

# Infrared Sauna Cellulite Reduction

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Fat and Cellulite are gel-like substance made up of fatty residues, water and organic wastes which are trapped below the skin. Far Infrared Heat directly targets the fatty tissues of the subcutaneous layer of our skin.

Fat becomes water-soluble at approximately 100 F° and will dissolve and be purged from the body by sweat. Some of the fat enters the blood stream to be eliminated by the liver, kidneys and bowels.

Profuse sweating will help clear this form of unwanted debris from the body. A 30 minute [infrared sauna](#) session can burn as much as 600 calories, which is a wonderful way to lose weight without exercising.

[Infrared weight loss](#) and sweat therapy using saunas has been extensively researched and shown to be effective at lowering fat soluble chemicals.

European Beauty Specialists confirm that a sauna will greatly speed any anti-cellulite program. The FIR sauna is far more effective than a conventional sauna because it penetrates deeply and provides up to 10 times the level of heating to these tissues increasing toxin removal from 3% to a whopping 15%. Cellulite reduction may be enhanced by massaging the affected areas during a [far infrared sauna](#) session.

The body stores toxins in fat cells. With regular sauna use, the body becomes less toxic and requires less fat storage. If you are unable to achieve weight loss, you could be over acidic. Often times the body holds on to extra weight because it is toxic and in an acidic environment. When your system is too acidic, the body produces more insulin than usual. The more insulin that is

available, the higher chance the fat will be stored rather than burned as energy, making it difficult for lose weight. To protect itself the body will hold onto the weight. As the toxic chemicals are removed from the body when using a far infrared sauna, weight loss is inevitable.

Dr. Toshio Yamazaki, M.D., Author of ‘The Scientific Basis and Therapeutic Benefits of Far infrared Ray Therapy’, is a pioneer in far infrared research and lists weight loss as one of the prime benefits of an Infrared Sauna Health Regimen.

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Review

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<http://www.cdc.gov/nccdphp/dnpa/obesity/>