

## WHY WORLD'S TOP ATHLETES USE Far Infrared Saunas

Sports are a major part of our culture. Both children and adults regularly partake in soccer, baseball, football, basketball, cycling, golf—wherever there's competition, you'll find people who enjoy pushing their bodies to the limit. But when the body is pushed a little too hard, it pushes back with injury.

When you're injured, healing can take days (a pulled muscle) to months (a torn muscle or ligament). You can visit your doctor for assistance in relieving the pain and inflammation. You may also have to undergo physical therapy, or even surgery. But sometimes, a more natural way of healing may be preferable.

Doctors and scientists have discovered that radiant heat is one of the best treatments to use for sprains, strains, muscle spasms, and other injuries associated with sports.

Radiant heat, also called far infrared heat, works by penetrating joints, muscles and tissues, speeding oxygen flow and increasing circulation. It relieves tension and relaxes muscles, reducing soreness on nerve endings and in muscle spasms, thus helping the body to heal itself.

"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 sports science from the University of Southern California. "It increases blood flow to the muscles, delivering more concentrated oxygen, which creates more energy to heal. It's a necessity for any athlete to perform at his or her best and invaluable for injury because it supports recovery from within the body itself."

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, leading to better pain relief, better circulation and more effective detoxification.

"Regardless of the extent of the injury, someone who regularly uses this type of sauna will recover faster," says Spencer. "As the body becomes more

and more used to infrared heat energy, the body can also receive the therapeutic benefits more quickly. It doesn't add additional stress to the body or the injury. It actually works with the body to heal."

In addition to providing increased blood flow and oxygen-rich energy, infrared takes metabolic debris and waste out of a sore or injured muscle, and detoxifies the area.

Athletes can improve their performance by at least 5 percent by using infrared light to detoxify, because detoxification increases energy production. By using wavelengths to penetrate the body, profound therapeutic benefits can be achieved. Spencer works with top performers in athletics and entertainment, traveling to specific locations to help them remain consistent in their performances. His clients include Lance Armstrong, Tiger Woods, and the rock group U2. He has been using far infrared saunas from Sunlight Saunas for six years to accelerate recovery training and provide that competitive edge all of the great stars seek.

Spencer says, "It helps people feel better, look younger and even lose weight. Far infrared increases the heat inside the body. This creates increased metabolism that consumes more calories. People who use these saunas also get injured less often and sleep better."

The good news is that these days, there is a Sunlight Sauna for every home or apartment and for every budget. The experts at Sunlight Saunas make it easy to find the right sauna for you, and they also work with health professionals. A Sunlight Sauna is probably one of the smartest health investments anybody can make. ■

—Lorin  
Shields-Michel



### Resources

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

