

Infrared saunas safely detoxify the body and help heal injuries

Wednesday, October 19, 2011 by: S. D. Wells

NaturalNews) Thousands of massage therapists are now incorporating infrared sauna sessions into their menu of services, and clients are routinely requesting the new technology for elimination of toxins, healing muscles, increasing circulation, firming skin, erasing sun damage, relieving joint pain and tension, and even for recovering from chemotherapy.

Infrared saunas are a *noninvasive, drug free form of light therapy* that can penetrate the body as much as three inches, heating muscle tissue and even internal organs without heating the surrounding air. The process promotes the elimination of medications, alcohol, nicotine, and other carcinogens that frequent the bloodstream. **The saunas also facilitate weight loss, reduce stress, and boost the immune system.**

Unlike traditional saunas which use air and steam, infrared sauna's heaters emit radiant heat which is absorbed directly into the body. Also, where the traditional sauna helps the body perspire at an average ratio of 97% water and 3% waste, the infrared sauna helps the body perspire 80% water and 20% waste and toxins.

Therapists who use these systems brag about the ability to heat the bones across the ligaments and nerve endings of their clients, creating almost immediate results for removing muscle pain, especially that associated with arthritis. Some therapists even use the device on their own muscles at the end of a long day.

Many doctors are recommending infrared therapy to athletes for sports injuries and chronic pain. The therapy is also being used for chronic fatigue syndrome (CFS), which several national health organizations have estimated to affect more than one million Americans. People with ailments and diseases of the nervous system, **like fibromyalgia**, are also praising infrared therapy.

Similar to exercise, infrared sauna therapy is a safe and effective way to improve circulation, and can be especially beneficial for patients with diabetes, high blood pressure, and high cholesterol. It has also been shown to improve skin tone and complexion by releasing toxins.

For those who can't tolerate the high temperatures and humidity of traditional saunas, the infrared sauna enables core body temperature to increase without increasing surface body temperature. By increasing heart rate and cardiac output, sitting for just thirty minutes in this sauna can burn up to 600 calories.

Even though infrared technology was first discovered by NASA scientists during space exploration, its popularity has brought it "down to earth" at reasonable prices. Now, at a fraction of what they cost just ten years ago, infrared saunas are popping up in homes and natural health spas around the world.

http://www.naturalnews.com/033912_infrared_saunas_detoxify.html