

# Infrared Sauna for Weight Loss

## Will a Far Infrared Sauna Really Help Me Lose Weight?

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**Yes! Using an infrared sauna can help you lose weight!\***

**You can weight with regular sauna use while you relax and unwind in your personal sauna.** Far infrared radiant heat can burn hundred calories in a single session! Sweat off pounds and inches!\*

Fat and cellulite are gel-like substances made up of fatty deposit residues, water and toxic chemical wastes which are trapped in the subcutaneous layer of our bodies, just below the skin.

Far Infrared Heat directly targets the fatty tissues of the subcutaneous layer. **Fat becomes water-soluble at a core body temperature of approximately 100.5 degrees F and will literally ‘melt’ by breaking up into smaller particles**, which are purged from the body through rigorous sweating. Some of the fat molecules and toxins enter the blood stream to be eliminated by the liver, kidneys and bowels.\*

Profuse sweating, using a [far infrared sauna](#), will help clear fat and toxic debris from the body, which will allow the body to rebalance its natural metabolism. A 30 minute infrared sauna session can burn as much as 600+ calories, which is an easy and relaxing way to lose weight. \*(1)

Sweat therapy using infrared saunas has been extensively researched over the past 40 years and shown to be effective at reducing the amount of fatty tissues and toxic chemical residues.\*

European beauty specialists confirm that a sauna will greatly speed any anti-

cellulite program. Far infrared sauna therapy is far more effective than a traditional sauna due to the unique properties of Resonant Absorption and the deep heat penetration into the body. \* (2) (3)

## **Cellulite reduction may be enhanced by vigorously massaging the affected areas during a far infrared sauna session**

The body stores most of its toxic overload in fatty tissue cells. With regular infrared sauna use, the body becomes less toxic and produces less fat for toxin storage. As the body becomes less toxic, proper metabolism and immune system strength are restored. \* (4) (6)

If you are unable to achieve weight loss with dieting and exercise, your bodily fluids could be over acidic and toxic. 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.** \* (5) (7)

## **Often weight loss cannot be accomplished unless these toxins are first removed.**

Regular use of a far infrared sauna can effectively reduce the body's level of non-metabolized toxins, chemical residues and heavy metals, which have been directly related to metabolic imbalances in the body, causing poor digestion and weight gain.\*

Regular sessions using an infrared sauna decreases fat stored (lipophilic) toxins.\*

This benefit was recognized in the prestigious **Journal of the American Medical Association** in August 1981: "Many of us who run do so to place a

demand on our cardiovascular system. Regular use of an infrared sauna imparts a similar stress on the cardiovascular system, and its regular use may be as **effective a method of cardiovascular conditioning and burning of calories, as regular exercise.**”\*

More information about [infrared weight loss](#)

\*Rocky Mountain Saunas and its associates do not provide medical guidance. Consult a licensed doctor for medical advice. All of the information contained in this website is for information purposes only. Results of using our products vary on an individual basis and no immediate permanent or guaranteed solutions can be provided. We reserve the right to change, without notice, anything contained within the article.

#### [SAUNA WEIGHT LOSS](#) REFERENCES:

(1) 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 a regular routine of Infrared Sauna Therapy.

(2) Biro, S., Masuda, A., Kihara, T., Tei, C. 2003. Clinical implications of thermal therapy in lifestyle-related diseases. *Exp Biol Med.* 228(10): 1245-1249. Review

(3) Wong-Riley, M.T., Liang H.L., Eells J.T. et al. 2005. Photobiomodulation directly benefits primary neurons functionally inactivated by toxins: Role of cytochrome c oxidase. *J Biol Chem.* 280(6):4761-71. [Click Here](#)

(4) Ultrametabolism, Dr. Mark Hyman, Scribner, March 2006.

(5) A Study of the Health [Benefits of Far Infrared Sauna](#) Therapy, Conducted by the University of Missouri, Kansas City,

(6) Becky Edwards, M.D., Heather Kort D.O, Faculty Staff Advisor: Dr. John Foxworth, PharmD<sup>3</sup>. Sealre, AJ 1982.

(7) Effects of the Sauna; Journal of the American Medical Association, 247(1) (Jan 1):28.4.

For more information about the multitude of studies related to [sauna health benefits](#) and treatment of chronic maladies and conditions please call Rocky Mountain Saunas at 1-888-358-1270 for courteous, straight answers to your [home infrared sauna](#) questions. Knowledgeable professionals are available Monday-Saturday 9am-6pm Mountain Standard Time.