



# HEAT SHOCK

THE NEW  
MUSCLE BUILDING  
FAT BURNING

**“BREAKTHROUGH”**

GROW MUSCLE - BURN FAT - LOSE WEIGHT  
*Without lifting a Finger...*

Forget Expensive Cosmetic Surgery or Dangerous Testosterone Therapy!

**DAVID FLOYD**

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## **Preface**

Wouldn't we all like the trip, stumble, slip and fall into the fountain of youth – that makes you feel young, vibrant, energetic, smart with youthful muscles with tight clear skin and bright clear eyes?

If you're over 40- maybe. If over 50 – the answer is most likely – “of course”! This idea of reversing the aging process is obviously not new. Reversing our own age is one of the most coveted desires throughout human history.

Now, here we present some new scientific discoveries that combined will bring amazing anti-aging, life preserving, overall amazing health and fitness consequences to anyone who tries it.

The results have been truly dynamic in my life and I guarantee that you will see amazing results in the mirror immediately after your first exposure.

If you are even remotely interested in not only staying around longer for your kids and grandkids, but regaining and remaining energetic, looking younger and much more healthy, then you will enjoy the information conveyed in this book.

Enjoy!

## Not All Saunas Are Created Equal!

While all saunas share a lot of similar health benefits, the results they deliver are very different. Before we look at those differences though, we should take a quick look at the similar benefits that saunas have to your health

- They remove harmful toxins and heavy metal from the body by causing you sweat.
- They reduce stress that results in better sleep and help your muscles relax to ease tension.
- They improve skin health by purging the cells and pores while also improving its tone.
- They can burn calories without you having to lift a finger.
- They relieve pain caused by arthritis, muscle spasms, and joint stiffness.
- They promote cardiovascular health by increasing your metabolic rate and stabilizing blood pressure.

So it now boils down to one important question; what type of sauna will give you the best results? Let’s take a quick look at the three main types of saunas.

The first type of sauna is also the oldest and most commonly known, the wet Finnish sauna. Steam is created by pouring water onto hot rocks. Nowadays, these rocks are placed atop of heating elements that heat the rocks. Then water is poured on the rocks to induce steam which opens the pores of the body. The goal is to induce sweat.

The next type is the dry Finnish sauna. As the name implies, it does not use water to generate heat. Instead, dry saunas are a product of a more technological world and

use electrical heating. It works on the same principle as the wet sauna, which is to raise your core body temperature in order to induce sweating.

I saved the best for last. Infrared saunas use the latest advanced in infrared technology to apply heat. While at first appearance it might seem to operate on the same concept as the dry sauna, there is one huge difference. Both wet and dry Finnish saunas heat you up from the outside in. However, infrared saunas heat you up from the inside out. So you are getting much deeper exposure. The main advantage of this deeper exposure is that you're able to shock muscles much deeper in your body than any of the other types of saunas. Plus, it will raise your core temperature at a much faster rate.

The bottom line is that infrared saunas deliver a milder experience while also penetrating deeper into your body. While every type of sauna does share some common health benefits, infrared saunas are much more effective. They are also more comfortable.

## Epigenetics, Heat Shock, and the Effect they Have on Your Body

Let's take a moment to look at the study of Epigenetics since it has a huge bearing on your body. Epigenetics is a science that is based on how our environment influences the functionality of our cells. Disease is the result of the function of our cells devolving. In addition to its many convenient advantages, infrared sauna therapy can help keep our cells healthy by protecting them from damage and devolving. Here are some of the most notable ways that it accomplishes this:

Hyperthermia is a practiced and proven method of eliminating cancer cells. Think about what happens when you get sick. Your body heats itself in an effort to eradicate bad cells, a process known by most people as a fever. By basking in a sauna, you are safely raising the core temperature of your body to induce its normal cell-cleansing process. Infrared saunas penetrate deeper, giving you a more powerful effect. Traditional saunas that use heated rocks are very hot, but there are two very distinguishable traits that cause them to be less effective: the effectiveness of heat and the comfort are both disadvantages of traditional saunas. The heat only penetrates skin deep which means that you will have to spend longer amounts of time inside of the sauna in order to raise your core temperature which makes the entire experience less comfortable than an infrared sauna. In short, an infrared sauna will give you better results in less time, making the experience much more enjoyable.

***Heat Shock is Produced by Exposure to Heat, Like that Experience when Using an Infrared Sauna!***

An infrared sauna produces heat shock, which puts the body's sympathetic nervous system into overdrive. This is known as a "fight or flight reaction" and increases muscles tension, heart rate, and even constricts blood vessels. The benefit of this reaction is that it helps to detoxify the body, promoting natural cleansing. Furthermore, our body's natural filters (liver and kidneys) become congested over time which inhibits the detoxification of harmful toxins, metals, and pathogens. Stimulating your body through heat shock can stimulate these organs into improving the elimination of these harmful toxins.

Infrared saunas also enhance blood circulation, allowing for healthy blood flow. This allows your body to carry cleansing oxygen to tissues. This process even gives your body more ability to repair and rebuild damaged cells. Infrared saunas get much deeper under your skin and into the fat where toxins are stores, so they have a more powerful impact.

Enhancing perspiration will also cleanse the skin while helping the body to release chemicals that are a huge hindrance on it. This has a lot of obvious benefits but there are a few that many do not consider. For starters, since your body is able to release toxins through sweat, the burden on the kidneys is reduced significantly. Another huge benefit is that it helps to balance the chemistry of your body, reducing its acidity level back to healthy levels. Since infrared saunas penetrate at a much deeper level, then it's going to pull toxins from much deeper.

The use of saunas can be traced back a long way in Asian and Eastern European countries. The earliest written record of a sauna is traced back to the year 1112, where the first sauna was dug underground. Fast forward to the present day, in



some countries they have become a common addition to most houses where they are used for relaxation and detoxification.

### *A Closer Look at Sweat*

One of the primary benefits of raising your core body temperature is that it causes you to sweat. Most people try and avoid sweat but perspiration is actually very healthy. It comes with two huge benefits: it cools down the body while purging it of harmful waste products. There are two main types of sweat glands in the body:

#### **Apocrine Glands**

These are mostly localized to the armpits, pubic area, and scalp. These glands release organic compounds like fat. Body odor comes from sweat interacting with bacteria on the skin, which explains why these areas seem to be the most common source of body odor when sweating. These glands also emit certain hormones and pheromones that are believed to attract the opposite sex.

#### **Eccrine Glands**

Most of the sweat glands on your body are Eccrine glands. You have more than 2 million of these scattered across your body. They are the real workhorses when sweating and are not only activated by heat, but emotions and stress can also activate these glands. If you’ve ever wondered why people sweat when they’re nervous, now you know. Sweat from produced from these glands is odorless.

Now that we’re gotten that out of the way, let’s talk benefits. Sweat plays a much larger role than merely cooling down the body. There are thousands of man-made chemicals that we are exposed to every day. They get into our water, food, and even the air we breathe. I don’t care how closely you track your diet or lifestyle, there is absolutely no way to completely avoid these harmful chemicals. Your body is

exposed to them and I can guarantee that it contains traces of chemicals like solvents, pesticides, and dioxins. Sure, we can take steps to limit our intake of these chemicals, but there's no way to avoid them altogether. Those who practice health understand that since they cannot be avoided, they need to be purged from the body. One of the best methods of releasing these chemicals is through sweat.

Toxins are stored in the fat so when you sweat, it mobilizes these toxins and enhances their elimination. If you've ever hung around a heavy smoker or drinker, you have probably noticed that they always smell like nicotine or alcohol. These toxins are literally being poured from their skin when they sweat. That's an extreme case but even the less obvious toxins are released in the same manner.

That's where the advantages of using a sauna come into play. The average person puts out about a quart of sweat a day. However, when you are in a sauna, your glands pump out that much sweat in 15 minutes! Imagine how many toxins would be purged from the body after just one hour in the sauna.

### ***Heat Acclimation Boosts Endurance***

Athletes have even started to use heat shock in order to improve endurance. While an athlete's desire for endurance is obvious, anyone can achieve this same advantage. A person's level of endurance is a powerful trait that can improve one's overall health. The most common method of improving endurance is through intense workouts because they increase the body temperature. But most people simply don't have the motivation or time to perform high intensity workouts consistently enough to achieve long-term results. So heat acclimation can imitate many of the advantages of an intense workout because it increases your core body temperature.

Acclimating your body temperature without physical activity (or hyperthermic conditioning) can also boost your endurance by forcing your body to learn to adapt to higher temperatures which will make it easier for you to perform when your body temperature is elevated. In short, your body will learn to act even its core temperature rises, rather than becoming fatigued. It will gradually become accustomed to operating at these higher temperatures, which naturally prompts a lot of beneficial changes. Some of these adaptations include:

- An increase in plasma volume.
- Increased muscle mass.
- Higher levels of heat-shock proteins.
- Growth hormones.
- An improvement in athletic endurance through improved blood flow to the heart and muscles.

### *Use of a Sauna can Prompt HGH to be Released*

Human growth hormone (HGH) is a biochemical that helps offset the muscle loss that naturally occurs with aging. To put it as succinctly as possible, the higher your levels of HGH, the stronger and healthier you will be. Once an individual hits 30, their HGH levels start dropping off dramatically, which is what drives the aging process. Maintaining high HGH levels becomes more important as you age.

Some athletes have been known to inject HGH (as I’m sure you’ve been as a repetitive theme in all sports) since it has the potential to enhance performance. However, why inject it when you can naturally stimulate your body into creating it? Injecting it is not only banned in most sports, but it has dangerous side effects, is

expensive, and can cause long-term damage. Plus it's totally unnecessary to inject it artificially when you can naturally optimize HGH.

Just one sauna session a day can double the amount of HGH that your body produces. You can even add an exercise regimen between both sessions to boost the effect even further. With infrared saunas, you are even capable of performing a workout while inside, making your time management more efficient!

### ***Heat Shock Proteins Benefit your Muscle Growth***

The release of HGH is only one of the ways that hyperthermic conditioning can benefit your muscle growth. It will also reduce the degradation of proteins that are a natural part of muscle use (or disuse). This will promote further muscle growth by triggering heat shock proteins (HSPs). HSPs are used by your body to counter any stimulus that has the potential to be harmful. When a cell is exposed to stimuli that it considers to be “unfriendly”, then DNA will start to produce these stress proteins to serve as protectors. HSPs not only help repair damaged protein, they prevent the damage from occurring in the first place.

As the name implies, heat shock proteins are induced by heat. Exposure to heat causes the body to react in order to protect itself. This protection comes in the form of HSPs. HSPs do two major things:

1. They prevent damage to the body by scavenging free radicals and support antioxidant capacity.
2. They repair damaged proteins.

### ***Saunas can Trigger an Increase in Insulin Sensitivity***

Insulin has many important functions in the human body. First and foremost, it signals a specific type of protein that mobilizes glucose from outside of the cells.

This is part of a mechanism known as mTOR (Mammalian Target of Rapamycin), which creates protein that helps to build muscles. The mechanism that builds proteins is part of the insulin cascade pathway and it's a process that cannot be avoided. Building protein to grow muscles requires an activation of the mTOR mechanism that essentially tells muscles to build protein. If the insulin receptors in your body are insensitive, then you must take steps to sensitize them. You can see examples of insulin insensitivity by looking at those who have Type 2 Diabetes. Individuals suffering from Type 2 Diabetes have a tough time forming muscles.

Insulin also helps to inhibit protein degradation by increasing synthesis of proteins. This works by stimulating the uptake of amino acids in skeletal muscle by inhibiting proteasome, a protein that is responsible for cellular degradation.

### ***Sauna Use can Even Benefit your Brain!***

Exercise and fasting have both been shown to benefit the brain. This has become somewhat common knowledge. However, what's not so commonly known is the fact that regular use of a sauna can have these same benefits. All of these methods promote the release of proteins in nerve cells by way of a process known as neurotropic factors. Brain derived neurotropic factor (BDNF) activates brain stem cells, telling them to produce new neurons. There are also a number of other chemicals that are released – all of which promote a healthier brain.

The brain is the most important muscle in your body and operates with an element known as the neuromotor. Without the neuromotor, your brain cannot function. It would be the equivalent of a gas-powered car motor trying to operate without ignition. The degradation of the neuromotor is a huge part of the cause that leads to age-related muscle atrophy.

BDNF in both your muscles and brain explain how a physical workout can have such a huge impact on your brain tissue. It helps to prevent (and can even reverse) brain degeneration and age-related muscle this impact; we call it “runner’s high” but it is actually a boost in endorphins that’s experienced after an intense workout. Use of a sauna stimulates the body to produce more of these endorphins, which make you feel like a million bucks!

### ***Putting it all Together***

Now that we’ve went through a lot of the positives of regular exercise and sauna use, it’s time to look at how it all culminates. It boils down to hyperthermic conditioning. This condition is brought about by an increase in the core body temperature, which has a ton of benefits that have, until now, been reserved for athletes. In the past, they have achieved hyperthermic conditioning by exercising for hours a day. Naturally, if you exercise for several hours then your core body temperature is going to increase. They are essentially working their butts off to achieve heat shock. However, normal folks have not been able to devote all of this time into exercise due to a simple lack of time. This has only gotten worse as society continues to become more fast-paced with each passing day. That’s why saunas are life changing – they can achieve heat shock much faster than working your body into this condition.

Why We Age too Quickly

## **...when 74% of the Japanese population lives to be 100 Years Old**

Biological age and chronological age are two very different things. Aging is a physiological process that is only remotely connected to your actual age. Sometimes,

the best indicator of your biological age is your physical appearance, but even that can be deceptive at times. The normal life expectancy is estimated to be 120 years so why is the average lifespan so much lower in most areas of the world? I mean, 74% of Japanese citizens live to be 100 years old. Why is that number so much lower in other areas of the world? Well the problem is that most people suffer from the disease of premature aging. While never actually contracting a chronic illness, premature aging is something that we’re all prone to.

The problem with medicine in today’s world is that the focus seems to be more on symptom relief rather than uncovering the underlying problems. For example, doctors prescribe pain medications and recommend surgical procedures rather than trying to slow an accelerated aging process. The latter would have much more positive long-term results. If we were to halt premature aging, then people would live longer, higher quality of lives. Plus, pain would be kept to a minimum.

Those who are older tend to contract certain diseases, but it’s not necessarily a product of their physical age – their biological age has a much higher bearing than society would like to admit. This leads to a common misconception that the aging and disease processes run concurrently. However, they are not the same thing. Think about it; a younger person can contract one of these diseases that are commonly linked to old age. My point is that maintaining high levels of awareness and wellness, you can get older without automatically being condemned to pain, discomfort, or even disabilities. Simply put, growing old does not automatically lead to disease and discomfort. There are other factors that play a much larger role.

### ***What Causes Premature Aging?***

Premature aging can start at any time during the course of your life. It’s not reserved for any particular age. There are various factors that can cause the body to begin

deteriorating including toxins, metals, poor nutrition, stress, inactivity, and even previous injuries that have not healed correctly. Sometimes, premature aging doesn't show any real symptoms until there is a sudden, catastrophic event like a heart attack, cancer, or a stroke. However, it's quite rare for any of these catastrophic events to happen without any warning signs. The human body knows when something's wrong and tries to communicate with you when it senses a problem. The problem is that most of these warning signs are misconstrued as "normal." Pain is the most common warning sign used by the body and can be exhibited in a number of different ways like joint pain, inflammation, insufficient blood flow, or even pressure within an organ.

You do not have to fall prey to premature aging. One of the most important steps you can take is to become aware of the problem. Never accept "you're just getting older" or "you'll just have to learn to live with it." The worst analysis is probably "there's nothing you can do about it." There is something you can do about it! Staying healthy is a great place to start. That includes paying closer attention to what you put into your body and making an extra effort to get bad toxins out of your body. It's never too late to become health conscious but the sooner you start, the better. Biological aging is accelerated by a great number of different factors but these three seem to be the most common:

### **1. Too Much Sugar**

Poor diets are probably the greatest contributor to premature aging. It's also one of the reasons why the Japanese culture seems to have less of a problem here. High sugar intake can lead to fast weight gain, but the real aging factor comes from how the body puts sugar to use. Processed sugars are among the worst and will lead to high amounts of sugar being stored in the body. This has been directly linked to



aging in a number of different studies. In fact, the detrimental effects of sugar are so well-documented that it has almost become common knowledge.

## 2. Medications

Don't get me wrong, there are times when medication might be necessary. More often than not, people taking medications are doing so to cover up symptoms. These symptoms are generally the body's early warning signs that something's wrong so covering them up is the equivalent of covering your ears to your body's screams for help. Adding to the problem is that many doctors will simply provide a quick fix to the symptoms without really encouraging that their patients identify the root cause.

## 3. Lack of Exercise

Finally, a lack of exercise is another common factor in premature aging. Our bodies are designed to be active, yet in today's world survival is no longer dependent on going out and hunting for food. Instead, we go to work, buy what we need, and then go home. Being inactive goes against nature and it will cause you to age at a much faster rate since your body is not designed to be inactive.



### *Do you Smoke? Quit Now!*

While it's no secret that smoking is bad for your health, its negative effects can often be underestimated. Smoking leads to extreme cases of premature aging but what's worse is that the toxins are stored in your system for a long time. These toxins cause problems in every operation that takes place in the body. So the damage is not limited to the heart and lungs. Plus, even if you've taken the first step and quit smoking, you'll still need to get rid of these toxins.

### *The 3 Biggest Myths that Experts are Telling You*

One of the biggest problems in today's world is that people are misinformed by all outlets that are labeled as "experts." This includes doctors, authorities, and the media. How can the truth be discerned from myth when those we trust most have fallen from the path? Let's look at the three biggest myths about most illnesses that will block you from ever achieving the long-term results your body so desperately needs.

**#1 You have to take this medicine to get better.** You've done nothing wrong. Eating all those fast foods, sugars, and not exercising did not cause this problem. You're just getting old so take this magic pill and you'll be fine in no time!

That's simply not true. By not diagnosing the cause, medicine will only cover up the symptoms. It will not cure them. We do not live in a fairy tale where magic beans can sprout into giant bean stalks! We live in a real world where it takes real effort to be healthy. Yes, there is a such thing as magic but it doesn't just randomly happen. It comes from tracking the cause, setting goals, and working to fix the underlying issues. Eat healthy and exercise if you want to achieve "magical" results.

What about vitamins though? Taking vitamins every day will help me become healthier, right? Not if you don't take other actions. Your body contains so many toxins that it has no room to absorb enough vitamins to make a difference. So if you want vitamins to make a difference, eliminate these toxins first.

**#2 It's too late.** When those three words are used by a doctor, then it's generally followed up by five scary words: we need to surgically remove.... Gallstones are a great example of this. "Certain organs are now unnecessary" is common but I must

ask “to whom?” All organs exist for a reason; even those believed to be unnecessary are actually useful for removing toxins. Removing them puts more stress on other major organs.

**#3 You’re just getting old.** This one is just a lazy diagnosis. Yet, people truly believe this excuse. I often wonder if the experts who use this excuse are referring to chronological age or biological age.

One of the greatest achievements you’re going to discover is that you can actually stave off the signs of aging. While you can’t stop time from passing, you can hinder its effect on your body. It’s illogical to believe that you will achieve different results if you continue to take the same actions.

### *Infrared Saunas can Minimize the Effects of Aging*

There’s no denying the truth that we are all aging. Every day that passes by means that we are that much older. We cannot control our chronological age. How we make the most of our days is something that we are in full control over. For some of us, the signs of aging become evident as our hair turns gray or becomes thinner. Sometimes even our eyesight or hearing might be affected.

Sometimes, people try to defy their body by going through cosmetic procedures or trying all of those “anti-aging” skin care products that are readily available. Some will even take it further by moving to less polluted areas or even paying for meditation courses. While some of these actions might help a little, the fact remains that neither determination nor planning will slow down the passage of time. Chronological aging cannot be slowed down.

That's the bad news. The good news is that our efforts might not be able to influence time itself, but we can help our bodies endure it better. I think all health care professionals would agree that both exercise and good nutrition have a long-term positive impact on an individual's quality of life. Another activity that has been proven to be a benefit to the human body is infrared sauna bathing. Infrared sauna bathing can help fight off a lot of the effects that aging has on the human body.

- Improves cardiovascular function.
- Helps stimulate muscle growth.
- Strengthens the body's immune system.
- Improves nutrition by causing you to sweat out toxins, which allows the body to absorb more important vitamins.
- Increases the production of essential brain chemicals.
- Reduces fat and cellulite.

In fact, various research has shown that some of the symptoms that are commonly associated with aging are actually the result of toxic build-up in the body. So by basking in an infrared sauna, you will be purging your system of these toxins. The bottom line is that infrared saunas can help limit the affect that time has on your biological age, making you look and feel much younger than your chronological age might suggest.

## Heat Shock Benefits your Body

### **...without you having to lift a finger!**

Some people brag about losing weight by drinking smoothies, others complain that they didn't. Some people are able to lose weight through exercise and supplements, others are not. Why is it that one person can lose weight using the same strategy that another says failed them? The answer is that those who are successful are generally the ones who take the extra step and eliminate excessive junk from their diet, which decreases the amount of toxins they allow into their body. By doing this, they have effectively began to detoxify their body and start to achieve success. My point is that these toxins are causing most of the problems.

Chemicals and heavy metals in blood accumulate in fat cells and prevent the body from eliminating these cells. One of the best ways to eliminate these toxins from the body is through infrared sauna treatment. An infrared sauna will penetrate deep into your body, helping to eliminate chemicals through your skin. Plus it increases your heart rate, which pumps more blood through your extremities. Furthermore, regular sauna treatments can also reduce levels of stress. This same stress causes your body to produce cortisol, which results in belly fat. The end result of a sauna treatment is that you are left feeling more calm and peaceful.

### ***15 Minutes in an Infrared Sauna is Equivalent to Jogging for 30 Minutes!***

Just a short 15 minute session can burn up to 600 calories just by sitting there. That's about the equivalent of a 30 minute jog. How many other methods are there that can burn that many calories while sitting and reading a book? If you add

exercise before or after a session, you can get amazing results. When we run for exercise, we do so in order to put demand on our cardiovascular system. It's not usually to build leg muscle. Regular use of a sauna will provide this same stress on your cardiovascular system so it can be used as a replacement to cardiovascular exercise. It will achieve the same burn without putting the stress on your joints.

The standard person will sweat between 200-300 grams in just a short 15 minute session. That's as much sweat as taking a 2-3 mile job. Of course, drinking water will be necessary in order to replace this loss but that's not the point that I'm trying to make. Your cardiovascular system will have to put in a lot of extra work to pump that much perspiration out of your skin. As an added benefit, your body is able to release toxins through perspiration.

Simply put, sauna treatment is perfect for those who can't exercise due to physical limitations. It's even great for those who don't have the time. However, it also can benefit those who do exercise on a regular basis. If you are not hampered by physical limitations, then I recommend that you combine exercise with sauna use. It will multiply the effectiveness of heat shock.

### ***Exercising will Improve the Benefits of Heat Shock***

As you can see, using an infrared sauna gives those who might be unable to exercise regularly the opportunity to enjoy the same benefits. Imagine being able to burn 600 calories without having to lift a finger. Those who do exercise on a regular basis can actually compound the effectiveness of their workout by using an infrared sauna before or after their workout.

### **Should I Use a Sauna Before or After I Exercise?**

This is a question surrounded by a lot of controversy. Some individuals swear by the results they get before a workout while others are the exact opposite. There are a

ton of benefits that come with including a sauna as part of your exercise routine but no matter which option you choose, you’re going to need to take specific precautions if you want to achieve the best results.

### **Using a Sauna Before a Workout**

Using a sauna before a workout loosens up your muscles, relaxes them, and gets them ready to perform at the most optimal level. Plus, being in the sauna will raise the core temperature of your body, resulting in a significant metabolic boost that gets your heart pumping before the workout. In fact, the only issue with using a sauna before a workout is that there is a fine line between getting muscles warmed up and allowing them to become so relaxed that they will not work effectively. So if you opt to spend time in the sauna before a workout, then be sure that you limit your time.

Be aware that while you are in the sauna, your body will be exhausting its water and electrolyte supply. So if you’re using a sauna to warm up, then be sure to drink plenty of water. You should then wait at least 15 minutes before you exercise.

### **Using a Sauna After a Workout**

Some believe that you get the most benefit by using a sauna after a workout rather than before. One benefit is that the increase in metabolism that you get from your workout will continue through the entire sauna treatment. So while resting, your heart will still be pumping for a longer period of time. However, the biggest argument seems to surround the fact that spending time in a sauna after exercising increases the amount of sweat your body releases. Therefore, you will excrete more toxins. This process has so many positive implications on your health. Spending time in a sauna after a workout also helps to reduce muscle cramps since heat shock relaxes them into building the proteins they need to repair.

Play it safe when spending time in a sauna after a workout since your body will already be exhausted. Limit your time and don't set the temperature too high. Be sure to drink plenty of water since your body will be using it to perspire.



## Get the Same Benefits as Athletes No Matter your Limitations!

If you have limitations then you may have lost hope as to ever becoming fit. You sit down and watch as your favorite athletes stay in perfect shape, feeling a bit envious. However, when you start looking into their routines, you discover that they spend as much time in a gym as you spend at your job. There’s just not enough time in the day for that much exercise so you slip back into your envious state. Does that sound familiar?



I have some great news for you! With the emergence of the infrared sauna, you can now gain the same benefits as those athletes without having to dedicate your whole day to the gym. You might be thinking that it’s too good to be true so this section is going to reveal the real secret behind the endurance of athletes, and it’s not how long they are spending in the gym. It’s more about what’s happening to their bodies when they exercise for hours on end.

### *Infrared Saunas Prompt the Release of Human Growth Hormone*

If you follow sports at all then I’m sure you’ve heard stories about athletes choosing to inject themselves with performance enhancing drugs – the most common of which is HgH. Injecting this substance is banned in almost every sport now but why do you think that athletes still choose to take the risk of being banned to use it? Because Human Growth Hormones (HgH) are one of the most powerful

substances at building muscle and increasing endurance. These are the things that an athlete thrives on!

Don't take this the wrong way. I'm not telling you that you should be injecting HgH. On the contrary, I do not recommend injecting them since using artificial hormones tends to do more damage than good. However, you can prompt your body to create them naturally, which is completely safe.

Human growth hormones are a biochemical that is produced by the body to help rebuild muscles and counters atrophy that is caused by aging. In short, the higher a person's level of HgH, the stronger they are. When we turn 30, our natural levels of HgH tend to take a dramatic spiral downward, so it becomes more important to keep those levels up as you grow older.

If you want to gain the same physical advantages as athletes, then your focus should be on raising the natural production of HgH. There are three methods of raising your HgH levels:

1. High-Intensity (anaerobic) Exercises.
2. Fasting.
3. Infrared Sauna Therapy.

Some choose to utilize all three and achieve unbelievable results! So if you're able, then I certainly encourage you to try all three. What about those who are unable to perform high-intensity exercises or fast due to health complications? Infrared sauna therapy will provide the same increase in HgH levels. The result is that your body will be able to repair muscles naturally. In the end, spending 15-30 minutes a day in a sauna will give you one of the biggest benefits that athletes all share – a boost in the most powerful muscle building block known to exist.

Acclimating heat shock proteins through sauna use will give you all of the following benefits shared by the best athletes in the world:

**Enhance your body’s endurance by:**

- Reducing the depletion of glycogen stores by raising the amount of nutrients that your body can deliver to muscles.
- Train your body to reduce its heart rate and core temperature during intense workouts, allowing you to train for longer periods of time before becoming fatigued.

**Prevent protein degradation caused from aging by:**

- Inducing a massive release of Human Growth Hormone.
- Improving your body’s insulin sensitivity.
- Introducing your body to heat shock proteins that cause a hermetic response.

**By stimulating heat conditioning; Heat Shock - you will also experience added benefits to Your Brain:**

- Improve your attention and focus by increasing the amount of norepinephrine that your brain releases.
- Repair damaged neurons by increasing the amount of prolactin produced by your brain.
- Encourage the growth of new brain cells by increasing the amount of BDNF produced. This improves your memory and helps stave off depression and anxiety.

## **Improve your Appearance, Look Younger, and Stay Fit with an Infrared Sauna**

We are exposed to so many toxins that it's no wonder our bodies age prematurely. This level of exposure quickly outperforms the body's natural elimination ability so it has no choice but to store them in fat cells. Since there is no way to completely avoid these toxins in today's world, the only actionable step is to purge them.

The solution is to perform regular and effective detoxification of the whole body. Using infrared sauna treatment boosts the body's ability to detoxify itself, which leads to several significant health benefits.

- Improves your overall appearance.
- Makes you look younger.
- Makes it much easier to stay in shape since removing toxins frees up room for your body to absorb important nutrients and vitamins.

### ***How Infrared Saunas Work***

Infrared light is emitted in a band that is not visible to the human eye but it's felt just like any other form of heat. Unlike traditional saunas that merely surround your body with heat, infrared heat penetrates the body much deeper – as much as 2 inches! This heat will stimulate fat cells at a much deeper level, thus stimulating the body's cellular detoxification process. Furthermore, it requires a much lower temperature to be effective. The bottom line is that you get better results in a much more comfortable environment.

It’s no big secret that saunas have been used effectively for centuries in cultures all around the world. There’s only one reason why people would turn to them for so long – they work! While the reasons have not always been clear, people have come to realize their tremendous benefits. Nowadays, we have the technological knowledge to understand why they have been a time-honored method of improving one’s health.

It all comes down to heat. Regardless of the source, this heat is what makes a sauna work. When we are exposed to elevated temperatures then our body undergoes specific physiological changes that are a huge benefit to our overall health. Now if you create a controlled setting then those benefits are boosted. This response starts as the body’s temperature starts to rise. It is forced into working hard to try to keep itself at a normal temperature so it begins to perspire. This is only the first step though. Next, the blood at skin level starts to circulate at a faster rate and acts as a heat exchanger. What happens is that the heat is released while the blood is cooled.

When we are able to control this effect through a sauna then it becomes more pronounced. As your heart rate increases, the entire cardiovascular system gets a workout.

***This all happens while you are just sitting there!***

The sweat itself is also an interesting topic. It’s the greatest method of detoxification that you have at your disposal. You can remove both excess water and toxins that are stored in fat simply by sweating. While you might regain the water weight by rehydrating, you are not gaining back the calories. The fact that you are at rest in a sauna actually causes a different reaction to your nervous system. This means that it has a greater detox effect than exercise. Here’s some more good news.

***Regular sauna use helps extend the life of your kidneys and liver.***

Removal of toxins stored in your body is a task assigned to your kidney and liver. By removing some of these toxins through sweat, you are effectively lessening the burden on both of these vital organs. Did you know that we have more heavy metals and carcinogenic chemicals in our system than ever in history? Imagine the strain that puts on your kidneys and liver. It's no wonder why we read about so many cancer cases and impromptu diseases wreaking havoc across the world. If you want to lower your risk with the least amount of effort, then heat shock therapy is a great place to start.

***Sauna use prompts significant hormonal shifts.***

Just a two degree shift in your body temperature will prompt your body to increase production of human growth hormone (HGH). You've heard about athletes taking artificial HGH to gain an edge. The reason is because it promotes rejuvenation and longevity of the body. Athletes use it to prompt muscle growth during their workouts. However, you can prompt this growth naturally without the need for taking harmful injections. In short, HGH will improve muscle mass and reduce body fat.

***Infrared saunas penetrate at a deeper level.***

Now we can get even deeper with infrared saunas. As we have already discussed, heat has a huge benefit on your overall health. It stimulates your body on the same level as a full workout. The difference is that all you need to do is sit there. An infrared sauna achieves these same results, but at a much deeper level. Instead of just heating the air around you, an infrared sauna will penetrate deep into your fat and muscle cells, heating you up to the core. So the circulatory effects are much

greater, but more importantly, the air is dry so the experience is much more comfortable.

The benefit of the heat penetrating deeper is that it produces heat shock proteins within muscles and fat cells that are much deeper, purging toxins that are hiding deep. These toxins are then drawn to the skin through sweat and purged from the body. While a normal sauna does promote sweating, it only stimulates this process at a skin deep level. Infrared saunas will essentially draw sweat from deeper and provide much faster results. To put it as simply as possible, an infrared sauna is more effective at raising your core body temperature.

Here is a quick list of the extended benefits that heat shock therapy has on your health:

- **Antitoxin Therapy:** Infrared light causes your body to generate antioxidant enzyme. Studies have shown this enzyme being generated in the liver, brain, and skin. The main benefit is that it reduces damaging and slows the body’s aging process.
- **Chronic Fatigue:** Those suffering from chronic fatigue know that this condition is very serious and is very difficult to treat. Detoxification is the key to curing this condition. The body is forced to protect itself from all of this toxic buildup so it devotes a lot of energy into dealing with these toxins. Sweat produced through heat shock therapy will help remove these toxins, giving you a major energy boost.
- **Rheumatoid Arthritis:** Infrared light reduces pain and inflammation by improving the circulation in the joints. It also stimulates the production of

proteins that can help repair joints. Furthermore, the heat is soothing to the pain.

- **Cancer:** Heat is a powerful weapon to fight off cancer. Infrared light penetrates deeper and can even weaken cancer cells while simultaneously enhancing the function of the immune system. Plus, it helps to remove other toxins from the body so your body can devote more resources into fighting the spread of cancer cells.
- **Skin Rejuvenation:** Even though this is not exactly a life or death issue, it's still a nice extra benefit. Infrared light can reduce wrinkles, age spots, and visible signs of aging. Some research has even shown that infrared light can help reduce UV sun damage to the skin.
- **Fibromyalgia:** Infrared saunas can serve as an effective tool for fighting fibromyalgia. It reduces inflammation and pain while also removing heavy metals from the body. It even stimulates energy production within cells. All of these are essential to fighting fibromyalgia.
- **Enhanced Immune System:** Infrared light mimics a fever response from the body by raising its core temperature. Much like the body does when you have a cold, this fever response gives the immune system a huge boost.
- **Lifespan and Longevity:** First of all, the enhanced circulation helps to maintain the life of cells by allowing them to function at a much healthier rate. By itself, this enhanced circulation is a huge benefit but when you add in the heat shock that causes the body to produce extra growth hormones then you can really start reaping the rewards of using an infrared sauna. The body



is designed to be heated so raising its temperature promotes a series of natural biological responses that will increase its longevity.

- **Lyme:** Increases in the core temperature of your body can help to treat symptoms that standard antibiotics simply cannot reach. By removing toxins from the body, infrared therapy frees up your cells so that they can absorb more of the vitamins and minerals it needs. One of the common things found in those suffering from Lyme is the buildup of toxic metals in the body. Infrared light prompts your body to release these metals through perspiration.
- **Athletic Recovery:** Athletes have discovered that there are a plethora of benefits that can be reaped from infrared sauna therapy. Heat shock causes the body to produce HgH which increase muscle mass. Furthermore, it does this naturally. So following a workout with sauna therapy can enhance the effect of the workout while lowering the recovery time for injuries.
- **Prevention:** Total detoxification, reduced inflammation, and adaptive stress response all make you stronger than ever. Your body will be much better equipped to prevent diseases.
- **Weight Control:** Since infrared therapy enhances your metabolism, it will help you burn fat while building muscles. If you’ve ever wondered why some individuals can consume more calories while never showing the weight, then I will give you the answer in two words: increased metabolism. You can achieve that same metabolic boost through regular sauna sessions while gaining all of the detoxification benefits that goes with it!

### *Scheduling your Sauna Sessions*

The amount of time that you spend in a sauna will depend on your level of endurance. I recommend that you start with short ten minute sessions and gradually build up to about 30 minutes a day. It is safe to use a sauna on a daily basis.

If you wish to workout then you will need to decide whether you want to do so before the session or after. Just be sure that you keep your body hydrated.

Finally, don't worry if you experience some odor in the beginning. This is actually a good sign since the odor is the result of toxins being purged from your body. So you should always shower after each session.

## Muscle Growth and Longevity

Releasing HgH is the catalyst for many advantages that sauna therapy provides to your muscles. Protein degradation occurs at a much more advanced level as you age – whether you use your muscles or don’t use them. Use of a sauna will reduce this protein degradation that naturally occurs with both muscle use and disuse. The result is that your muscles are encouraged to keep growing. Even though the effect is enhanced by combining exercise with sauna use, it is not necessary in order to reap some huge benefits. This opens up a lot of doors for those who might have limitations that simply do not allow them to participate in the same exercises as athletes.

The prevention of protein degradation is the result of the body triggering heat shock proteins (HSPs). These are used to protect the body when it’s presented with harmful stimulus. Heat from an infrared sauna is seen as a potentially harmful environment by the body so it will release HSPs in order to protect itself. This is great news for you since these are very powerful cells! They will prevent and even repair damaged protein. You would have to take a 30 minute jog to cause your body trigger this reaction.

The problem in today’s world is that we have learned to adapt our environment to a comfortable level. Therefore, the body never sees the environment as harmful and will not release heat shock proteins. Sitting in a sauna will provide a huge boost to your body because it’s designed to be heated. Keep in mind that our body is coded for survival. It’s supposed to be out every day in search for food, not sitting behind a desk or walking through a supermarket. Exercise is so beneficial because it pulls

the body from this comfort zone. However, it takes 30 minutes of intense workout to achieve the same level of stress as 15 minutes in an infrared sauna!

Heat shock proteins:

- Prevent damage to muscles by supporting our cellular antioxidant capacity.
- Ensure that all proteins are structured in a manner that they are at their highest function.
- Prompt the release of Human Growth Hormones.
- Naturally help to build new muscles.

The bottom line is that by using hyperthermic conditioning, you can increase the production of heat shock proteins in your body, thereby reaping the same rewards as athletes who train for hours a day.

### ***Muscles Make you Look Younger***

Gaining muscle mass is not a goal that should be limited to bodybuilders. The truth is that increased muscle mass provides benefits for everyone, regardless of gender, age, or health. It will make you look younger and helps your body function at a much healthier level. There are a lot of ways to gain muscle mass including:

- Resistance training
- Pumping iron
- Pushing your bodyweight
- Pulling your bodyweight

If none of these sound appealing to you, then there is always the option of using an infrared sauna. By now, you know how a sauna can improve your muscle growth.

You even know that you can combine it with exercise or simply enjoy the soothing light. The choice is yours. This section is going to focus more on explaining why you should be focusing you building your muscle mass.

Once you reach the age of 20, your body starts losing around eight ounces of muscle per year if you do nothing. That might not seem like a lot, but it will quickly add up. Lost muscle is replaced by fat so the result is that you start to gain body mass but lose strength and endurance. Professionals recommend that you participate in no fewer than two strength training exercise sessions per week in order to offset this loss in muscle. That’s certainly not bad advice but not everyone has the time to spend with these extensive workouts. Furthermore, not everyone is physically capable of participating in them. You can also offset this muscle loss with just one 30 minute infrared sauna session per day.

### ***Muscles Improve your Health and Function***

- Building up your muscles helps you stave off the symptoms of several serious conditions like osteo and rheumatoid arthritis, back pain, diabetes and obesity. These conditions are all less painful for those who focus on building their muscle mass.
- Another obvious benefit is that you will be stronger, which makes performing daily tasks much easier.
- Muscles take up less space than fat cells, making your body look more lean and toned. It helps you fit better into your clothes and simply put, you will feel much better about yourself.
- Muscles offer a natural boost to your metabolism. The higher your metabolism, the more calories you will burn idly. Fat cells do not burn a lot of

calories since they have no functions. Adding muscle to your body can actually increase your calorie burning by up to 15%!

## Grow Younger

Time is a predator that will catch up to every one of us eventually but how long “eventually” is will be up to you. Aging in a positive way is a choice that some people make. Have you ever met someone who looked way younger than their age implied? There are 60 year olds who possess the same strength and stamina as a 40 year old. This doesn’t happen by chance – it happens through living a healthier life.

For the most part, living a long, healthy life is in our own hands. It’s time for you to start taking action to not only slow down you aging, but actually reversing it to some extent. The easiest way to begin the process is by participating in daily infrared sauna sessions. Alone, this will significantly improve the condition of your body. We will actually discussed additional methods of anti-aging later in this book but for now, just take note that regular sauna sessions will initiate the process. The methods discussed later will only enhance the progress.

### *Oxygen is Life!*

Seems obvious right? Once a person turns 30, their ability to take in oxygen slowly declines. This declination continues at a rate of about 0.4% per year so by the age of 70, a person’s ability to absorb oxygen is reduced to roughly 70% of the optimum level. This declination is one of the major contributing factors that leads to aging. Infrared sauna therapy boosts your metabolism and increases blood flow in the body. Both of these allow more oxygen to be delivered to important functions, so you are able to offset the declining oxygen that your body is able to take in.

You can boost this effect even further by adding exercise, although it’s not necessary.

**GROW MUSCLE- BURN FAT - DETOXIFY Without lifting a Finger...**



## Instant, Sometimes Miraculous Pain Relief

*Our proprietary heat is FDA categorized for Pain Relief – and it Works!*

An infrared sauna is one of the best investments that can be made to your overall health. There are just so many healthy benefits that are achieved through regular use of a sauna. This section will focus on pain relief. The common method of reducing pain is to consume drugs prescribed by doctors. What are these drugs really doing though? They mask it but there is no medication that can actually treat the underlying problem. Plus, these drugs litter your body with even more harmful toxins that are likely part of the underlying cause. In other words, they add to the problem. Stop taking drugs to mask the pain. Instead, target the underlying problem with regular infrared sauna therapy.

Just like you need an appliance to clean your clothes, you need one to cleanse your body. The underlying problem that causes pain is that the body becomes polluted with toxins so that it cannot absorb the proper vitamins and minerals that it needs to maintain proper muscle growth. So detoxification is the answer, not more drugs. Infrared saunas will help rid the body of these harmful toxins which, among other benefits, will reduce muscle pain.

Did you know that as you get older, your body loses its ability to sweat? That explains why pain is often associated with age, but age alone is not the problem. It's the fact that the body becomes less able to release toxins.

### ***Daily Use of a Sauna Relieves Aches and Pains in Muscles and Joints!***

Look at an infrared sauna just like any other appliance in your home. A dishwasher cleans dishes; a washer cleans clothes; an infrared sauna cleans your body from the inside-out. The latest technology produces an infrared light that penetrates 2 inches into fat and muscle tissue, causing a vasodilatation of peripheral blood vessels. This process will reduce muscle spasms, joint stiffness, and even helps to completely eliminate general aches and pains that are so often associated with Fibromyalgia, Osteoarthritis and Rheumatoid Arthritis. There is even some evidence that suggests using an infrared sauna within 48 hours of receiving an injury can actually reduce the amount of time it takes to heal.

The question that you now need to ask yourself is this:

Do you want to take pain medications that mask pain while introducing even more toxins to your body or do you want to start treating the underlying problem and eliminate pain completely?

Although the effects seem miraculous, there is no magic involved. It works because of the increased blood circulation and profuse sweating that an infrared sauna promotes. By removing harmful toxins and increasing circulation, your body will be able to naturally repair the joint and muscle damage that is causing the pain.

Sitting in an infrared sauna for just 30 minutes a day will relax your muscles, which allows for an increase in flexibility and range of motion. Muscles that are heated to at least 130 degrees and then stretched have an elastic elongation that lasts long after the stretching motion is stopped. So the therapeutic benefits extend in ligaments, tendons, and joints even after the session is over. The point to take away from this is that joint aches will show noticeable signs of relief simply by being heated.



## Cardio Health

### *Who couldn't benefit from a strong heart?*

Everyone knows the importance of maintaining cardio health but sometimes the solutions seem exhausting. Spending an hour on the treadmill is a normal practice for keeping the heart healthy but it takes a lot of discipline to keep up with a vigorous exercise routine like this. What if there were an easier way to reap the same benefits without having to spend an hour on a treadmill every day? You'd probably think I was crazy! Well it's true! With an infrared sauna you can stimulate the same response from your body as taking a 30 minute jog! Even if you love spending time on the treadmill (which I believe is absolutely great), combining it with sauna therapy will exponentially boost the effects of your workout.

When you sit in a sauna, your body heats up. This process stimulates a process known as heat shock in your body. This heat shock increases your pulse in response to the increased heat so your blood vessels dilate as your blood flow increases from your internal organs, working its way to the surface. The best part is that your blood pressure remains the same (or sometimes it even goes down) during your sauna session. The only downside to a vigorous workout is that it can cause your blood pressure to rise to unhealthy levels. That's why doctors recommend that those who do not exercise regularly start out with limited workouts and gradually increase. With sauna therapy, you can start gaining the same response immediately, regardless of your level of fitness!

By repeatedly shunting blood to the surface of your body, you are actually improving the flexibility of your blood vessels and arteries. In fact, the deep tissue healing powers of an infrared sauna can even prompt artery repair!

### ***Increase the Circulation of your Blood***

Stimulation of peripheral blood vessels along with mild cardiovascular conditioning will increase the circulation of blood through your body. All of this is accomplished without the risk of running your blood pressure to dangerous levels. Even those suffering from diabetes and other health conditions can get the same results as workouts that their health doesn't allow them to participate in.

### **Causes of High Blood Pressure and the Far Infrared Sauna Benefits of Use**

Some of the common causes of high blood pressure are inflamed, hardened, or constricted arteries, as well as kidney congestion. Infrared sauna therapy can help avoid all of these causes of high blood pressure. When the veins in your body dilate, arteries are oxygenized and allow new blood vessels to be formed. This all assists in cardiovascular rehabilitation. The body relaxes and arteries open up, allowing blood to flow more easily, which leads to lower blood pressure. That explains why sauna therapy can actually lead to lower blood pressure.

Again, the detoxification effect of a sauna greatly assists in your cardiovascular health since it eliminates toxins that are quite dangerous to your heart. Heavy metals lead to the formation of plaque, which restricts blood flow through the heart. In extreme cases, this can even cause congestive heart failure. Regular use of a sauna will lower the risks of heart failure. If that's not incentive enough, then it's worth noting that daily sessions can even reduce premature heartbeats, arrhythmia episodes and hormones that can be directly linked to heart damage.

Heat shock has even been known to play an important role in quicker recovery from heart attacks. It's never too late to start improving your heart health. Even if your cardio health is on the fritz, regular sauna use is still capable of getting you back in top notch form.

NASA has even dabbled in linking infrared sauna use to cardio health. Even as far back as the 1980's, they have used saunas to keeping their astronauts' heart health in optimal condition.

Studies performed at The Mayo Clinic and the Journal of the American College of Cardiology has clearly shown that there is a huge connection between infrared sauna therapy and optimal heart health. These studies showed that treatment actually improved blood vessel functions, even in extreme cases where patients had high cholesterol, diabetes, and even in smokers! These patients showed clear signs of lower blood pressure, blood sugar levels, increased circulation, and even boosted their weight loss.

## Lose Weight Faster than you Ever Thought Possible!

With all of those weight loss diets and supplements littering the market, it's difficult to determine fact from myth. However, I will tell you one thing that is fact. No diet or supplement is going to magically cause you to lose weight without a vigorous exercise routine to go along with it. All of these magic weight loss plans seem to have the same fine print attached to them. If you want to maintain your weight loss, then you must exercise. This leaves a lot of people feeling as though they were ripped off. The only true solution is to do what's natural to your body. The reason exercise works is because it puts stress on your body.

- When you jog for thirty minutes, your body will start to release heat shock proteins. Cardio training boosts your metabolism because of the release of heat shock proteins.
- When you lift weights for extended periods of time, your body will start producing HgH, which aids in the building of new strains of protein.

Those are just two examples but they both have one thing in common: they require you to work hard in an effort to raise your core body temperature. The infrared sauna is a wondrous invention in so many ways, one of which is that it accomplishes the main goal as the above scenarios. Infrared saunas will increase your core body temperature. The difference is that you can just sit there while it happens! Saunas are a great addition to your weight loss strategy.

By now, I'm sure you're aware of the obvious benefits of infrared sauna therapy when it comes to sweating out toxins – which also aids in weight loss. What we are going to look at now is the important role that it can play in your overall weight loss.

While traditional saunas do provide most of the same overall benefits, it uses steam to generate a temperature of over 200 degrees to do so. That makes for a very uncomfortable experience. Infrared saunas use lights that are absorbed by the skin, mimicking the same results while having to experience all an uncomfortable environment.

By simply sitting in an infrared sauna, your body's metabolism is kicked into overdrive. The result is that you can expect to burn up to 20% more calories per minute than if you were sitting at a desk! That adds up to an amazing 400 more calories being burned. What's even better is that you'll be reaping the same rewards as a hard cardio workout. Plus, since infrared light penetrates so deep under your skin, these benefits will continue for another hour after you step out of the sauna. So you're essentially burning calories for 90 minutes while only spending about 30 of them under the lights.

That's impressive stuff but what I'm about to tell you will completely shock you. Right now, I'm going to debunk the biggest argument against weight loss through saunas in just a few, logical sentences. The biggest argument against sauna use is that while you might lose weight while in a sauna, that weight is simply the water released through sweat. So when you consume the water all of that weight will return. So the argument is that the end result is not even noticeable. However, this argument seems to ignore one important fact.

When you sweat while in an infrared sauna, the light is penetrating deep into your fat cells. So your body is burning calories while also excreting out excess toxins



through sweat. While you do regain the weight back from consuming water, you are not regaining the calories you burned while in the sauna. More importantly, you are not regaining those harmful toxins. Logic dictates that if you burn calories without reintroducing them back into your body, then you’re going to lose weight. The bottom line is that you do regain the water weight, but not the calories!

So losing water weight alone is not going to lead to long-term weight loss since you’ll pick it back up by consuming fluids. But infrared saunas are very effective for maximizing long-term weight loss since they have such precise temperature controls. Naturally, you can combine your sauna sessions with all of your other weight loss plans and achieve spectacular results.

### ***Lose Weight Without Lifting a Finger!***

Infrared saunas provide a great solution for weight loss to those who are unable to exercise. In just one 30 minute session you can burn up to 600 calories. To emphasize how big this is, let’s look at the calories burned by a 150 pound person in 30 minutes of the following exercises:

- **Jogging** – 300 Calories
- **Tennis (fast game)** - 265 Calories
- **Marathon Running** - 590 Calories
- **Vigorous Racquet Ball** - 510 Calories
- **Rowing (peak effort)** - 600 Calories
- **Golfing (without a cart)** - 150 Calories
- **Walking (3.5mph)** - 150 Calories
- **Bowling** - 120 Calories

- **Swimming (crawl stroke)** - 300 Calories
- **Chopping Wood** - 265 Calories
- **Cycling (10 mph)** - 225 Calories

A fit person will sweat one pound of sweat in just 30 minutes while in an infrared sauna. That is the same amount of sweat as a runner taking a 2-3 mile jog. So even though this sweat is replaced by water, the calories burned during the session are not.

### ***Lose Weight Without the Discomfort of a Traditional Sauna***

Traditional saunas use steam to pull sweat from the body while infrared saunas penetrate 3 inches into the body and essentially pushes out sweat. The body is heated from the inside-out which leads to the added benefit of toxins from deep within the fat cells being pushed out through the skin. Here's the best part. Infrared saunas operate at an average temperature of 90 degrees to 120 degrees Fahrenheit. This is much more comfortable than the 180-220 degrees that a traditional sauna spits out.

Fat turns into water soluble at around 100 degrees. In essence, an infrared sauna melts the fat away. Once it starts dissolving, it will then move through the blood and is then removed from the body. This process has the added advantage of releasing toxins from your body.

Radiant heat is much healthier for you than other types of heat because it warms your body instead of the air around you. The best example of infrared heat comes from the sun. Have you ever felt the warmth of the sun on a cold, sunny day? That is the infrared energy of the sun's rays penetrating your skin.

### *Your Body Could be Over Acidic*

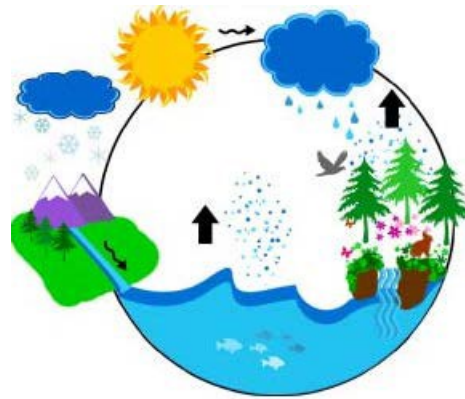
If you are using an infrared sauna and are unable to lose those last 10 pounds then your body could be over acidic. More often than not, your body will hold onto this extra weight because it's toxic and in an acidic environment. When your system is overly acidic, it produces more insulin in an effort to counter the effect. Since insulin attempts to store fat instead of burning it off as energy, weight loss will be extremely difficult while your system is acidic. Infrared light will help your body purge these toxins that are causing high levels of acidity. Weight loss will become inevitable.

**85% of sweat from an infrared sauna is water content. The remaining 15% is toxins that are being released.**

### *Reduces Cellulite*

Finally, infrared light will help your body break down cellulite. Cellulite is that annoying gel-like substance comprised of fat, water, and other wastes that are trapped just under the skin. Your body is better able to remove unwanted waste from the body when it sweats, so that cellulite will disappear naturally as you lose weight.

## Detoxify your Body



The *fountain of youth* is an idea that has been searched for thousands of years. In the beginning, it was believed to be a physical place where one could simply drink in order to magically become younger. Today, it's based more on an array of various products that are sold to make people *look and feel* younger.

- Skin creams that claim to make your skin younger.
- Pills that claim to magically make you feel younger.

Here's the problem. These products do not make you younger – they only introduce your body to more toxins. Sure, some might provide some short-term results but overall, they are just adding to the real problem. Toxins are the leading cause of premature aging so how is adding even more man-made chemicals to your body going to help? It's not! The real *fountain of youth* is not found through consumption – it's found through ridding your body of harmful toxins.

### *Here's the Quickest Way to Look 10 Years Younger*

There is no magical method of detoxing your body but there is a scientific method. It's not going to be easy but there is a sure fire method of looking 10 years younger in only one week. That method is a seven day fast. Like I said, it's not easy but it really does work. So let's take a quick look at how you can safely accomplish this difficult feat.

First of all, I don't recommend fasting without first asking your health care provider since it's not possible for those suffering from some disabilities. For those who are able, then you can achieve amazing results in just one week.

#### **Preparing for a One Week Fast**

It's worth noting that breaking from a fast is just as important as fasting itself. When you are fasting, your body's digestive system is weakened so you will need to gradually build back up to your normal diet. Never break a fast by returning immediately to your normal diet. Your body will need a few days to build back its digestive system. Be prepared to spend around 12 days on the entire process.

The first step is to prepare your mind for the fast. Overcome any fears that you might have on fasting so that you build confidence. Don't be afraid to research it a little so you know what to expect. Remember that a healthy person can go for weeks without food so a one week fast is not going to be too difficult, so long as you plan it carefully. In just one week you will experience significant detoxification which will have immediate healthy results.

Preparation is more about building confidence than anything else.

#### **The One Week Fast**

There are actually two different ways to do this but the most beneficial method is a water fast. This means that you consume only water for seven days. Alternatively, you can use broth to your fast but this will lessen the results. Either way, you need to weigh yourself beforehand to determine how much water you should consume per day.

- Divide your weight in half and drink that many ounces of water per day. For example, if you weigh 140 lbs. then you need to consume 70 ounces of water per day.
- Drink some warm water to induce cleansing.

Follow this same process for seven days.

### ***Reactions and Experiences to Expect***

You should be prepared for a few reactions during the process. If you are attempting to fast for the first time, then your body will be accustomed to receiving food at regular intervals. Removing this regular intake can lead to dizziness, weakness, and in some cases, even nausea. One minute you might feel energetic and then suddenly grow weak. These are common fluctuations and are normal to fasting. In some cases, individuals may even experience a drop in blood pressure and minor headaches. Don't let these reactions frighten you.

Remember that your body will require more rest while fasting so try not to over-exert yourself during this week. If possible, rest or lie down whenever you feel any weakness. You might even have some sudden bouts of hunger which can be overcome by drinking a glass of water. They will go away with time and become less severe as you fast longer. In fact, hunger bouts often disappear completely after about 3 days of fasting.

During a fast, the body will begin to detoxify itself by flushing out various toxins. Most of these toxins are flushed through the digestive system but sometimes it can happen in the form of excessive sweat or even a bout of bad breath (when toxins are being released through the lungs).

Distractions are the key to overcoming a fast so provide some pleasurable distractions for the mind. During extreme detox, the body will be working in overdrive to purge itself of toxins which can make you feel extremely weak or even cause your emotions to feel a bit off. Providing your mind with distractions makes this much easier to bear.

### ***Breaking the Fast***

This is the tricky part and just as important as the fast itself. When your body goes without food for a prolonged period of time, your digestive system loses a lot of its fire. So you will not be able to safely consume large amounts of food. Doing so will overload your digestive system. Gradually build your digestive system back to its normal level by following these easy tips:

1. Start off by drinking some form of acidic liquid like lemon juice or orange juice. You can even add a teaspoon of honey to the juice to add calories. Continue this for a couple of days.
2. On the third day of breaking your fast, you can start consuming vegetable soup.
3. On the fourth day, you can move up to whole fruits or boiled vegetables. Both of these foods are easy to digest.
4. Starting on the fifth day, you can return to your normal diet. Just try not to overeat and overload your stomach. Eat in moderation.

## **Benefits of Fasting**

- Fasting gives your digestive system a much needed rest so that it can repair and heal organs.
- It removes toxins from the body, which boosts vigor and gives you a huge boost of energy.
- Improves immunity and longevity.
- Improves the texture and glow of the skin.

## ***Healthy Food Choices***

You are what you eat. We've heard that expression our whole life, yet has it really sunk in? Sure, we acknowledge the words but they never really take hold until we start looking at food in a different way. What we eat has a powerful impact on our body. If you want to achieve the most from any form of detoxification then you should start paying more attention to what you eat. If you eat mostly junk food then your body is going to have little hope of staying cleansed. You'll always be vulnerable to chemical exposure.

Making small changes to your diet can have a huge impact on your health. By consuming more whole foods and laying down the junk food, you can slow down aging and help your body prevent disease. The key is to replace these junk foods with foods that are high in antioxidants. This includes:

- Raw fruits
- Vegetables
- Organic Products



- Roasted Nuts and Seeds
- Soaked or Sprouted Grains
- Beans

Here’s a good example of what I’m talking about. Breakfast cereal contains sugars, pesticides, additives, dyes, and damaging trans-fat. Plus, it is expensive. You can replace this one meal with something like fruits, yogurt, or even a handful of nuts. This starts your day off by giving your body a highly nutritious meal. Making just this one change can have a huge impact on your overall health.

### **Avoid GMO At All Costs!**

Genetically modified organisms are being introduced into the genes of your foods from other species. In most cases, these genes are toxic powerhouses and have not been tested on humans. So stay away from them. Stick with natural, non-genetically modified foods.

### ***The Good, The Bad, and The Ugly***

If you are planning on detoxing your body then it’s important that you do not continue to expose it to the wrong foods. There are three very simple changes that you can make that will make a big difference.

- Switch to refined sea salt.
- Switch to organic vegetables.
- Switch to organic fruits.

Making just these three changes will have a huge impact on your body’s detoxification ability. Gradually make more changes and before you know it, you

will have changed to a healthier diet. Your overall goal should be to switch to foods that contain live enzymes and are rich in nutrients. The problem with foods that do not contain live enzymes will turn into acid, which produce a mucous-like substance that will clog the digestive track. This can lead to a number of other health problems.

### ***Avoid Trans Fat at All Costs!***

There are certain foods that you should avoid at all costs but the most dangerous poison of all is hiding right in front of us. Trans. fat found in foods like margarine, hydrogenated oils, French fries, and breakfast cereals is a major cause of illnesses. Trans. fat is formed when vegetable oils go through hydrogenation, which is a chemical process where hydrogen is added to oils to make them more solid. The purpose of this process is to give foods a longer shelf life while enhancing their taste and texture. However, this enhanced shelf life and taste come at a high cost – they decrease our health and longevity.

Trans. fat has been shown to clog arteries by reducing the body's HDL cholesterol (good cholesterol) levels while raising the LDL cholesterol levels (bad cholesterol). Due to the dangerous nature of trans. fat, the FDA requires that it be listed separately on the nutrition label of all packaged foods. Start reading labels and put those trans. fat foods back on the shelf!

So if you are really serious about detoxifying your body then you should start with an oil change. In fact, those who fail to remove this dangerous fat from their diet will have a tough time getting well because their body's chemistry is too far off-balance to pull it off.

### *Aspartame Contains One of the Most Dangerous Substances to Humans*

You might know it better as Equal, Benevia, NatraTaste, or even NutraSweet.

Aspartame is an extremely popular sugar substitute that has no nutritional value. It’s used to sweeten beverages and foods without adding the extra calories. You can find aspartame in:

- Beverages
- Breakfast cereals
- Desserts
- Chewing gum
- Some brands of yogurt
- Cough drops
- Some vitamins

It is the second most popular artificial sweetener found in the United States. Here’s what companies are not telling you. Aspartame is made of:

- 50% phenylalanine
- 40% aspartic acid
- 10% methanol

None of these ingredients are good for you but methanol is the worst! It is a deadly poison that is released into the small intestine and leads to a lot of health problems, including retinal damage. In fact, methanol has the potential to break down into

formaldehyde, which is a registered carcinogen. Here's how dangerous methanol can be. A person should only consume a maximum of 7.8 mg of methanol per day. Just one quart of a beverage sweetened with aspartame contains 56 mg. That's over 8 times the daily limit.

Some people consume aspartame and fall prey to symptoms like:

- Abdominal pain
- Anxiety
- Bloating
- Burning eyes
- Confusion
- Depression
- Diarrhea
- Fatigue
- Hair loss
- Headache
- Hives
- Infection
- Insomnia

- Joint pain
- Memory loss
- Nausea
- Panic Attack
- Phobias
- Rash
- Slurring
- Tremors
- Tinnitus
- Vertigo
- Vision Loss
- Weight Gain

Whew! That’s a load of symptoms. The worst part is that most people suffering from these symptoms have no idea why so they look everywhere for the answer when the solution is simple – removal of aspartame from their diet. Chronic diet soda drinkers tend to suffer the most damage. Removing aspartame from your system will stop this massive damage and you will notice vast improvements to your health within two months.

### *Other Foods That May Hinder Your Detoxification Efforts*

- **Sugar and Artificial Sweeteners:** This includes any refined sugars like sucrose, dextrose, corn syrup, and brown sugar.
- **Caffeine:** Coffee (even decaffeinated), sodas, and black tea. Green tea is a great alternative to all of these.
- **Dairy Products:** Milk, eggs, and butter.
- **Wheat products:** includes bread and all other products containing wheat. Some alternatives are listed in the following section.
- **Gluten:** Barley, rye, spelt, and kamut.
- **Alcohol**
- **Food additives**
- **Chocolate**
- **Yeast**

### *Foods that Are Healthy and Should be Included in your Detox Plan*

- **Broccoli, cauliflower, and any other member of the brassica family.** These all support the liver.
- **Onions and Garlic.** Both contain sulfur compounds that help eliminate heavy metals.
- **Artichokes.** Contains acids that help the body digest fat.

- **Fresh Fruit.** They are a great source of vitamin C and glutathione – both are essential to remove toxins from the body.
- **Fresh Vegetables.** Preferably red and green vegetables. Like fruits, they are helpful at removing toxins.
- **Rice.** Brown or basmati rice, rice cakes, rice crackers, and rice pasta are all perfect alternatives to wheat.
- **Grains.** Quinoa, amaranth, millet, and buckwheat.
- **Nuts and Seeds.** This includes unsalted nuts and seeds like pumpkin seeds, sesame seeds, almonds, cashews, and even walnuts. However, you should void peanuts.
- **Extra-virgin olive oil.**
- **Herbal Tea.** Any tea that does not contain caffeine is great. The best choice is green tea.
- **Beans.** Split yellow and green peas are the easiest for your body to digest but you can also consume kidney beans, pinto beans, chickpeas, and adzuki beans.
- **Sea Salt and Vegetable Salt.**

### ***Detoxing Without the Work***

While fasting certainly serves as a quick way to detoxification of the body, it is not absolutely necessary. Some of you might not want to go through such a tough method like fasting so it's important to note that you do not have to. Anything you do to start living a healthier lifestyle is perfectly okay. You don't have to go all out.

Infrared saunas alone provide great detoxification power and will help to flush your body of those harmful toxins that are hiding in your fat cells. All you need to do is spend 30 minutes a day in the sauna.

Your kidneys are the body's detoxification powerhouses. When you sweat over extended periods of time, you are able to remove about one-third of the toxins that your kidneys would be able to remove in the same time. That's simply amazing! As you can see, fasting is not necessary in order to detox your body. It's just a much quicker way of getting results. However, choose the option that you're most comfortable with.

### **Sweating pumps out those dangerous toxins.**

Saunas are extremely effective at removing solvents, organic chemical build-ups, PCBs, and even pharmaceuticals from the body. They fit hand-in-hand with the detoxification lifestyle but the advantages don't stop there. When the body is heated, it will begin producing more white blood cells. These are used to fight off illnesses. Furthermore, your body will also produce more T cells and antibodies while killing off a multitude of microbes. A common use of the sauna is to help those suffering from the common cold.

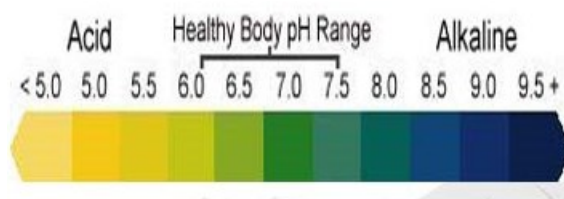


## Alkalinize your Body and Restore Balance

You might have come across the acid-alkaline balance during your journey to live a healthier life. When you connect the dots between pH balance, inflammation, and what you are consuming then your life will change. This section is going to take this a step further by adding heat shock therapy into the mix. Let’s start out by taking a trip down memory lane – more specifically, those high school science classes.

### *What Exactly is pH?*

The body strives to maintain a very delicate balance of acid and alkaline. Everything under the sun is affected by pH, from the cells in our body to the quality of soil. In this instance though, we’re going to just focus on the health aspect of pH. The pH scale shown below is a measurement of how acidic or alkaline your body is. It ranges from 0 to 14, with 7 being neutral. Anything below 7 is acidic and above 7 is alkaline. The optimal range for the human body is between 6 and 7.5.



Balance is essential to living a healthy lifestyle but the levels vary throughout your body. For example, your bowels acidic levels will be higher while saliva is more alkaline. So the goal should be to never look at acid or alkaline as good or bad. Instead, try to achieve a balance.

The most important measurement for pH comes from your blood. It should be at an optimum level as shown above. But the first step to maintaining a balance is to understand what our body does to maintain it. It doesn't just find this balance, it works very hard to create it so making poor choices and exposing our body to toxins forces our body to work harder to achieve the balance. That means that it has to devote more resources to achieving the right pH balance.

When your body notices even a small chance that it might become overly acidic (usually due to poor food choices or chemicals in the environment), then it will dive into its reserve for alkaline in order to offset the added acid. Unfortunately, these reserves are mined from teeth, bones, and even vital organs. Pillaging these reserves will lead to a number of health challenges over time.

### ***The Connection Between pH and Your Health***

Consider the standard diet that Americans consume. They are constantly bathing their bodies in an inflammatory acidic bath by consuming large amounts of sugar, processed foods, and factory farmed animal products. This takes a huge toll on the body's digestive system, liver, and kidneys. On the other hand, here are a few things that absolutely love this diet.

- Allergies
- Inflammation
- Skin Problems
- Stress
- Chronic Diseases

Furthermore, excess acidity in your body is the catalyst for viruses and bad bacteria that cause a ton of health issues.

### *Tilt the pH Scale in Your Favor*

For starters, you should include mineral rich plant foods into your diet. By consuming more alkaline rich foods, you can create healthy cells. Some great choices include:

- Leafy Greens
- Sprouts
- Avocados

Now let’s take a look at some of the foods that are part of the standard American diet. On the pH Scale, here’s where some of them come in at:

**Energy Drinks and Soda – 3**

**Burgers, Pretzels, Coffee – 4**

**Sweetened Fruit Juice, Peanuts, Wheat – 5**

If the balance is between 6 and 7.5, then all of these foods are overly acidic. Does that mean you have to completely stop consuming them? No. Your goal is balance so removing just some of these acids will help your body to maintain that balance.

Heat shock therapy will also help your body purge these acids so if you swap your diet just a little bit while bathing in an infrared sauna every day, you will achieve a noticeable difference in your health.

### *Start Supporting your pH Balance*

**#1 Start off your day by drinking a tall glass of lemon water and be sure to stay hydrated throughout the entire day.**

A lemon might be acidic in its natural form, but it forms alkaline in the body when consumed. Give your body a boost of alkaline every morning by drinking two cups of a lemon/water mixture. Alternatively, there are expensive contraptions on the market that ionize water but by simply adding ¼ of a fresh squeezed lemon to your water every morning, you can achieve the same outcome as those expensive ionizers. Citrus has wondrous digestive cleansing properties, will boost your metabolism, and neutralizes excess acids.

## **#2 Eat More Raw Foods and Drink Green Juices**

By green, I mean completely organic. If you buy an over the shelf product, then you run the risk of it containing man-made chemicals so it's important that you purchase fruits and vegetables and make it yourself. Leafy greens and other whole veggies are also great additions to any diet. If you were to replace just one meal a day with raw foods and green juices then your body would show remarkable improvements to your health. Imagine if you could train yourself to add these valuable foods to every meal. However, most importantly for this section is the fact that these foods alkalize your body. Unhealthy cells absolutely hate these foods.

## **#3 Use an Infrared Sauna on a Daily Basis**

Exercising and managing stress are two of the most powerful ways to balance out your pH levels. Basking in the infrared lights of a sauna for just 30 minutes burns up to 600 calories – the equivalent of a grueling exercise. Heat shock therapy also has the added bonus of de-stressing your body. Did you know that stress can cause your body to release nasty acid-forming hormones that wreak havoc on your system? By using an infrared sauna, your body will form heat shock proteins that stave off these hormones.

*Should you Test your pH Level?*

It's tempting to vigorously test to be sure that you're on track but it's not really necessary. If you go through all of the detox methods mentioned in this book and remove some of the acidic foods from your diet, then you will be able to feel the difference. There will be no need for testing. If you are still curious, then you can purchase urine test kits but I find it unnecessary to drop \$10 a pop just for peace of mind. When testing, your levels should be somewhere within the 6.0 to 7.5 pH range.

## Grow New Brain Cells and Improve your Mind with Heat Shock Therapy



During sauna use, your nerve cells will release proteins called neurotropic factors, or BDNF. BDNF will activate cells within the brain stem and trigger the production of new neurons. BDNF can also protect neuromotors (one of the most important elements in your muscles) from degradation.

BDNF activity happens in both your brain and muscles as your body goes through heat shock, which explains why exercise can have such a powerful impact on your brain. You can mimic the effects of an intense workout through heat shock therapy. Simply put, it has just as powerful an effect on preventing and even reversing brain degeneration as it has on reversing age-related muscle atrophy. In fact, some research has been done in comparing exercise done at normal temperatures and exercises performed before and/or after sauna use. The results all show that heat shock therapy supports the brain.

Sauna use can even increase the level of norepinephrine in the brain.

Norepinephrine is directly related to stress response and naturally improves one’s attention and focus.

Prolactin is also produced through heat shock therapy. This valuable hormone helps to promote myelin growth, which helps the brain to repair nerve damage. In fact, prolactin is what produces the effect commonly referred to as “runner’s high”.

## Fortunate Side Effects of Heat Shock Therapy

Heat shock therapy has several hidden benefits therapeutic benefits that are not so commonly known. One of these lesser known fortunate side effects is the connection between FIR infrared saunas and nitric oxide.

### *The Connection Between Nitric Oxide and FIR Infrared Light*

Nitric Oxide (NO) serves as a signaling molecule in the body so it preserves the elasticity of all vessels. These are primarily the vessels that communicate whether blood vessels should dilate. This has a huge bearing on maintaining healthy blood circulation. Optimum blood circulation is essential to avoiding almost every health complication. Here are some of the connections between FIR infrared sauna therapy and nitric oxide.

- Infrared sauna therapy promotes insulin sensitivity while boosting the expression of eNOS at the same time.
- Nitric oxide effects tumoricidal and antimicrobial within the body while also possessing antiparasitic effects which are essential to helping the body clear out certain viral infestations.
- Plaque buildup and atherosclerosis are far less likely to occur if your body is producing excess nitric oxide.
- Nitric oxide has the ability to prevent certain types of cancer cells from forming.



- The body uses nitric oxide as an anti-inflammatory since it has properties that help reduce swelling and the discomfort caused from arthritis.
- Nitric oxide prevents the formation of blood clots.
- The immune system uses nitric oxide to fight off infections, viruses, and parasites.
- Nitric oxide can help improve your brain functions even further.
- Finally, the popular Viagra product uses Nitric oxide for its effect. Regular use of an infrared sauna will improve male sexual functions significantly.

As you can see, heat shock therapy can provide a broad range of benefits that go above and beyond just staying fit and detoxing the body. However, these side effects do not stop at the formation of nitric oxide.

### ***Heat Shock Therapy Reduces Wrinkles***

Wrinkles are a common annoyance associated with our aging body. Even though there is no way to stop wrinkles from forming, you can reduce their visibility. Using heat shock therapy will revitalize and relax you while also improving your overall appearance, including hiding those annoying wrinkles.

#### **How it Works**

Certain types of toxins are one of the major contributors to wrinkles so eliminating these toxins will help you skin shed wrinkles. It provides a natural way of helping your body diminish these wrinkles. Taking a cold shower after your sauna treatment will boost the effect.

### ***Heal Wounds Faster than you Ever Thought Possible!***

Heat shock therapy has the added bonus of being able to help your body to heal wounds at a much faster rate than normal. Our skin protects the body from the environment. When it's broken, our skin works hard to heal itself so that we can avoid infections and other complications. Traditional saunas have been unable to provide this level of healing until infrared technology came around. Science has proven that infrared light can greatly enhance the wound healing process since it promotes faster cell regeneration.

### ***Relax Under the Lights***

Finally, infrared saunas are designed to be as comfortable as possible. The result is that you get to enjoy a relaxing and stress reducing environment. Stress can cause many health complications like:

- Increased blood pressure.
- Increased weight gain.
- Weak immune system.

These health complications are the result of the body producing dangerous levels of cortisol, a hormone that raises the heart rate and increases blood pressure. Infrared sauna therapy can help the body maintain healthy levels of cortisol.

Relax and enjoy the comfort of an infrared sauna while reaping the rewards of improved health!

## The Benefits of Infrared Sauna Therapy are Proven by Research

The benefits of infrared sauna therapy have been proven beyond a reasonable doubt. This section is going to look at some of the studies that have been done involving infrared sauna therapy.

**A study from the Journal of the American College of Cardiology** discovered that a 30 minute weight loss session burned up to 600 calories. During the session, the patients’ core body temperatures were raised which forced the body to work harder to cool itself down. The study found that:

- Sauna therapy increases heart rate, metabolic rate, and cardiac output.
- A 30 minute infrared sauna session is equal to a passive cardiovascular workout.

(**Sources:** Canadian Journal of Diabetes, Journal of the American College of Cardiology)

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### *Pain and Inflammation Studies*

**A study performed at the University of Southern California** found that infrared sauna wave lengths penetrate the body deep enough that they raise the core temperature to the extent that blood flow is increased to the muscles.

**A Journal of Internal Medicine study** revealed that patients who came in with chronic pain experienced a 70% reduction in that pain after just one infrared sauna session. Pain scores also remained low throughout the entire observation period.

**A NASA study** that measured the infrared heat revealed that LED technology penetrates deeper into the skin. The results are increased cellular growth from the inside-out.

*(Sources: Department of Dermatology and Institute of Medical Research, Journal of Internal Medicine, University of Southern California)*

**A study in Psychotherapy and Psychosomatics** monitored 46 patients who all experienced chronic pain. They tested them using a variety of different types of treatments – some with and without infrared sauna therapy. The study revealed that the pain score in patients treated using an infrared sauna lowered. Furthermore, they showed less self-rated depression and anger. Two years after treatment, more of the patients in the sauna group were able to return to work than those who were not in the sauna group.(Masuda, A)

### ***Studies that Show Improvement in Patients with Congestive Heart Failure***

**Researchers at The Journal Cardiac Failure** found that infrared sauna therapy improves blood-pressure, cardiovascular strength, and even the tolerance of exercise. Overall, it reduced the number of hospital admissions for this conditions in patients who participated in regular infrared sauna sessions.(Miyamoto, H.)

**30 Patients with congestive heart failure** were monitored. Half were delegated to 60 degree C sauna sessions for 15 minutes followed by bed rest while the other half were delegated to 45 minutes of bed rest once a day. This was followed for two

weeks. The results of this study revealed a significant statistical difference in the subjective status of patients.(Kihara, Takashi)

**A study conducted by the Journal of the American College of Cardiology** shows a possible link between infrared sauna use and the prevention of heart disease. Repeated sauna use was shown to improve the function of impaired vascular endothelial cells in patients who are at risk for coronary artery disease.(Imamura, M)

### ***Improvements in Patients Suffering from Mild Depression***

**Psychosomatic Medicine conducted a study** that monitored a group of 28 patients who all suffered from mild depression. They suffered from appetite loss and other subjective symptoms. Half of the patients were treated with saunas for 4 weeks while the other half were treated with just bed rest. The patients who were treated with sauna use showed a significant improvement in somatic complications, hunger, and relaxation. Additionally, their plasma ghrelin and daily calorie intake showed significant improvements.(Michalsen, A.)

## **Resources**

Imamura, M. et al. Repeated thermal therapy improves impaired vascular endothelial function in patients with coronary risk factors. *Journal of the American College of Cardiology*. 2001, 38 (4): 1983-88.

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Masuda, A. et al. The effects of repeated thermal therapy for patients with chronic pain. *Psychotherapy and Psychosomatics*. 2005; 74 (5): 288-94.

Michalsen A. et al. Thermal hydrotherapy improves quality of life and hemodynamic function in patients with chronic heart failure. *American Heart Journal*. 2003; 146(4): 728-33

Miyamoto, H. et al. Safety and efficacy in repeated sauna bathing in patients with chronic systolic heart failure: a preliminary report. *Journal of Cardiac Failure*. 2005; 11(6): 432-6.)