Why is a Far Infrared Sauna Better than a Hot Rock Steam Sauna?

Far infrared saunas increase the body's core temperature through direct light conversion. Radiant heat is also called infrared heat, or infrared energy. Direct light conversion warms only the object and does not raise the temperature of the surrounding free air. This type of energy travels 2-3" deep into the body and is thought by some to increase circulation and nourish damaged tissue. This helps the body rid itself of harmful toxins through a deeper sweat. Conventional hot rock/steam heater saunas heat the air with steam (convection-conduction), which can often be unbearably hot, and you will only sweat on the surface. Steam also makes the air difficult to breath. A far infrared sauna uses dry far infrared heat that is well ventilated and extremely comfortable and relaxing.

Why is FIR Important to the Human Body?

FIR has the ability to penetrate, refract, radiate, and reflect. The human body can absorb FIR because of its deep penetrating ability. When FIR penetrates through skin to the subcutaneous tissues, it transforms from light energy into heat energy. The thermal effect within the deep layers of the tissues causes blood vessels and capillaries to dilate, promoting a better blood circulation, and the heat so produced helps to get rid of body toxins and metabolic wastes through sweating.

Health Benefits of Infrared Saunas Included:

- **Better Circulation and Increased Energy:**

  The sauna emits FIR energy that is absorbed by human cells, causing a physical phenomenon called "resonance". Thus the cellular activities are instantly invigorated, resulting in a better blood circulation and an overall improved metabolism. Infrared saunas have significant benefits for your heart and cardiovascular system. The infrared light is transmitted to your body as infrared heat. Your tissues warm up and you experience that wonderful sauna heat. As the body works to cool itself, there is a substantial increase in heart rate, cardiac output and your metabolic rate. Increasing your heart rate and cardiac conditioning induces sweat, which works with your body's metabolism.

- **Weight Loss:**
FIR Sauna heat therapy can aid in weight loss by speeding up the metabolic process of vital organs and endocrine glands resulting in substantial caloric loss in a sauna heat session. The sweat that is generated from a sauna is all part of a "Thermoregulatory" process that increases your heart rate, metabolic rate and your cardiac output. The blood vessels dilate allowing the heated blood internally to cool at the skin's surface.

This process requires a large amount of energy, which according to Guyton's Textbook of Medical Physiology - producing one gram of sweat requires 0.586 kcal. The Journal of American Medical Association states" A moderately conditioned person can easily sweat off 500 grams in a sauna, consuming nearly 300 kcal, which is equivalent to running 2-3 miles. A heat-conditioned person can easily sweat off 600-800 kcal with no adverse effects. While the weight of the water loss can be regained by drinking water, the calories will not be."

- **Cardiovascular Health:**

The FIR Sauna increases heart rate and blood circulation, crucial to maintaining one's health. The heart rate increases as more blood flow is diverted from the inner organs towards the extremities of the skin, without heightening blood pressure. According to a study published in the Journal Of The American College of Cardiology (J Am Coll Cardiol. 2002 Mar 6;39(5):754-9.), repeated sauna treatments improved vascular endothelial and cardiac function in patients with congestive heart failure.

- **Speed Recovery from Injuries:**

For injuries, FIR generated heat stimulates vasodilatation of peripheral blood vessels, bringing oxygen to joints and extremities, speeding the healing of sprains and strains, thus relieving pain and reducing the time it takes the human body to recover from an injury.

- **Detoxification:**

According to “Columbia School of Public Health and Medicine, over 95 percent of all cancer is the result of chronic exposure to environmental toxins and toxins in our food supply. FIR heat therapy
causes an increase in the metabolic rate, the quicker metabolic rate causes extra toxic waste products to be purged from the body through the skin, during perspiration. The skin is often referred to as the 3rd kidney, because it is believed to be responsible for eliminating 30% of the body's waste. It has been shown that the human body is a natural bio-accumulator for numerous toxins that the body cannot remove after entry and are therefore stored internally.

For example, when toxic gases such as sulphur dioxide, carbon monoxide, pesticides, nitrogen oxides meet large water molecules, they are completely surrounded by the clusters of water. When this happens, the toxins accumulate to eventually stop or block blood circulation and cellular energy is impaired. Research has shown that when Far Infrared Light waves are applied the body it begins to heat up, and we start to sweat. When the body sweats, it causes a chain reaction between the large water molecules containing toxins. The water becomes active and begins to vibrate; this vibration reduces the ion bonds of the atoms, which are holding together the molecules of water. As the breakdown process occurs, the molecules that are surrounded by water are released through the sweat, and the body now has the ability to expel the harmful toxins and gases.

This explains why other studies performed in the United States that have shown, the sweat of people using a conventional sauna was found to be 95-97% water, while the sweat from people using Far-Infrared saunas was 80-85% water. The remaining content percentage was mostly made up of cholesterol, fat-soluble toxins, toxic heavy metals, sulfuric acid, sodium, ammonia, and uric acid. They also found that this higher concentration of toxins was not present in sweat from normal exercise.

- **Stress Reduction & Relaxation:**

FIR Sauna heat treatment before a massage also helps prepare a client by creating an overall relaxing effect. It loosens the muscle tissue so the therapist can do a more thorough and effective massage.

- **Skin Beautification:**

For that sought after healthy glow, FIR Sauna heat therapy allows increased blood circulation to carry great amounts of nutrients to the skin, thus promoting healthy tone and texture. A FIR Sauna heat bath also provides a mild cleansing of the skin.

- **Improved immune system by creating an "Artificial Fever":**

FIR heat has a positive effect on the immune system. Often misunderstood, fever is a natural healing response of the body. The function of the immune system is increased naturally during a
fever, while virus and bacterial growth is slowed, weakening its hold. This helps the body ward off invading organisms. A FIR heat treatment in the early stages of a cold or flu has been known to stop the disease before the symptoms occur.