

Do Infrared Saunas Help Lyme Disease Sufferers?

Sunlighten is a pretty happy-go-lucky place to work. We have a lot of fun here. One thing we take very seriously, though, is helping our customers with pain relief through infrared sauna therapy. And a growing number of those customers, seeking pain relief, suffer from the effects of Lyme Disease.



Lyme is caused by a spirochete, or corkscrew-shaped bacterium, often transmitted to humans by the bite of an infected tick. (The spirochete associated with Lyme is *Borrelia burgdorferi*, or Bb.) The spirochetes then make their way into muscles, tendons, and other organs.

Sufferers of Lyme Disease experience a wide range of problems including extreme muscle and joint pain, headaches, sudden deafness, reflex problems, and muscle weakness as well as more severe neurological problems. The Bb bacterium of Lyme is more resistant to treatment by antibiotics than most bacteria for a variety of reasons.

In general, the current therapy for Lyme Disease consists of IV or oral antibiotics, often combined with an anti-protozoal medication. Because pharmaceutical therapy is often not entirely effective and/or not covered by insurance, many Lyme sufferers seek out alternative treatments as well. These include supplements, probiotics and infrared sauna therapy

Sweating in the infrared sauna flushes fat-soluble toxins (including heavy metals) out of the body via the skin. This **detoxification** which occurs at the **lower heat available in an infrared sauna** assists the immune system and the healing process while increasing circulation, invigorating the body and allowing the meds to reach all parts of the body in a more efficient manner. Infrared sauna therapy also relaxes the muscles and joints, giving the patient some relief from their pain.

It is important to have the guidance of a doctor who is familiar with Lyme Disease. To find a doctor in your area that is "Lyme literate," call the Lyme Disease Association's toll free information line at 888-366-6611 or check out their website at www.lymediseaseassociation.org. Another good site for Lyme info is the International Lyme and Associated Diseases Society at www.ilads.org.

If YOU suffer from Lyme Disease, have you tried infrared sauna therapy? What did you think? Let us know!

Information in this post came from the following websites – be sure to check them out for more:

- <http://lymeaid.net/Lyme-Treatment.htm>
- <http://www.lymebook.com/sauna-for-lyme-disease>
- <http://healinglyme.blogspot.com/2009/10/why-sauna.html>
- <http://www.drdauidwilliams.com> (Also see [Dr. Williams' recommendation of our infrared saunas](#))



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