

FAR INFRARED SAUNAS OFFER New Hope for Fibromyalgia Symptoms

by Rachel West, D.O.



The most recent research indicates that the characteristic symptoms of fibromyalgia, such as diffuse body pain, are due to a disorder in central pain processing or hypersensitivity of the central pain pathways. Researchers posit that the problem lies in the regulation of the neurotransmitter dopamine in the central nervous system. Additionally, researchers note other abnormalities, such as elevated levels of substance P, a sensitizing protein in the spinal cord, and a marked elevation in nerve growth factor which controls the production and survival of neurons.

The use of far infrared saunas in fibromyalgia treatment may prove helpful. Saunas have long been used as detoxifying aids and in the treatment of minor aches and pains. Traditional saunas typically use fire or an electrical element to raise the temperature inside. In contrast to this, infrared saunas utilize an infrared heating element. Sunlight saunas' far infrared technology has the deepest penetration compared to other types of infrared technology. Infrared light lies between visible light and microwaves in the electromagnetic spectrum, while far infrared, a subtype, includes the wavelengths from 5.6 to 1,000 μm , which humans perceive as heat. The warmth of the sun or heat reflected from a hot sidewalk is far infrared. Food establishments often use it to keep food warm, and many home bathroom heaters use it as well. In fact,

one aspect of body temperature in all warm-blooded animals is infrared heat. When emitted from a source, such as a far infrared element, this band of the electromagnetic spectrum can penetrate the skin to a depth of one to two inches. In doing so, it raises the temperature of the superficial tissues and muscles deeper than a regular sauna's radiant heat. In an effort to maintain a normal body temperature in the face of this heating, the blood vessels dilate and heart rate increases. This improves circulation and oxygenation of the tissues,

which helps to remove metabolic byproducts. In detoxifying the metabolic byproducts, inflammation and tissue toxicity will be lessened, leading to fibromyalgia symptom reduction. Better than drugs, it is not just suppression of symptoms, but aiming towards a more permanent health benefit.

Proponents of far infrared saunas state that they stimulate natural cellular defenses more effectively than traditional water saunas. Since the infrared heat penetrates more deeply than in a traditional sauna, there is greater release of fat-soluble toxins. The increased blood flow is especially important for those who are sedentary due to their fibromyalgia.

Fibromyalgia remains a therapeutic challenge. In the face of limited successful treatment options, far infrared saunas are a preferred, side effect-free and cost-effective avenue of healthy support for persons with fibromyalgia. In addition, far infrared saunas may help augment the body's natural flow towards self-healing. ■

—Jason Coker also contributed to this article.



Far Infrared Sauna Use Assists In:

- Reducing levels of toxins in the body, including heavy metals
- Skin purification
- Reducing blood pressure
- Gently boosting heart rate to a level similar to that seen with exercise
- Relief of arthritic and muscle pain
- Reduction of harmful effects of stress
- Strengthening of immune system
- Weight loss

Sunlight Saunas

Founded in 1999 near Kansas City, Sunlight Saunas has grown into a thriving business. It has made *Entrepreneur's* Hot 100 List of fastest-growing privately owned companies for the past three years, and has also made the *Inc.* Top 500 list. The company is renowned as an excellent place to work and as a strong contributor to the community in which it is located.

Their products have been featured on HGTV and are strongly recommended by a long list of health professionals, including Garden of Life founder Jordan Rubin, Mark Hyman, M.D. (author of *Ultrametabolism: The Simple Plan for Automatic Weight Loss* and *Ultraprevention: The 6-Week Plan That Will Make You Healthy for Life*), and Jeffrey Spencer, D.C. (expert on functional medicine for athletes, whose clients include Tiger Woods and Lance Armstrong). According to complementary medicine physician Beth D. Glasser, M.D., "The Sunlight Sauna is an excellent primary modality in supporting anyone's endeavor to reduce...the bioaccumulation of toxins and waste."

Resources

For more on **Sunlight Saunas**, visit the company's highly informative website, www.sunlightsaunas.com; you can also learn more by calling them at 877-292-0020.

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