



A Place to Help Save the Earth

SWEAT YOUR WAY TO RADIANT HEALTH

For thousands of years, cultures throughout the world have enjoyed the many therapeutic benefits of saunas, from the elaborate bath/sauna/exercise complexes of the Romans, to the simple but effective sweat lodge structures of the Scandinavians. These cultures recognized the many therapeutic benefits of the sauna (i.e., rids body of toxins, aids weight loss, kills viruses), fully enjoying these benefits in a community setting.

In Finland, the sauna has been a tradition for over 1,000 years. In a country of approximately five million people, there are an estimated 700,000 saunas - one for every seven people! In fact, the sauna is credited for much of the rugged vitality and endurance of the Finnish people.

Dry Saunas Have Many Therapeutic Benefits

Both saunas and steam rooms can be used to relax and unwind. However, dry saunas have an advantage over steam rooms by helping to rid the body of more toxic metals picked up from the environment. Of course, the kidneys take out many of these toxins but a daily sweat can help reduce the body's accumulation of lead, mercury and nickel in addition to cadmium, sodium, sulfuric acid and cholesterol.

The sauna is also more beneficial than the steam room if weight loss is desired because the energy expenditure. Compared to the steam room, the sauna places a greater demand on the body in terms of using up calories, thus assists in fat loss. Therefore, the heart needs to work harder to send more blood to the capillaries under the skin. The energy required for that process is derived from the conversion of fat and carbohydrates to calories,

In addition, the sweat glands must work to produce sweat, which also requires energy and more calories. Studies show a person can burn up to 300 calories during a sauna session, the equivalent of a two-to-three-mile jog or an hour of moderate weight training.

People can lose up to a quart of water during a 20 minute sauna. Without replacement, such a high water loss can lead to disruption of normal heart rhythms and cause fatigue and nausea. Therefore, drinking fresh juice or water before, during and after the sauna is highly recommended.

Sweating by overheating the body in a dry sauna also produces the following effects:

- * Speeds up metabolic processes of vital organs and inhibits the growth of pathogenic bacteria and viruses. The vital organs and glands (including endocrine and sex glands) are stimulated to increased activity.

- * Creates a fever reaction that kills potentially dangerous viruses/bacteria and increase the number of leukocytes in the blood, thereby strengthening the immune system.

- * Places demands upon the cardiovascular system, making the heart pump harder and producing a drop in diastolic blood pressure.

- * Stimulates vasodilation of peripheral vessels, which relieves pain and speeds healing of sprains, strains, bursitis, peripheral vascular diseases, arthritis and muscle pain.

- * Promotes relaxation, thereby lending a feeling of well-being.

Studies Show Health Benefits to Artificially Induced Fever

Noble Prize winner Dr. Andre Lwoff, a French virologist, believes that high temperatures during infection help combat the growth of a virus.

German physical education professor named Dr. Ernst has found no cancer patients among marathon runners. Analyzing their sweat, he found it contained cadmium, lead and nickel.

Ernst concludes these athletes excrete these potential cancer causing elements from their bodies by perspiring. He and other scientists also conclude it is necessary to sweat profusely at least once a day to maintain good health.

Usually, only the most active athletes achieve sweat through heavy exercise on a daily basis. Those who are unable to exercise heavily, for whatever reason, have an even greater need to create a regular sweat.

Infrared Saunas Allow for Fresh Air Ventilation

The radiant heat, infrared saunas are the same saunas many doctors, physical therapists and professional athletes use to treat muscle injury and strains, as well as hospitals to warm newborn babies. Underwriters Laboratories has safely tested radiant heat, infrared technology for fire and shock. These saunas are also low-cost and energy efficient.

Unlike the old-technology saunas with their high air temperature, the infrared saunas warm the body muscles directly. It does this by only warming the air to a comfortable level, allowing for fresh air ventilation so people never get that feeling of suffocation.

Because people are able to use this type of sauna for a longer time, they are able to reap greater benefits than through the high temperature saunas. Also because body temperature will rise slightly, the body reacts in the normal manner by raising the heart rate to a mild aerobic range. Thus, it increases the blood flow; opens the capillaries for greater blood flow to sluggish areas; opens the pores; and creates a deep sweat that flushes the toxins.

Use Saunas Cautiously for Positive Results

When saunas are used regularly, studies have shown benefits such as improved blood circulation, restored youthfulness, toxin and heavy metal reduction, weight control, cellulite reduction, skin cleansing and rejuvenation, allergy reduction, rash reduction.

However, certain people need to approach saunas slowly and cautiously. Folks over age 60 are in high-risk group for undiagnosed heart disease, so people should see a doctor before using a sauna.

Today sweating is not only in, it's been proven to be one of the healthiest things a body can do. Nothing beats the feeling of overall well-being and other health benefits of a good sweat.

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Susan Smith Jones, Ph.D. has authored hundreds of magazine articles and 10 books, including *A Fresh Start: Accelerate Fat Loss & Restore Youthful Vitality*, *Wired to Meditate*, *Vegetable Soup & The Fruit Bowl* (for children), and *Choose to Live Peacefully*. In *A Fresh Start*, Susan works her magic to create an extraordinary total body-mind-spirit rejuvenation program, including two retreats and over 250 recipes that are as easy-to-prepare as they are delicious and health-promoting. For 30 years, she taught fitness and health at UCLA and is internationally reknowned as a holistic health consultant and motivational speakers to corporate, community and church groups. To learn more about her work or to purchase her books and tape albums, including her popular 7-Tape cassette album *Celebrate Life!*, please visit www.susansmithjones.com or call 800.843.5743 (Pacific Time).