



# Optimize Your Metabolism WITH HEAT THERAPY

by Mark Hyman, M.D.

**W**hat is your metabolism, and what does it have to do with your weight and your health? Most think of metabolism as the part of your biology that controls how fast or slow you burn calories.

In general that is true; however, metabolism is actually the sum total of all the chemical reactions in your body, the finely choreographed dance of molecules that determines health or illness. When I say “metabolism” it is meant to describe all the molecules, hormones, and brain, gut and fat cell messenger chemicals that regulate our health, the process of aging, our weight, and the rate at which we burn calories.



Our eating behaviors, the quality of our food and changes in our environment, stress levels and physical activity influence the way in which our metabolism processes

food, creates health or disease, burns calories and regulates our weight.

While choosing whole, high-quality, unprocessed food with a low glycemic load and many healing colorful plant pigments known as phytonutrients, getting regular exercise, and reducing stress are the major ways to create a healthy metabolism, there are a few other tools that can be useful. One of them is the use of hyperthermic or heat therapy.

Besides being an excellent way to relax your muscles and your mind, saunas and steam baths are a good way to flush pesticides out of your system that could be contributing to weight or health problems. Saunas are an important aid to weight loss as well as optimal thyroid function because as you lose weight, fat tissue releases stored toxins like PCBs and pesticides (organochlorines). These toxins lower levels of T3 (triiodothyronine), consequently slowing your resting metabolic rate and inhibiting your fat-burning ability. Therefore, detoxifying is an important part of improving your thyroid function. If you don't, your ability to lose weight decreases as you lose weight because of the negative effects of the released toxins during weight loss on thyroid function.

Sometimes used as a treatment for chemical poisoning, saunas were used to help detoxify the workers at Ground Zero during 9/11. While more research is needed, a review paper on “thermal therapy” suggests many promising effects including a reduction of inflammation and oxidative stress, as well as weight loss.

In a two-week study of 25 obese adults, body weight and body fat were reduced after sauna therapy for 15 minutes at 60°C daily in a far infrared sauna. Researchers reported on another obese patient who couldn't exercise because of knee arthritis who lost 17.5 kg, decreasing body fat from 46 percent to 35 percent after 10 weeks of sauna therapy.

Sauna and heat therapies have many benefits. I recommend regular use of this ancient and effective tool for maintaining your health. ■

## Resources

To find out more about 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.



*Dr. Hyman has recently released a new book named The UltraSimple Diet: Kick-start Your Metabolism and Safely Lose up to 10 Pounds in 7 Days. In this groundbreaking book, Dr. Hyman reveals the two most important causes of being overweight and sick and shows you step-by-step, in only 7 days, how to reset your metabolism to generate automatic health and weight loss. A free sneak preview of the book is available at [www.ultrasimplediet.com/doctors](http://www.ultrasimplediet.com/doctors).*

## Sunlight Saunas—The Doctors' Prescription for Healthy Living's Choice for Heat Therapy

If you want to give your metabolism a heat-therapy boost, we recommend the most cutting-edge sauna technology available from Sunlight Saunas™. The Solocarbon™ heaters used in Sunlight Saunas are designed to heat your body with deep-penetrating far infrared rays in order to maximize detoxification. Far infrared rays are a safe type of light energy emitted naturally by the sun, producing the same sensation you get when you lie in the sun, without the hazards of skin-damaging UV rays. Far infrared heat allows a deeper sweat at a lower temperature, making the sauna a more comfortable environment in which to stay for 30 or more minutes at a

time. These rays will never burn the skin; they are so safe and health-promoting that they are used as a heat source in the incubators where premature infants are warmed.

When comparing Sunlight Saunas to traditional heat saunas, it's easy to see why they are our top pick...

**More comfortable.** Far infrared rays heat your body, not the air. Consequently, the air is easier to breathe than with a traditional sauna. Surfaces do not heat up. You'll never burn yourself on the sauna's benches or walls.

**It's greener.** A traditional sauna can double the monthly cost of electricity, but a

Sunlight Sauna will add only 10 to 15 cents per use to your home electricity bill!

**Hypoallergenic.** They use sustainably harvested wood, built with tongue and groove construction, without toxic glues. The saunas are made of cedar but there is a basswood option available for those who are sensitive to cedar.

In addition to detoxification and metabolic support, far infrared saunas can also provide relief to patients suffering from arthritis, chronic fatigue syndrome, fibromyalgia, and certain skin condition as well as heart disease (Sunlight Saunas is a partner with the American Heart Association).