

# Diana's Lyme Disease and Infrared Sauna

Here at Sunlighten, we are so fortunate to be able to help so many. The feedback we receive from our customers is amazing and energizing! In fact, we often share "thank yous" with associates over large screens scattered around the office.

Recently, Sunlighten associate Aaron Hetherington (*that's him over there in the photo*) received a really great email from customer Diana Carr. Diana suffers from Lyme disease and uses a Sunlighten infrared sauna to help alleviate her painful symptoms.



Here's what Diana had to say:

*I am well, thanks to my sauna. I use it every other day, and I healed from Lyme so quickly this time. I know it was the sauna. I'm so glad I got it. My naturopath, who treats me for Lyme, told me that the spirocytes (the little beasties, I call them) don't like intense heat. I'm not 100% sure if it actually kills them (personally, I think it does), but it seems that the high temps create an environment that is not conducive to them. My naturopath has always recommended a sauna to help heal from Lyme. When I go the next time, I will try to remember to ask her what exactly happens when I use the sauna. I healed from Lyme in record time because of using the sauna. ( I just called my naturopath's office, and was told that the sauna helps with the detoxing.) And please feel free to quote me as saying that I have healed much, much faster from Lyme since using the sauna.*

- Diana Carr

We LOVE getting emails and phone calls like this one! Thanks Diana – we are SO thrilled that you found a [tangible health benefit from your regular Sunlighten infrared sauna use!](#) Be well.

**UPDATE:** After Aaron thanked Diana for her kind words and great email, she sent this follow-up:

*You are so welcome, Aaron. I am guessing that I healed from Lyme this time in about 1/3 the time, and have felt absolutely fantastic. I am walking an hour at a time, without any pain or discomfort whatsoever, and it's been years since I've been able to do that. Getting this sauna is one of the smartest things I've ever done.*

**And another UPDATE:** Diana and Aaron just keep exchanging emails!

*Thanks, Aaron. As I said, I do the sauna every other day. Even when we're having a heat wave! Just for some extra sweating! For the first time in several years, I do not have a single ache or pain because of the Lyme. Amazing when you consider that about four years ago, I was walking with a cane.*



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