

How Do Infrared Saunas Work to Heal Your Body?

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Heating treatments for health benefit have been recognized throughout history. Quite simply, hyperthermia is used as a healing technique. Ancient healers were aware that a slight fever was a potent healing tool against various illnesses. Greek physicians elevated body temperatures to strengthen the body's immunity against infection. (1-2):106-9. 24.

Many health care professionals realize that a safe, induced fever can have extraordinary healing results. Slightly raising body temperature produces a natural biological defense and healing action of the immune system to rid the body of destructive pathogens...in effect, to literally burn out foreign or invading microorganisms. 2(6):438-46. 2.

Today, many holistic and alternative health clinics know [infrared saunas work](#) to generate fevers, which effectively treat infections such as acute bronchitis and pneumonia, arthritic conditions like carpal tunnel syndrome and fibromyalgia, and even more severe diseases such as cancer and HIV. * 1. Also (3)"237-69. 20.

So, What Is Far Infrared Anyway? And why do Infrared Saunas Work So Well

Far Infrared light/heat is generated by the sun. It is a bandwidth of invisible sunlight. Even though this bandwidth of light is not detectable to our eyes, our bodies feel the warming sensation. It is like sitting in a car on a chilly day and feeling the sunlight warm your body as it comes through the car windows.

In fact, you can experience far infrared heat for hours and it will never damage your skin or harm your body. No oils or lotions are needed for protection.

The answer to the question, “do [infrared saunas](#) work to heal? is in the way far infrared energy heats your body by direct, molecular excitation, without heating the air. **Far Infrared light rays penetrate your body’s tissue much deeper than near infrared rays do.** As your body absorbs the waves, it encourages the transfer of water across cellular membranes.*

Once the cellular membranes are hydrated, your blood flow is enhanced, which produces an assortment of biologically beneficial body healing functions. The most notable characteristic of far infrared heat is its **exceptional ability to penetrate far below superficial skin layers.***

When this phenomenon occurs, it **creates a natural harmonic resonance within your body at the cellular level, which has numerous advantageous properties.** * (Resonant Absorption)

Infrared energy is measured in wavelengths as microns, and the human body can best absorb infrared energy in the 3- to 50-micron range—with the best absorption occurring at 9.4 microns (the same wavelength as the human body at rest). These infrared wavelengths penetrate deep into the body where they gently elevate the body’s core temperature and assist in expanding capillaries, which stimulates blood circulation and delivers healing oxygen.*

By using an infrared sauna to elevate the sub-surface tissue temperature, a series of physical and chemical changes occur within the body that are most beneficial for human health.*

Far Infrared Saunas Work with Superior Healing Power

For the most part, the general public’s early knowledge of this phenomena

was limited to the use of heat lamps which generate radiant heat. By the late 1960's, The National Aeronautics and Space Administration (NASA) ascertained that by conducting electricity through a select number of mineral oxides, they were capable of producing [FIR](#) (Far Infrared Radiant) waves. Following the use of different types of FIR products in the space program, NASA made no further advancements using this technology.

The Japanese forged ahead and developed over 150 products that required patents involving far infrared technology. Some of these include: FIR ovens that would replace microwaves, FIR panels for incubators in maternity wards, FIR wave-generating ceramics, and of course, Far Infrared saunas.

In the course of the last 35 years, both Chinese and Japanese researchers and clinicians have performed widespread research on infrared treatments and have testified to their abundant benefits.

Dr. Tsu-Tsair Oliver Chi adds to the understanding of the healing power of Far Infrared with his discussion of **Resonant Absorption**: “These rays are selectively absorbed by the tissues. The production of infrared energy that occurs within our tissues is associated with a variety of healing responses. After boosting a tissue’s absorption level to maximum, healing responses are optimized. This phenomenon is called **Resonant Absorption.**”*

The reason infrared saunas work is so unique is that they use radiant energy to directly penetrate the body’s tissues to a depth of over 2.5 inches, in different parts of the body.

The light energy output of an infrared sauna can be tuned to correspond so closely to the body’s own radiant energy so that our bodies absorb close to 93% of the heat waves that reach our skin.

Less than 20% of the energy heats the air, leaving over 80% available to be directly converted to heat within our bodies. Therefore, an infrared sauna can warm its user to a **much greater depth** and much **more effectively than**

a conventional sauna. This important difference explains many of the unparalleled [health benefits](#) reported to be available through your home infrared sauna that are **not achievable through the use of a standard sauna.***

Far infrared saunas produce up to 2-3 times the sweat volume of a hot-air sauna, while working at a considerably cooler air temperature range of 110 degrees to 135 degrees F versus 170 degrees to 215 degrees F for hot-air/ convection heat saunas. (6) 749-59. 22.

The **lower cabin air temperature**, is ideal for people who may be apprehensive about cardiovascular risk factors that might be adversely affected by the higher cabin air temperature encountered in traditional hot-air/ convection heat saunas.

A Broad Spectrum of Benefits

A healthy sweat permits your skin to eradicate body wastes through perspiration. It increases the detoxification capabilities of your skin and takes advantage of the skin's ability to regulate its protective mantle and pH.*

However, the benefits extend far beyond a simple sweat. Far infrared light infiltrates beyond superficial skin layers and is absorbed by cells and tissues below, which has proven beneficial for numerous health concerns.*

Near infrared is mostly absorbed at the skin level and raises the skin temperature. 3.

Far Infrared waves can penetrate the body up to two inches+, and does not raise the surface skin temperature. This energy excites the vibrational energy of molecules and resonates with cellular frequencies. We cannot exactly perceive the deep heating effects of FIR, as our body's capacity to sense heat is chiefly at the skin level.*

The effects of FIR rays encourage bioprocesses such as **increased metabolism, blood circulation, immune system response, and core body temperature elevation.*** 2(6): 438-46. 2.

Infrared saunas work to encourage microcirculation, therefore **supplying more healing oxygen to injured tissues** in cartilage, joints and musculoskeletal tissues.*

Inflammation subsequently subsides. When the inflammation diminishes, not only does the occurrence of chronic degenerative diseases decrease, but overall health, energy, and well-being is elevated to a new plateau. There has even been outstanding improvement in cases of insomnia and sleep apnea as well.*

Often times, **chronic diseases are associated with the accumulation of toxic metals and petrochemicals** that are located in fat cells and neighboring connective tissue. These toxins decrease the cell's ability to take delivery of oxygen and key nutrients that are contained in the bloodstream.*

Toxins and heavy metals inhibit the pulsating energy of these cells and tissue, and deter the purging of toxic metabolic waste. As the toxins slowly build up and accumulate, the **total toxic load in your body overpowers the immune system**, as well as vital bioprocesses.*

Toxic overload in our bodies is responsible for various detrimental chemical changes that will virtually guarantee **an array of chronic diseases** that puzzle the majority of the medical profession.*

Infrared saunas offer a broad range of genuine health benefits aimed at increasing your overall wellness. Blood vessels are dilated to generate flushing, which mobilizes your blood supply. **Elimination of toxic heavy metals**, such as lead, mercury, cadmium, arsenic, and aluminum via profuse sweating occur.* (5)133-8. 5. (5)93-5. 8.

It produces an overall youthfulness of skin from increased microcirculation, blood flow, pore cleansing and rejuvenated elasticin-collagen tissues. It is an effective tool in addressing various skin disorders such as acne, rosacea, cellulite, eczema, varicose veins and keloid scar tissue.* 31.

The deep heating and detoxification properties of a far infrared sauna have proven **extremely effective in benefiting the treatment** of debilitating and chronic diseases such as Chronic Fatigue Syndrome (CFS), Fibromyalgia, Osteoarthritis, Rheumatoid arthritis, Heart Disease.*

Why Would A Physician Recommend Far Infrared Sauna Therapy?

A number of doctors recommend it for improving the skin, while others will even recommend it in **cancer management**. Numerous alternative cancer centers are employing far infrared saunas as part of their detoxification and chemo/ radiation protocols.*

If you have cardiovascular health problems, you will be interested in knowing that an article in the Journal of the American College of Cardiology demonstrated that [using a sauna](#) on a regular basis improves vascular, endothelial, and cardiac function in patients with congestive heart failure.* (9): 652-7. 18.

Additionally, treatments **diminished systolic blood pressure** in patients.* A Japanese study of 20 men with at least one risk factor for heart disease assessed the effects of a short 15-minute stay in a 140 degree F sauna every other day for two weeks. Another study done at the Department of Rehabilitation and Physical Medicine, Kagoshima University, Japan, demonstrated the hemodynamic benefits of a sauna in relation to Congestive Heart Failure. (35): 1016-20. 16.

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