

By Len Richmond

# THE MULTIPLE BENEFITS OF FAR- INFRARED SAUNAS

**Bye-Bye Toxins & SADness**  
(Seasonal Affective Disorder  
or Winter Blues)



Photo: courtesy of West Coast Saunas

Far-infrared saunas are all the rage. They are the next hot thing. Initially, I didn't warm up to the idea of having a big bulky wooden box in our tiny condo. I'm not a big fan of feeling like I'm stuck in a slow cooker. However, my doctor informed me that, "They're the best thing in the world for detoxing". "But doctor, I'm already detoxing with Bentonite clay, oil swishing, hot castor oil packs, and magnetic belts over my kidneys. So how much more can a body take?" A lot, as it turns out.

**"... YOU NEED  
TO FIND  
BALANCE"**

Unlike normal saunas, which heat the air around you, infrared (radiant) heat penetrates about an inch-and-a-half under your skin, working on a cellular level, as it squirts toxins out of your body. No hot stones, no humidity, no water, but lots of sweat.

My M.D. believes that herbs and alternative cures can assist our bodies to heal themselves. He believes, as I do, that universally, conventional (allopathic) doctors have a tendency to prescribe more toxins, in the form of pharmaceuticals, when what your body really needs is to unburden itself so it can recover on its own, naturally.

My M.D. diagnosed me as very tense. "You worry too much, Len. You have to find balance. An infrared sauna will help you relax."

Going on the Internet to find the best deal can be a daunting task. Some far-infrared saunas are as cheap as \$50, while others sell for five to six thousand bucks. What's the difference?

The most expensive models are homes away from home—small cabins that can accommodate one to six people—with built-in DVD players, LCD screens, stereo speakers, negative ionizers, and chic Scandinavian design.

I asked my doctor which to buy. "I repeat, Len, you need to find balance," he said like a sage on a mountaintop—and that meant going down the middle road between a six-person show-spa and an aluminum foil blankie. I soon discovered that you had to pay between one to two thousand to get the real deal: an enclosed structure that surrounds you with the right kind of heat in the right places.

In my journey to a toxin-free me, I found that one company sold most of the units on eBay and had excellent customer reviews. West Coast Saunas' "Malibu" model costs \$1,695 (just within my price range), and offered virtually all the accoutrements included in the higher end saunas. It has a built-in CD/DVD/MP3 player, stereo speakers, a negative ionizer, heat panels along all four walls and on the floor as well as "Chromatherapy." The idea being that different colored lights create different moods. I wasn't convinced that a blue light would help me unwind while a red one could fire me up, but I liked the idea of sitting in a pool of lavender.

When they delivered the "Malibu," it was love at first sight. We've been using it for a month now, and it's become one of our favorite things to do. The radiant, infrared heat loosens every muscle in our stressed-out bodies. Afterwards, we're not just relaxed, we feel happy. It has a definite anti-depressant effect, perfect for the winter months, and all year round.

### THE STATS ON FAR-INFRARED SAUNAS

**Detoxifies** - Stimulates sweating, while penetrating deeply and releasing toxins.

**Increases Blood Flow** - Expands capillaries in the body, which stimulates increased blood flow, circulation, and oxygenation.

**Kills Bacteria & Fungi** - Promotes the killing & removal of bacteria, viruses, and parasites.

**Increases Metabolism** - Burns calories by increasing your metabolism and core temperature. Also breaks down cellulite, trapped water, and fat.

**Heals Cuts, Bruises, & Scars** - Promotes rebuilding of injured tissue by having a positive effect on the fibroblasts, increasing the growth of cells.

**Relaxes Muscles** - Reduces soreness on nerve endings and muscle spasms as joints and fibers are heated.

**Immune System** - Raises body temperature, inducing an artificial fever. Fever is the body's natural mechanism to strengthen the immune response.

**Cardiovascular & Heart Rates** - As your body increases sweat production to cool itself, your heart works harder pumping blood at a greater rate to boost circulation.

**Healthier Arteries** - Can potentially help to clean arteries by loosening toxins.

"AFTERWARDS, WE'RE NOT JUST RELAXED, WE FEEL HAPPY."



Photo: courtesy of West Coast Saunas



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or [www.drwilson.com](http://www.drwilson.com).