



## INFRARED SAUNA THERAPY

# FIBROMYALGIA

### PAIN RELIEF



Fibromyalgia is a chronic condition which affects the entire body. The illness can cause fatigue, stiffness, insomnia, and headaches, as well as a litany of related emotional problems.

Painfully sore joints, tendons and muscles cause fibromyalgia sufferers to spend their days and nights looking for relief from these relentless symptoms. Typically, fibromyalgia sufferers treat their symptoms with analgesic pain relievers like ibuprofen and prescription drugs. These drugs can be inefficient at controlling fibro-related pain and, most importantly, also have negative side effects of their own with long-term use.

More and more chronic pain sufferers are now looking to non-pharmaceutical ways to achieve pain relief. One of the most popular alternatives to medicine for the chronic pain, swelling and discomfort that comes with fibromyalgia is regular infrared sauna use. In fact, studies have shown that not only does infrared sauna use help with natural pain relief during treatment, but even months after ending sauna treatment the pain was still significantly lower.<sup>1</sup>

### PAIN RELIEF

"For centuries healthcare providers have used topical heat to relieve minor aches and pains, but today we are just beginning to understand the full range of therapeutic benefits that heat offers," said pain expert Peter Vicente, Ph.D., past president of the American Pain Society and Clinical Health Psychologist.

"Through new clinical research, we have found that heat activates complex neurological, vascular and metabolic mechanisms to mediate the transmission of pain signals and effectively provide relief for a variety of pain conditions."

### RELAXATION

Infrared saunas are also known for reducing fatigue caused by sleep deprivation. Sleep deprivation in fibromyalgia patients can come from painful physical symptoms and from the stress and anxiety that often accompanies chronic illness. Scientific evidence shows that far infrared therapy helps the body maintain healthy levels of cortisol to aide sleep quality. According to New York Times best-selling

author and fitness expert Jorge Cruise and many other health professionals, the more stressed you are, the more cortisol your body will produce. Cortisol is a "fight or flight" hormone made in the adrenal glands that raises heart rate and blood pressure.

### INCREASED CIRCULATION

Sunlighten Infrared Saunas are heart healthy! The heat in an infrared sauna aids in the stimulation of the heart which sends more blood to your cells.

The improved circulation relieves the inflammation and joint stiffness associated with fibromyalgia. Infrared saunas may also relieve tension and headaches caused by poor circulation.

### TESTIMONIAL

**Lady GaGa suffers from Fibromyalgia and has become a passionate advocate for Sunlighten as our saunas have helped her to relieve and manage her chronic pain.**

<https://www.sunlighten.com/blog/4-celebrities-use-infrared-saunas/>

### REFERENCES

- <sup>1</sup> UHN Staff. "New Hope for Chronic Pain Sufferers: Infrared Sauna Therapy Shows Impressive Pain-Reducing Results." University Health News, [www.universityhealthnews.com/daily/pain/new-hope-for-chronic-pain-sufferers-infrared-sauna-therapy-shows-impressive-pain-reducing-results](http://www.universityhealthnews.com/daily/pain/new-hope-for-chronic-pain-sufferers-infrared-sauna-therapy-shows-impressive-pain-reducing-results) Accessed 7 January 2017.

