HOLISTIQUE MEDICAL CENTER · BELLEVUE, WA

The New Detox: Infrared Saunas!

Holistique Medical Team

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Background:

With an upwards of 77,000 chemicals occupying our air, water, and food in the United States, our bodies inevitably consume a multitude of harmful toxins each day. Breaking down every single one of these chemicals is simply beyond our body's capacity. Consequently, our bodies store these chemicals in fat over time. For many of us, this means a development of fatigue, metabolism disturbance, and many other harmful effects. Fortunately, infrared saunas act as an agent to release the chemicals, mold toxins, and heavy metals in your body.

What is an infrared sauna?

Infrared saunas radiate infrared light waves (similar to the sun's rays) to increase the body temperature from the inside out. In these small rooms, the user sits in close proximity to the heat source, and the infrared rays go directly to the body. Typically, infrared saunas raise to approximately 120 to 150 degrees Fahrenheit, which is substantially lower than traditional sauna rooms. As a result of these two key aspects, the body produces a deep sweat in an extremely efficient manner. This detox may improve one's cardiovascular health, raise the body's metabolism, and remove any toxins in the body.

Benefits:

There are substantial health benefits to infrared saunas as well. Since the infrared saunas direct the heat into our bodies, we produce a very high sweat and many toxins are released. The release of these toxins can lead to:

- pain reduction
- detoxification
- increased circulation
- weight loss
- lowered blood pressure
- lowered cholesterol
- cellulite reduction

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This form of light therapy may help with stress management and ease chronic pain by triggering parasympathetic healing. The autonomic nervous system consists of three divisions, one being the parasympathetic nervous system. This system conserves energy by reducing the body's heart rate, increasing activity in the digestive system, and relaxing the body's muscles and joints.

Studies have shown that these types of saunas can help with lowering the body's blood pressure, as a result of relaxation. Therefore, infrared saunas may be a beneficial non-pharmacological alternative to treating hypertension.

Furthermore, studies have proven that infrared saunas contribute towards anti-aging. The far-infrared rays penetrate deeply into the skin, resulting in a youthful appearance on many skin types. Collagen is the protein responsible for a healthy-looking, glowy, and elastic skin. Collagen makes up about seventy percent of the protein in our skin. The infrared rays from the sauna stimulate this protein. The collagen then works to improve skin texture, help fade wrinkles, and begin to heal wounds.

Safety:

Know when to exit the sauna. If you begin to feel lightheaded, dizzy, or nauseous, exit immediately and drink some water. It is also important to keep consume electrolytes and minerals before and after your session, as many are lost when the body sweats.

If you would like to learn more or invest in an infrared sauna, please visit www.HighTechHealth.com. Let them know Holistique has referred you and you will receive a substantial discount.

Book Appointment

References:

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Holistique Medical Center and IV Lounge, Bellevue, WA · Call or text (425) 451-0404 · holistique.com/contact-us