

Infrared Sauna Fibromyalgia Relief

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The more than 3 million patients who suffer from Fibromyalgia Syndrome (FMS) report both widespread pain throughout their bodies and localized tenderness. They describe the sensation as being similar to having pulled or overworked muscles, or a bad viral infection. The symptoms resemble those of Chronic Fatigue Syndrome, which many doctors and scientists believe to actually be the same ailment as FMS.

The precise cause of FMS is still a mystery, but many doctors and scientists blame the so-called “net toxic load,” of these sufferers and the fact that many of them have been exposed to heavy metals such as mercury, lead cadmium, and arsenic in the environment. These medical practitioners theorize that lowering the overall toxicity level in these patients may lead to a reduction in the severity and frequency of their symptoms.

Reduction of toxins in the body

For the FMS or CFS patient, a consistent program of far [infrared sauna](#) therapy, combined with mild exercise, and relaxation is recommended to release the powerful toxin reduction [benefits of far infrared sauna](#) therapy for myalgia. This regimen was tested in a 2008 study conducted by K. Matsushita. 13 middle aged female patients underwent far infrared sauna therapy for fibromyalgia once a day for 2 to 5 days per week. The patients were seated in a far infrared sauna for 15 minutes. The cabin temperature was maintained at a steady 138 degrees F, after which they were moved to a room and covered with a blanket to maintain their warmth, where they stayed for 30 minutes.

The results of the therapy were dramatic. All patients experienced a reduction of about half in their subjective reporting of pain (as determined using the pain visual analog scale or VAS and the fibromyalgia impact questionnaire or FIQ). While initial results varied, the positive effects stabilized after 10 treatments and remained low throughout the period of observation. Doctors concluded that far infrared sauna therapy played a critical role in the observed improvements. * (1)

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A promising treatment for FMS and CFS

In the Holistic Handbook of Sauna Therapy, Dr. Nenah Sylver notes that the far infrared sauna possesses a strong ability to restore autonomic nervous

system functions (which control sweating, blood pressure, digestion, and muscle tension), as well as cardiovascular activity, white blood cell counts, and enzyme and beta-endorphin levels. As suggested by the K. Matsushita study, these improved functions promoted nutrient absorption and the efficient elimination of toxins.*

(Article Source: <http://EzineArticles.com/162326>)

In short, all indications are that [far infrared therapy](#) is a promising treatment for fibromyalgia sufferers, as well as those afflicted with CFS, reducing the muscle pain, digestive problems, visual disturbances and other symptoms of these afflictions.*

By reducing the net toxic load placed upon your body by our modern lifestyle, far infrared therapy for fibromyalgia may lead to significant improvements in health.*

Read about more [Sauna Health Benefits](#)

Infrared Sauna Fibromyalgia References:

(1) Citation: Efficacy of Infrared Sauna Therapy for Fibromyalgia

Matsushita, K., Internal Medicine, 01 Jan 2008 47(16): 1473-6

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