



## INFRARED SAUNA THERAPY

# BLOOD PRESSURE

### CARDIOVASCULAR HEALTH



Only Sunlighten saunas are backed by clinical research that shows a reduction in systolic and diastolic blood pressure. Both are key factors in maintaining a healthy heart.

As part of a blood pressure therapy program, regular use of a Sunlighten infrared sauna is good for your heart! In the U.S. alone, one in three adults suffers from heart disease, stroke or some other form of cardiovascular disease in their lifetime. High blood pressure increases your risk of getting heart disease, kidney disease or serious stroke.

### SUNLIGHTEN SAUNAS ARE SHOWN TO STABILIZE BLOOD PRESSURE

Only Sunlighten saunas have been clinically determined to provide one of the best, natural ways to lower blood pressure. In a 2005 clinical study by the University of Missouri Kansas City, Sunlighten's Solocarbon Far infrared heaters were shown to lower blood pressure through a program of 30 minute infrared sauna session 3 times per week.

The study concluded that Sunlighten infrared sauna therapy dilated blood vessels and reduced the volume of their inner lining, thus increasing circulation to promote healthy blood pressure.<sup>1</sup>

In addition, scientists at the University of Eastern Finland have shown that sauna bathing is associated with a variety of health benefits.

Additionally, a Japanese study published in the October 2008 issue of The Journal of Cardiology examined the clinical effectiveness and safety of infrared blood pressure therapy, as compared to standard therapies for patients with chronic heart failure.

The report concluded that far-infrared sauna therapy is both safe and effective at improving clinical symptoms and cardiac function as well as decreasing cardiac size in chronic heart failure patients. Repeated infrared sauna treatments improved impaired blood vessel functions in patients with high blood pressure, diabetes and high cholesterol. This suggests a preventive role for infrared sauna use for arteriosclerosis.<sup>2</sup>

### RESEARCH STUDIES



<https://www.uef.fi/-/syyt-saunan-terveyshyotyyihin-alkavat-selvita>

<https://www.health.harvard.edu/blog/sauna-use-linked-longer-life-fewer-fatal-heart-problems-201502257755>

### REFERENCES

<sup>1</sup> Becky Edwards, M.D., Heather Kort D.O, Faculty Staff Advisor: Dr. John Foxworth, PharmD. *A Study of the Health Benefits of Far Infrared Sauna Therapy* - Conducted by the University of Missouri, Kansas City, 2005.

<sup>2</sup> Dr. Masakazu Imamura, MD, et al. *Repeated Thermal Therapy Improves Impaired Vascular Endothelial Function in Patients With Coronary Risk Factors*. Vol. 38, No. 4, 2001. Journal of American College of Cardiology: pp 1083-1088.

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## BLOOD PRESSURE CTD.

CARDIOVASCULAR  
HEALTH



### TIPS TO LOWERING BLOOD PRESSURE IN AN INFRARED SAUNA

When using an infrared sauna to lower blood pressure, there are a few tips and tricks to make the most of each session. While everybody is different, we have created a helpful guide using Sunlighten Solocarbon far infrared sauna technology.

#### STEP 1: HYDRATE

Each day you are planning to use your Sunlighten Sauna, make sure your water intake increases. While our far infrared sauna detoxification isn't harsh, you are still sweating – some much more than others. The sweat produced in a far infrared sauna is 80 – 85 % water, so it is important that before, during, and after your sauna detox session, you drink plenty of water to rehydrate.

#### STEP 2: SET TIME LIMITS

While infrared saunas are not harsh experiences like traditional saunas, it's best to begin with short sessions until your body has time to adjust. Start with a few minutes at a time, then slowly work up to longer sessions. The optimal time to work towards is 40 minutes.

#### STEP 3: FIND THE RIGHT SETTING

With our mPulse 3-in-1 sauna collection, you have the option of adjusting the type and intensity of infrared heat. There are seven wellness pre-sets, once specifically for cardiovascular therapy. This setting uses a blend of near, mid, and far infrared that begins at high intensity to get your heart rate up, then lowers to sustain that rate.

#### STEP 4: SUPPLEMENT MINERAL LOSS

No matter what your infrared sauna session entails, you are working up a healthy sweat. Within this sweat are some minerals your body needs to be its healthiest. With frequent use of infrared saunas comes the need to up your mineral intake with supplements. Speak with your doctor or nutritionist to ensure proper type and dosage of supplements.