

# FAR INFRARED THERAPY SHOWN TO BENEFIT Chronic Fatigue Syndrome Patients

In what is sure to be heralded as a health breakthrough for chronic fatigue syndrome, a team of researchers reporting in June 2007 in *Nippon Rinsho* says that far infrared sauna therapy has

emerged as a promising new treatment for chronic fatigue syndrome (CFS) patients. Involving some 13 patients, the study, from the Masuda Clinic, Japan, offers important insights into CFS treatments.

In this study, thermal therapy using far infrared ray dry sauna was performed for CFS patients with symptoms such as fatigue, pain, and low-grade fever, which were “dramatically improved” in two patients, and prednisolone administration was discontinued.

These two did sauna therapy that consisted of a far infrared ray dry sauna at 60°C and post-sauna warming. The therapy was performed once a day, for a total of 35 sessions. Symptoms such as fatigue, pain, sleep disturbance, and low-grade fever were dramatically improved after 15 to 25

sessions of thermal therapy. Although steroid administration was discontinued, the subjects showed no relapse or exacerbation of symptoms during the first year after discharge.

In the other 11 patients with CFS, physical symptoms such as fatigue and pain improved. Furthermore, they reported that repeated thermal therapy had a relaxing effect and diminished appetite loss and subjective complaints in mildly depressed patients. “These results suggest that repeated thermal therapy may be a promising method for the treatment of CFS.”

“Far infrared technology wavelengths penetrate the body to create heat which creates profound

therapeutic benefits,” explains Dr. Jeffrey Spencer, a sports medicine expert who has a master’s degree in physical education. “It increases blood flow to the muscles, delivering more concentrated oxygen, which creates more energy to heal.”

In addition to providing increased blood flow and oxygen-rich energy, far infrared therapy stimulates circulation, which helps the body to eliminate metabolic debris and waste.

Of course, working with CFS requires daily therapy. The trouble with relying on a health professional’s office or health club for your far infrared therapy is it means trips every day to the office and staying there and probably fees—and you can’t always control temperatures or whether you are actually getting far infrared therapy.

The best place to find far infrared heat may be inside a Sunlight Sauna.™ Sunlight Saunas use an exclusive Solocarbon heater, operating at a lower temperature that is perfectly compatible with the human body. This lower heat frequency produces more vital infrared light energy.

Infrared light is part of the sun’s invisible spectrum of light that has the ability to penetrate the human tissue. Infrared heater technology uses these far infrared light characteristics to heat the body directly rather than just the air. Far infrared saunas increase the body’s core temperature. This helps the body rid itself of harmful toxins through a deeper sweat. Conventional hot rock/steam heater saunas heat the air with steam, which can often be unbearably hot and you will only sweat on the surface. Steam also makes the air difficult to breathe. A far infrared sauna uses dry far infrared heat that is well ventilated and extremely comfortable and relaxing.

America’s leading doctors and health experts including Marc Hyman, M.D., Rachel West, D.O., Jorge Cruise, and Jordan Rubin endorse and use Sunlight Saunas’ units. From the aesthetic standpoint, they’re beautiful additions to any home.

While some might love Sunlight Saunas’ two- and three-spa units, their Solo® unit is also great, especially if you are on a budget or live in a small apartment, or if you are a professional health care provider.

If you put one of these units in your home or in your practice for regular use, the health benefits should be well worth the investment—especially for CFS patients. A Sunlight Sauna is probably one of the smartest health investments anybody can make. ■



## Resources

Call 877-292-0020 or visit [www.sunlightsaunas.com](http://www.sunlightsaunas.com) to learn more about the health benefits of Sunlight Saunas and how easy they are to have in your home or professional office.