



## The Benefits of Infrared Sauna

The fact is that our exposure to chemicals and heavy metals often exceeds our body's abilities to excrete them. The sources are everywhere including mercury from fish, mercury from dental fillings, plastics from food packaging, pesticides from our immediate environment, fire retardants, cleaning materials and even carpeting. All of these sources, independently are miniscule and innocuous, but they accumulate in the body ultimately to cause problems for many of us.

Here are just a few benefits that our Infrared Sauna can help you obtain:

### Detoxification

Medical doctors and health practitioners worldwide recognize the Infrared Sauna as one of the most effective methods for removing both chemical and heavy metal toxins from the body.

### Enhanced Immune System

Each Infrared Sauna session causes a brief, beneficial increase in body temperature, which improves immune system health by boosting production of infection-fighting white blood cells and killer T-cells.

### Improved Cardiovascular Conditioning

Medical research shows that regular use of an Infrared Sauna may be as effective for cardiovascular conditioning as exercise. As the body heats up, it cools itself by sending blood from the internal organs to the extremities and the skin, thus increasing heart rate, cardiac output and metabolic rate.

### Stress Relief

High daily stress levels put constant strain on the body's nervous system and can contribute to chronic disease. Our Infrared Sauna helps to reduce physical stress by boosting circulation and triggering the production of endorphins, the "feel good" hormones. It also will assist with your sleeping pattern. You will be able to achieve deeper sleep.

## Weight Loss and Cellulite Control

Toxins can play a significant role in preventing us from losing weight as well as gaining weight. Those wishing to lose weight should note that the cardiovascular effect from a single Infrared Sauna session burns as many as 600 calories. The sauna is also quite effective at dealing with cellulite when combined with massage therapy and nutrition.

### Pain Relief

By dilating blood vessels, infrared heat increases blood circulation to injured areas, speeding up the healing process and relieving pain.

Some of the other reasons why you may want to utilize the Infrared Sauna include:

- **Achieving Good Health; boost Immune System**
- **Heavy Metal Poisoning detoxification (including mercury)**
- **Multiple Chemical Sensitivities**
- **Brain Fog**
- **Fibromyalgia**
- **Chronic Fatigue**
- **Rheumatoid Arthritis**
- **Anxiety and Depression**
- **Detoxification Prior to and After Chemotherapy**
- **Beautiful and soft skin (great before a facial)**
- **Tissue healing**
- **Anti-Aging (increases collagen production)**

To make an appointment, contact us at **949-673-8088** or talk to your service provider.

#### Side effects:

- Hunger after an hour of using the sauna. Recommend to have some snack (fruits) with you, otherwise you would want to eat a horse.
- Drink some electrolyts after using the sauna to avoid possible spasms.
- Possible night sweats
- Headache and/or sinus clearing due to detoxification.

#### Disclaimer:

Please sign our disclaimer form prior to using the sauna. You will fall in love with it and will want one of your own.

