



INFRARED SAUNA THERAPY

HEALTH BENEFITS OF INFRARED SAUNA DETOX

DETOXIFICATION



Sweating is good for you. Sweating is one of the body's safest and most natural ways to heal and maintain good health. And that's why every Sunlighten detox sauna is specifically designed to promote a deep, healthy and natural detoxifying sweat.

"Detoxification is important because it strengthens the body's immune system and helps the body's biochemical processes function efficiently so that we are better able to digest the nutrients in our foods. Detoxification has also been shown to be helpful with colitis, chronic fatigue, fibromyalgia, auto-immune disease, immune deficiency states, autism, ADD and ADHD." **Dr. Rachel West**



Connie Zack explains in conversation with Randy Alvarez, leader in medical news & information (wellnesshour.com).



SAUNA DETOX HELPS YOU SWEAT AT A CELLULAR LEVEL

Did you know that sauna detox has been widely embraced as a healthy treatment in alternative medicine? As the world moves toward more natural and self-directed treatments, sauna detoxification is getting more and more attention.

Why? Well, the leading principle of sauna detoxification states that the build-up of toxic substances can lead to a host of common illnesses. Ridding the body of these toxins through a natural sauna detox may help relieve symptoms, prevent future illness and increase overall health and vitality.

DETOXIFICATION ISN'T NEW. JUST BETTER.

Researchers have long told us how the body sweats out toxic substances, including heavy metals. As long as you maintain proper hydration, the more you safely sweat, the more toxins you'll expel from your body.

And what is one of the safest and most effective methods for inducing a detoxifying sweat? A sauna, of course. In sauna detox, your body sweats out numerous toxins through pores. But not all sweats are the same; and neither are all saunas. It is believed that Sunlighten saunas are seven times more effective than a traditional sauna.

It is commonly thought that sweat from traditional saunas is 95 to 97% water with salt making up a part of the rest. Dr. Dietrich Klinghardt combining the use of far infrared saunas with the chelating agent DMPS in a heavy metal detox protocol.

Far infrared saunas are believed to be more effective in moving toxins through the skin than traditional saunas because in a far infrared sauna only 80 to 85% of the sweat is water with the non-water portion being cholesterol, fat-soluble toxins, toxic heavy metals, sulfuric acid, sodium, ammonia and uric acid.¹



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Sunlighten saunas are highly effective for detoxification because of our highly-efficient and patented Solocarbon far infrared heating technology - the only technology proven to raise core body temperature by two-to-three degrees. Rather than simply heating the

ambient air to draw out toxins, our sauna detox will heat your core to expel them.

As a result, regular usage of a Sunlighten sauna detox will provide a truly deep, productive sweat where toxins reside, at the cellular level.

RESEARCH STUDIES



<https://www.sunlighten.com/wp-content/uploads/2018/01/solo-test-results.pdf>

4 STEPS TO SAUNA DETOX

Now you know the health benefits of sauna detoxification, but do you know how to use an infrared sauna to properly detox? While every body is different, we have created a helpful guide to detoxification 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

The amount of time spent in a sauna detox session may vary depending upon your tolerance and daily activity level. To get your body accustomed to infrared therapy, start with 10-15 minute sessions every other day. Gradually increase towards 40 minute daily sessions in the optimal temperature range. Listen to your body. Be aware of excessive detoxifying. If you begin to feel symptoms such as nausea, fatigue, or flu-like symptoms during your sauna session, discontinue use.

STEP 3: FIND A COMFORTABLE TEMPERATURE

Preheat sauna and begin session when your sauna reaches 38°C. The optimal sauna experience occurs between 38° and 55°C. With our [mPulse 3-in-1 sauna collection](#), there is a detoxification program that combines far and mid infrared, starting at a high intensity to increase core temperature then reduces to a low, comfortable intensity level.

STEP 4: RINSE OFF

After each sauna detoxification session, dry off with a towel. It is best to let your body cool off naturally while still burning calories.

Finish it off with a cool glass of water and you are ready to take on the day.

REFERENCES

¹ B.A. Detoxification Through the Skin by Mark Sircus Ac., OMD March 6th, 2005