence prevents clots from developing, which quickens the healing process for muscles and other damaged tissues.

ailment/condition

Toxicity

research article

Dr Sherry Rogers' book "Detoxify or Die", available from Amazon and all leading bookshops.

*Detoxification Through the Skin by Mark Sircus Ac., OMD

why does it help

Far infra red rays constitute the main energy-source that comes from the sun and are responsible for warming our skin when we sit in direct sunshine. The rays penetrate several centimetres through the skin and heat up subcutaneous tissues. With enough sun on the skin, the skin will sweat; chemicals from subcutaneous tissues will be mobilised and pass out through sweat. The sunshine does this without heating up the core temperature (although if you lie in the sun for long enough then the core temperature will eventually rise;) therefore chemicals can be mobilised and excreted without causing systemic poisoning

ailment/condition

Varicose Veins

research article

See references under heart

why does it help

Improved circulation through vasodilation

ailment/condition

Weight Loss

research article

Hannuksela, M.L., Ellahham, S. 2001. Benefits and Risks of Sauna Bathing. American Journal of Medicine, 2001, Feb 1:110(2):118-26.

why does it help

Our body expends energy to produce perspiration. (1kg requires 0.586 kcal of energy) meaning your body can safely burn up to 800 calories in just one 60-minute session; with a perspiration excretion equivalent to running 15-25km. Whilst this weight can be regained through drinking water, the calories used up will not. A far infra red sauna can help raise your basal metabolic rate meaning you will burn calories at an elevated rate for hours after your session has finished. At 42 degree Celsius, body fat becomes water soluble and can be eliminated through profuse perspiration.

ailment/condition

Wounds

research article

Horwitz LR, Burke TJ, Carnegie D. Augmentation of wound healing using monochromatic infrared energy. Exploration of a new technology for wound management. Adv Wound Care. 1999;12:35-40. [PubMed]

*Clinical studies on the effects of far-infra rays (various abstracts)

why does it help

Rebuilds injured tissues, increases growth of cells, DNA and protein synthesis.

