

INFRA RED SAUNAS

Weight Loss & Athletic Performance

In Gyton's *Textbook of Medical Physiology*, we find that producing one gram of sweat requires 0.586 kcal. The JAMA citation referred to above goes on to state that:

"A moderately conditioned person can easily sweat off 500 grams in a sauna, consuming nearly 300 kcal – the equivalent of running 2-3 miles. A heat-conditioned person can easily sweat off 600-800 kcal with no adverse effects. While the weight of the water loss can be regained by re-hydration with water, the calories consumed will not be."

Since an infrared sauna helps generate **two to three times more sweat** than what is produced in a conventional hot-air sauna, the implications for increased caloric consumption are quite impressive.

Burn 600 or more calories in just one **30-minute** session!

A infrared sauna can, thus, play a pivotal role in both weight control and cardiovascular conditioning. This would be most valuable for those who don't exercise and those who can't exercise yet want an effective weight control and fitness maintenance program. This also allows for more variety in any ongoing training program.

Some weight loss authorities believe that our bodies use fat to dilute toxins. As an infrared sauna is an unsurpassed expeller of toxins, it is also a great way to get rid of any fat our bodies are using to dilute toxins we are storing.

Type of Exercise	Calories Burned (Approx.)*
Marathon Running	593
Vigorous Racquet Ball	510
Swimming (crawl stroke)	300
Jogging	300
Tennis (fast game)	265
Cycling (10 mph)	225
Golfing (without cart)	150
Walking (3.5 mph)	150

***Calories a 150 lb person normally burns up in 30-minutes of exercise**

The infrared sauna has many benefits other than just for weight loss. Your body is absorbing radiant heat over 1 ½ " below the skin, which helps with pain relief in: arthritis, fibromyalgia, backache, and many other muscular-skeletal ailments. Infrared saunas also help to clear cellulite and improve skin tone and elasticity.

ATHLETIC PERFORMANCE

Most athletes don't have to worry about working up a sweat. They sweat profusely every time they exercise, as the process of calorie burning generates heat and the body responds by cooling itself down with perspiration.

Sweating is one of the body's healthiest reactions. For optimal health and athletic performance capabilities, athletes should be especially aware of the benefits of far infrared radiant heat (which differs from the typical sauna).

Studies conducted indicate that profuse sweating in an infrared sauna produces many beneficial reactions for athletes. Their studies showed that far infrared (radiant) heat carries low-level thermal radiation that penetrates 1 ½ " into the body, stimulating sweating without the feelings of suffocation and the discomfort of high temperatures of standard saunas. It does so by setting up a vibratory resonance between your own body's infrared emissions and those of the sauna. Heat, they concluded, is not the important factor; instead, the vibratory stimulation deep under the skin appears to be.



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