HPT FAR-INFRARED SAUNA FOR ENHANCED DETOXIFICATION

If you want to optimize your life, you need to use infrared saunas. They maximize your metabolic rate, detoxify the body, improve heart and lung function, reduce inflammation and improve recovery from training.

- Far-Infrared saunas offer 7 to 10 times greater detoxification than conventional saunas.
- The average person sweats out 20% toxins and 80% waters! Conventional Saunas only average 3% toxins and 97% water.
- Far Infrared is a section of natural light that penetrates 1.5 to 2 inches deep stimulating the body's detoxification process more effectively than a traditional sauna.

INFRA RED SAUNA BENEFITS:

- Lose body fat [i]
- Lose weight[ii]
- Improve sleep[iii]
- Promotes **Relaxation** [iv], [v]
- Detoxify chemicals[vi], [vii], [viii],
- Improves symptoms of **fatigue, pain, and low grade fever** in **chronic fatigue** [ix], [x]
- Lowers oxidative stress[xi]
- Improves chronic heart failure by improving endothelial function[xii], [xiii], [xiv], [xv], [xvi]
- Improves cardiac arrhythmias[xvii]
- Lowers blood pressure[xviii], [xix]
- Improves Left ventricular ejection fraction[xx]
- Improves asthmas and chronic bronchitis[xxi]

CONTRAINDICATIONS TO SAUNA USE:

1) **UNSTABLE ANGINA PECTORIS**
2) **RECENT MYOCAR DIAL INFARCTION**
3) **SEVERE AORTIC STENOSIS**

Far-infrared saunas tend to have additional benefits to traditional saunas. The infrared rays tend to have biological effects. They have been shown to have growth-promoting and sleep modulating effects. Improvements in blood circulation have been well documented. The main effects seem to be due to an increase in temperature of the body tissues resulting in an increased movement of body fluids due to smaller water clusters.[xxii]

Studies on obese patients have show a significant drop in body fat and body weight following two weeks of daily sauna use.[xxiii]

It has been well documented in the literature that sweating is an important excretory pathway of heavy metals.[xxiv]

Chronic heart failure involves vascular endothelial dysfunction. Although this study was done on hamsters, humans may experience similar benefits. The hamsters showed increases in arterial endothelial nitric oxide (NO) synthase (eNOS) after four weeks of far infrared sauna therapy. [xxv]

Ventricular Arrhythmias are found in chronic heart failure patients. A study of thirty patients undergoing 140 degree F far infrared sauna treatments led to improved ventricular arrhythmias (15 minutes 5 days a week for two weeks).[xxvi]

A study of individuals with coronary risk factors such as hypercholesterolemia, hypertension, diabetes, and smoking saw an improved endothelial function after undergoing 2 weeks of infra red sauna therapy. [xxvii]

A chronically debilitated patient undergoing sauna therapy saw a marked reduction in chlorinated and aromatic hydrocarbons from the bloodstream.[xxviii]

A study in Russia found an increased excretion of lead, thiuram, captax, and supphenamide C after increased sweating with sauna therapy.[xxix]
It has been recognized that sauna sessions should be longer then 15 minutes when trying to mobilize heavy metals and xenobiotics.[xxx]

An outpatient program to assess clearing of toxic volatile hydrocarbons showed a 70% improvement with sauna therapy.[xxxi]

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