

FAR-INFRARED SAUNA

The far-infrared sauna is another electromagnetic healing device that has been particularly helpful for some of my Structural Integration clients. I recommend it for clients who have persisting soreness for more than several days after a session, even after having done their detox baths. A far-infrared sauna will provide a more thorough detox for their body. By using the sauna, a person can quickly sweat and efficiently eliminate toxins that have been stirred up in their tissues from the bodywork. These toxins are generally the source of soreness.

What Is Far-Infrared?

Far-infrared radiation is the warm, gentle radiant heat that comes from the sun. Approximately 80 percent of the sun's energy is far-infrared rays. Infrared is a band of light on the electromagnetic spectrum, not visible to the naked eye. The specific wavelength of light for infrared rays measures between 750 nanometers and 100 micrometers.

Far-infrared waves heat objects without having to heat the air around them. This process is called conversion. The waves cause molecules in an object to vibrate against each other, producing heat. Because of this, the far-infrared saunas operate at a much lower temperature than a conventional sauna.

The waves of far-infrared can penetrate up to 1.5 inches beneath the skin. This deep penetration causes vibrations of proteins, collagen, fat, and water molecules in muscular tissues and internal organs. The heat produced by these vibrations raises body temperature, causing dilation of blood vessels, increased heart rate, increased blood circulation, and a strong sweating response in the body.

Here are a few of the many benefits of far-infrared saunas:

- ✦ Detoxification of gases, heavy metals, and other toxins held in the body's fat
- ✦ Reduction of blood pressure as a result of dilation of the blood vessels
- ✦ Inhibiting of the proliferation of some cancer cells such as breast, lung, and tongue through change in body temperature
- ✦ Aiding in the treatment of chronic ailments and medical conditions such as diabetes, cardiovascular disease, congestive heart failure, chronic fatigue, rheumatoid arthritis, depression, anger management issues, poor digestion, and chronic muscle and joint pain

To optimize results with a far-infrared sauna:

- ✦ Set the sauna temperature to between 100°F and 140°F.
- ✦ Exercise for ten to thirty minutes before using the sauna to help release toxins.
- ✦ Drink plenty of water before and after the sauna.
- ✦ Shower before the sauna to increase sweating.

- ✦ Remain in the sauna for a minimum of fifteen to twenty minutes.
- ✦ Sit in different places during the sauna to heat your body evenly.
- ✦ Drink an electrolyte-rich drink, such as the Himalayan salt sole, after the sauna to replace minerals released through sweating.
- ✦ Rinse off in a warm or cool shower after the sauna to remove toxins.

Contraindications: If you feel dizzy, become nauseous, or get a headache during the sauna, leave the sauna. The next time you use the sauna, try less time and less heat. You may have to work up to a full-strength sauna. People with multiple sclerosis, lupus, hemophilia, or injuries less than forty-eight hours old should avoid the far-infrared sauna. Women who are breastfeeding or pregnant should also avoid it. When in doubt, consult with a physician.