

# The Benefits of Infrared Sauna Therapy & Vibration Machine

*(Must be 18 years of age or older to use the Sauna or Vibration Machine)*

Infrared saunas have proven very effective in reducing the stress response and creating balance in the autonomic nervous system. **They improve circulation, help with weight loss, balance blood sugar, and improve detoxification—each of which improves your brain function.**

Infrared saunas have also been shown to reduce complications and improve cardiac performance in heart disease patients. Regular use of saunas has also been clinically shown to lower blood pressure with regular use, a key factor in heart health.

Infrared saunas can also help your brain. In Dr. Mark Hyman book, *The UltraMind Solution* ([www.drhyman.com](http://www.drhyman.com)), the health and resilience of your brain function are directly related to the complexity and variability of your heart rate. What is good for your heart is good for your brain. And since infrared saunas increase the variability and health of your nervous system, that means they are a great way to improve brain function.

Saunas and sweat baths have been used by various cultures throughout history to flush out toxins and disease and maintain optimal physical and mental health. Saunas, and particularly infrared saunas, can also play a big role in preventing or reversing cancer.

In a 2004 article in the *Townsend Letter for Doctors and Patients*, Lawrence Wilson, MD, wrote, “If I were to single out one method to combat cancer, it is the sauna. It assists removal of chemical toxins and heavy metals, increases oxygenation, enhances the immune system, and reduces the radiation burden in the body.”

According to the National Cancer Institute, “Hyperthermia (also called thermal therapy or thermotherapy) is a type of cancer treatment in which body tissue is exposed to high temperatures. Research has shown that **high temperatures can damage and kill cancer cells**, usually with minimal injury to normal tissues. Many studies have shown a significant reduction in tumor size when hyperthermia is combined with other treatments.”

In a clinical study published in 2009 in the *Journal of Cancer Science and Therapy*, scientists studied far infrared’s effects on human cancer cells *in vitro* and on cancer cells in mice. Far infrared therapy reduced tumor volumes 86% in just 30 days.

**To use the infrared sauna, use the following guidelines: (Information on the back)**



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- Start slowly, with 5 minute sessions. (Sessions should be 48 hours apart.)
- Build up to 30 minutes by adding 5 minutes to every session after.
- **Warning, Maximum session time is 30 minutes**
- Keep well hydrated during the sessions—**bring a glass bottle of water into the sauna with you.**
- Be sure to take a good multi-mineral while doing the sauna treatments (if you are not doing so already) to replace the minerals lost through sweating.
- Wash thoroughly with soap after the sauna to remove toxins from your skin.
- Once completed, key card sign will be turned into back check out to complete your session.

### **Whole Body Vibration Machine**

Whole body vibration is a mechanical machine you stand on for **12 minutes at the most.** Many people experience benefits such as increased circulation, lymphatic detoxification, and decrease in pain, increased bone density and some burning of calories. This therapy is ideal to assist the human body in removing toxins in addition to the wellness program.

#### **Patients not recommended**

- 1) Whole body vibration machine is not indicated for patients unable to stand, or too ill to tolerate the vibration of the machine.
- 2) Children under the age of 18 and patients with bone fractures are not advised to use this machine.