

# The Burnham Review

## Infrared Saunas and Detoxification

Consider Manual Therapy and Complementary and Alternative Medicine for Optimal Health

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[info@TheBurnhamReview.com](mailto:info@TheBurnhamReview.com)

**Kimberly Burnham, PhD Editor**

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### Detox and the Heart

In 2007 researchers wrote in the *Alternative Therapies in Health and Medicine* journal, "saunas can be used very effectively for certain cardiovascular problems and as a means to enhance the mobilization of fat-soluble xenobiotics [toxins]."

When saunas are used to reduce blood pressure and enhance blood flow and cardiac functioning, only short sauna sessions (15 minutes) are necessary.

When one wants to enhance the mobilization of heavy metals and chemical xenobiotics, longer sessions are needed and those should be medically monitored. But, for either use, saunas are safe and effective and should be used more frequently to benefit the health of our patients and ourselves."<sup>1</sup> (Crinnion, 2007).

### L. Ron Hubbard Detoxification

Introducing his observation's of a rehabilitative treatment intervention to aid in the broad elimination of chemicals from body stores, L. Ron Hubbard said, "for decades, scientists have investigated the environmental

and human health effects of synthetic chemicals."

A key to a chemical's tendency to persist in tissues once it has entered the body is its lipophilicity [fat loving]. Substances

that are poorly soluble in water and quite soluble in fat have relatively free access, via lipid-rich cellular membranes and to the cells of all organs with the ability to cross the blood-brain and placental barriers.

There are a myriad of regulatory functions of adipose [fat] hormones, including roles in cravings, cognitive function, energy level [chronic fatigue], and inflammation as well as changes in adipose hormone levels associated with drug use.

The Hubbard regimen, which includes exercise, sauna bathing, and vitamin and mineral supplementation, is utilized by nearly 70 drug rehabilitation and medical practices in over 20 countries."<sup>2</sup> (Cecchini, 2007).

### What Is Far-Infrared Heat?

"Infrared heat is light produced by the sun. This is the heat you feel penetrate your skin when you stand in the sun and miss

when you walk into the shade. Infrared energy is also given off as body heat.

The human body can absorb infrared heat. Infrared energy is measured in wavelengths (microns). The human body can best absorb infrared energy in the 3 to 50 micron range, with the best absorption occurring at 9.4 microns

TheraSauna TheraMitters emit infrared heat in the 7 to 14 micron range with a peak at 9.4 microns, the same as the human body, making it easier to absorb. Easier absorption also means that the infrared heat penetrates up to an inch-and-a-half. This is deeper into body tissues than traditional hot air saunas."<sup>3</sup> (TheraSauna.com).

### Sweatology: Study of Sweating

In 1968, H. Krauss wrote an article entitled, "The possibilities of sauna in preventive medicine and therapy" in *Z Arztl Fortbild (Jena)* 62(13): 706-10.

There has been a lot of research

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into the diagnostic and treatment benefits of saunas since then.

One study, which introduces the term sweatology, “gives an overview of focal plane array based infrared thermography as a powerful research method in the field of physiology and medicine.

Outer thermoregulatory manifestations displayed by the human organism subjected to whole-body heating (sauna bath) and physical loads (exercise bicycling) are quantitatively analyzed. Some details of human body emotional sweating (psycho-physiological effect) are reported. Particular attention is paid to studying active sweat glands as individual objects.

The increase and the decrease in standard deviation of temperature (SDT) turned out to be typical of prolonged physical load and subsequent relaxation, and of external whole-body heating, respectively. “<sup>4</sup> (Vainer, 2005).

### **Thermoregulation in Children**

"Thermoregulatory response to Finnish sauna bath was investigated in 47 infants (age 3 - 14 month). Before taking a short sauna bath lasting 3 min, the infants stayed in a swimming pool for 15 min. Even young infants were able to cope with the acute circulatory changes imposed by heat stress. Adequate thermoregulatory and cardiovascular adaptive responses to sauna bathing could be shown for the first time in infants between 3 and 14 months of age."<sup>5</sup> (Rissmann,2002).

### **Infra-Red Saunas and Insurance**

Aetna considers treatment with low-level infrared light (infrared therapy, Anodyne Therapy System) experimental and investigational for the treatment of chronic non-healing wounds, diabetic peripheral

neuropathy, lymphedema, neck pain, acne, osteoarthritis, ischemic stroke and all other indications (except for grade I and II internal hemorrhoids).

Infrared light treatment is considered medically necessary as a heat modality in physical therapy.

Aetna considers infrared coagulation medically necessary for members with grade I or grade II internal hemorrhoids that are painful or persistently bleeding.”<sup>6</sup> (Aetna,2008), <sup>7</sup>(Tei,2007) and <sup>8</sup>(Tei,2006).

### **Thermal Therapy Relieves Chronic Pain**

“It has been reported that local thermal therapy with a hot pack or paraffin relieves pain,” said researchers in another study, hypothesizing, “that systemic warming may decrease pain and improve the outcomes in patients with chronic pain.”

In the study, 24 patients (group A) with chronic pain were treated by a multidisciplinary treatment including cognitive behavioral therapy, rehabilitation, and exercise therapy, whereas group B (n = 22) patients were treated by a combination of multidisciplinary treatment and repeated thermal therapy. A far-infrared ray dry sauna therapy and post-sauna warming were performed once a day for 4 weeks during hospitalization.

Researchers investigated the improvements in subjective symptoms, the number of pain behavior after treatment and outcomes 2 years after discharge.

The study resulted significant decreases in pain. “The visual analog pain score, number of pain behavior, self-rating depression scale, and anger score significantly decreased after treatment in both groups. After

treatment, the number of pain behavior was slightly smaller and anger score was significantly lower in group B than those in group A. Two years after treatment, 17 patients (77%) in group B returned to work compared with 12 patients (50%) in group A.

These results suggest that a combination of multidisciplinary treatment and repeated thermal therapy may be a promising method for treatment of chronic pain.”<sup>9</sup> (Masuda, 2005).

### **Thermal Gloves For Raynaud’s**

In a double-blind, placebo-controlled study to “determine the efficacy of ceramic impregnated gloves in the treatment of Raynaud's syndrome” researchers evaluated 93 patients with Raynaud's syndrome for a period of three months with use of ceramic-impregnated gloves.

In 60 participants with complete data, improvements were noted in the visual analogue scale rating, DASH score, Jamar grip strength, infrared skin fingertip temperature, Purdue hand dexterity test and the Likert scale with ceramic gloves over the placebo cotton gloves.

They concluded, “the ceramic-impregnated "thermoflow" gloves have a clinically important effect in Raynaud's syndrome.”<sup>10</sup>(Ko, 2002).

### **Low Frequency Vibration & Light**

Speaking about patients with muscular-tonic manifestations of spinal osteochondrosis, researchers said, “low-frequency vibration effectively stimulates in a direct way or via reflexes of the neuromuscular apparatus.

In this case [reflected pain] it is better to begin treatment with optic red and infrared radiation on the reflexogenic zones and muscular consolidations for reduction of

trophic abnormalities.<sup>411</sup> (Miriutova, 2000).

### **Fatigue, Pain, Sleep, Fever**

Another paper describes the successful treatment of two patients with chronic fatigue syndrome (CFS) using repeated thermal therapy.

The two patients, who has undergone prednisolone (PSL) therapy [anti-inflammatory medications], with no satisfactory effect, were subjected to thermal therapy that consisted of a far-infrared ray dry sauna at 60 degrees C and postsauna warming. The therapy was performed once a day, for a total of 35 sessions. After discharge, these subjects continued the therapy once or twice a week on an outpatient basis for 1 year.

Symptoms such as fatigue, pain, sleep disturbance, and low-grade fever were dramatically improved after 15 to 25 sessions of thermal therapy. Although the prednisolone medication was discontinued, the subjects showed no relapse or exacerbation of symptoms during the first year after discharge.<sup>12</sup>(Masuda, 2005).

In a later study, Masuda et al. noted that depression and anorexia are also benefitted by infra-red saunas.

“Thermal therapy using far-infrared ray dry sauna was performed for patients with chronic fatigue syndrome (CFS). Symptoms such as fatigue, pain, and low-grade fever were dramatically improved on two patients. Furthermore, we reported that repeated thermal therapy had relaxation effect and diminishes appetite loss and subjective complaints in mildly depressed patients. These results suggest that repeated thermal therapy may be a promising method for the

treatment of Chronic Fatigue Syndrome.<sup>13</sup>(Masada,2007).

### **Improving Loss of Appetite (Anorexia), Chronic Heart Failure and Well-Being**

Researchers in this study, observed that repeated thermal therapy improved appetite loss and general well-being in patients with chronic heart failure as well as depression and fatigue..

Twenty-eight mildly depressed inpatients with general fatigue, appetite loss, and somatic and mental complaints were randomly assigned to thermal therapy group (n = 14) or nonthermal therapy group (n = 14). Patients in the thermal therapy group were treated with 60 degrees C far-infrared ray dry sauna for 15 minutes and were then kept at bed rest with a blanket for 30 minutes once a day, 5 days a week for a total of 20 sessions in 4 weeks.

Four weeks after admission, somatic complaints, hunger, and relaxation scores significantly improved and mental complaints slightly improved in the thermal therapy group compared with the nonthermal therapy group. Furthermore, the plasma ghrelin concentrations and daily caloric intake in the thermal therapy group significantly increased compared with the nonthermal therapy group.”<sup>14</sup>(Masuda, 2005).

Another study presents the “results of heat treatment in three cases of anorexia nervosa, in which marked overactivity and/or strenuous exercising were prominent clinical features. Heat was supplied in three ways: continuous exposure to a warm environment, wearing a thermal waistcoat, and sauna baths in an infrared cabin. The outcomes went far beyond what had been expected,

as the disappearance of hyperactivity was followed by progressive recovery.”<sup>15</sup>(Gutierrez, 2001).

### **Sauna Improve Arrhythmias**

The aim of this study was to determine whether repeated 60 degrees C sauna treatment improves cardiac arrhythmias in chronic heart failure (CHF) patients, because ventricular arrhythmias are an important therapeutic target in CHF.

“Thirty patients (59+/-3 years) with New York Heart Association functional class II or III CHF and at least 200 premature ventricular contractions (PVCs)/24 h assessed by 24-h Holter recordings were studied. They were randomized into sauna-treated (n=20) or non-treated (n=10) groups. The sauna-treated group underwent a 2-week program of a daily 60 degrees C far infrared-ray dry sauna for 15 min, followed by 30 min bed rest with blankets, for 5 days per week.

Heart rate variability increased and plasma brain natriuretic peptide concentrations decreased in the sauna-treated group compared with the non-treated group.

Repeated sauna treatment improves ventricular arrhythmias in patients with CHF.”<sup>16</sup>(Kihara, 2004).

### **Vascular Endothelial Improvements**

In other heart related research, investigators said, “vascular endothelial dysfunction is involved in the pathophysiology of chronic heart failure (CHF). It has been reported that sauna therapy, which allows thermal vasodilation, improves vascular endothelial dysfunction in patients with CHF.

Normal control and male TO-2 cardiomyopathic hamsters were used. Thirty-week-old TO-2 hamsters were treated daily with an experimental far

infrared-ray dry sauna system for 15 min at 39 degrees C followed by 20 min at 30 degrees C. This procedure raised the rectal temperatures by about 1 degrees C.

Repeated sauna therapy improves / increases eNOS expression and NO production in cardiomyopathic hamsters with heart failure.<sup>17</sup> (Ikeda, 2005) and <sup>18</sup> (Ikeda,2001).

In another study looking at human subjects, researchers said, "we sought to determine whether sauna therapy, a thermal vasodilation therapy, improves endothelial function in patients with coronary risk factors such as hypercholesterolemia, hypertension, diabetes mellitus and smoking." Continuing Imamura noted, "repeated sauna treatment improves impaired vascular endothelial function in the setting of coronary risk factors, suggesting a therapeutic role for sauna treatment in patients with risk factors for atherosclerosis."<sup>19</sup> (Imamura,2001).

### **Atherosclerosis and Saunas**

"Repeated sauna therapy improved impaired vascular endothelial function in a patient with coronary risk factors." In another study, "28 patients with at least one coronary risk factor were divided into a sauna group (n = 14) and non-sauna group (n = 14)."

Investigators concluded, "these results suggest that repeated sauna therapy may protect against oxidative stress, which leads to the prevention of atherosclerosis."<sup>20</sup> (Masuda,2004).

### **Psoriasis and Skin**

"An examination of 213 male psoriasis patients showed neither a positive nor a negative influence on the skin lesions for 87.9% of the patients, an improvement for 10.7% and a deterioration for 1.4% in a

sauna bath. Evaporation measurements of untreated psoriasis in a sauna bath showed a 50% decrease in perspiration."<sup>21</sup> (Stander,1983)

### **Detoxification and Herbs**

Dietrich Klinghardt, a Seattle-area physician asserts that infrared saunas, but not conventional ones, rid the body of "cholesterol, fat-soluble toxins, toxic heavy metals, sulfuric acid, sodium, ammonia and uric acid."

Klinghardt also notes that the poisons can also be displaced from "one body compartment to another." Mercury (beware those old dental fillings) might shift from connective tissue to the brain, according to Klinghardt. That is, unless the patient ingests sufficient quantities of cilantro, garlic and chlorella (green algae) in conjunction with taking saunas.

Roger Clemens, director of an analytical laboratory at the University of Southern California that evaluates environmental toxins in the food supply, remarked that the most efficient system for detoxification is not an infrared sauna but rather the kidneys, liver, gastrointestinal tract and immune system. "Except when one of the major organs breaks down, there isn't a medical device or any diet that can accelerate the body's natural process of detoxification," he says.<sup>22</sup> (Stix,2005).

### **Drugs, Thermoregulation and Concerns**

Thermoregulation is controlled by the hypothalamus. Normally, thermoregulation is highly efficient, keeping the internal temperature within a narrow range of 0.5–0.9 C.<sup>23</sup> (Lomax,1998).

In response to an elevated external

temperature, heat is lost by increases in blood flow in the skin, vasodilatation, and sweating. Chronic diseases, certain medications, and poor physical conditioning may impair the body's thermoregulation, leading to a dangerous increase in core temperature.<sup>24</sup> (Tavakoli,2003).

Physicians prescribing neuroleptics and other medications that may impair thermoregulation should warn their patients of the potential dangers of exposure to high heat. There is not enough scientific evidence to recommend that physically healthy patients taking psychotropics stay out of saunas and hot tubs, but patients should be encouraged to limit their time in sauna baths and hastily replace lost fluid and salt. Abusers of alcohol and cocaine are at a higher risk for sudden death when bathing in saunas and hot tubs.<sup>25</sup> (Press,1991) and.<sup>26</sup> (Tavakoli,2003).

### **Nitric Oxide**

"Like most forms of electrotherapy, infrared produces vasodilatation of the capillary beds by initiating the synthesis of nitric oxide, improving circulation and decreasing swelling as a result."<sup>27</sup> (Kvandal, 2003).

Nitric oxide, a small neurotransmitter improves circulation by opening the endothelial linings of capillaries.<sup>28</sup> (Shankland, 2004) and<sup>29</sup> (Akasaki,2006).

### **Dentists with Saunas**

In an Academy of General Dentistry program, Mandelson discussed, "fringe benefits available to dentists under Sections 79, 105 and 162 of the IRS Code. (Even your swimming pool and sauna are now tax deductible.)"<sup>30</sup> (Mangelson,2007).

## **Ki-Energy and Mitochondrial**

“We investigated whether ‘Ki-energy’ (life-energy) has beneficial effects on mitochondria. When Ki-energy was applied by a Japanese Ki-expert during the heat treatment, the ratio was improved to 2.24–5.23. Calcium ions may play an important role in the protection by Ki-energy. Data also suggest that the observed Ki-effect involves, at least, near-infrared radiation (0.8–2.7  $\mu\text{m}$ ) from the human body.”<sup>31</sup> (Ohnishi,2006).

## **Moxibustion, A Kind of Infrared Therapy**

“Moxibustion has been a part of acupuncture practice for thousands of years. Traditionally, it includes direct moxibustion, in which moxa sticks are burned at acupuncture points on the skin, and indirect moxibustion, in which monkshood cakes or ginger or garlic slices are used to insulate the skin from burning moxa cones. Recently randomized clinical trials and clinical observations suggest that moxibustion can enhance physiological and immune functions.

The infrared radiation intensity produced by a traditional moxa stick was 43300.41 mV, with a peak on the infrared spectrum of 3.5 microns, while the respective radiation intensities of two controls, a smokeless moxa stick and a 555 cigarette, were 31.15 mV and 37.03 mV with peaks of 7 microns and 3.5 microns.

The experiment showed that the thermal action of the traditional moxa stick was more potent than that of indirect moxibustion and its radiation peak was different from that at the acupuncture point on the human body.

Direct moxibustion with a

traditional moxa stick may produce its potent therapeutic effects by thermal action, while traditional indirect moxibustion may act by producing modest thermal action and a sympathetic vibration at the skin surface. The data provide a scientific, biophysical rationale for traditional moxibustion.”<sup>32</sup> (Shen,2006).

## **Near Infra-Red**

This study aimed at comparing the effect of linear polarized near-infrared light irradiation (PL irradiation) and bicycle exercise with 50%HRreserve on the flexibility of the shoulder joint.

The shoulder joint angles were measured twice-before and after each intervention. Shoulder forward flexion and backward extension angles had significantly greater change rates in PL-irradiation and light exercise than placebo-irradiation, and their range of motion angle was in the order of PL-irradiation, light exercise, and placebo-irradiation. It is suggested that PL-irradiation produces almost the same effect on shoulder joint range of motion as light exercise.”<sup>33</sup> (Demura,2006).

## **Negative Ions**

“The physical effects of negative air ions on humans were determined in an experimental sauna room equipped with an ionizer. Thirteen healthy persons took a wet sauna bath (dry bulb temperature 42 degrees C, relative humidity 100%, 10 min exposure) with or without negative air ions.

The surface temperatures of the foreheads, hands, and legs in the sauna with negative ions were significantly higher than those in the sauna without ions. The pulse rates and sweat produced in the sauna with

ions were significantly higher than those in the sauna without ions. The results suggest that negative ions may amplify the effects on humans of the sauna.”<sup>34</sup> (Watanabe,1997).

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## **Systemic Thermal Therapy**

“Systemic thermal therapy, such as taking a warm-water bath and sauna, induces systemic vasodilation. It was found that repeated sauna therapy (60 degrees C for 15 min) improved hemodynamic parameters, clinical symptoms, cardiac function, and vascular endothelial function in patients with congestive heart failure. Vascular endothelial function is impaired in subjects with lifestyle-related diseases, such as hypertension, hyperlipidemia, diabetes mellitus, obesity, and smoking. Sauna therapy also improved endothelial dysfunction in these subjects, suggesting a preventive role for atherosclerosis. On the basis of these data, sauna therapy may be a promising therapy for patients with lifestyle-related diseases.”<sup>35</sup> (Biro,2003).

## **Sweating from Kim**

I find there are a couple of ways to really sweat. One is to be very well hydrated when you get in the sauna. I find it makes a big difference if I have drunk a lot (2-3 liters) of water the day before I get in.

I also like to get in the sauna when it is 90-95 degrees and then let it continue to heat up to 120 degrees F. I find I sweat more by doing this than by getting in when the temperature has already reached 120 degrees.

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TheraSauna [www.therasauna.com/benefits.htm](http://www.therasauna.com/benefits.htm) (Please let them know you learn about TheraSauna through The Burnham Review and A Caring Touch)

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## **TheraSauna Far Infra-Red Benefits**

An infrared sauna is a sauna that heats its occupants with heaters that emit far infrared radiant heat. Unlike traditional Finnish Saunas, infrared saunas do not use steam, (which heats the air, and thereby the user) but instead use infrared radiation to directly heat the user.

An infrared sauna is usually a wooden box, or small wooden room, containing several infrared heaters. In a warm environment, an infrared sauna could be open air and still heat the users in the same manner, since the heaters don't rely on the air being hot, but only hot enough such that the body doesn't cool down without sweating. All the same, normally the units are contained in a room, allowing the air to heat and in effect simulating the feel of a traditional sauna. In other words, the sauna box creates the atmosphere of the sauna while the heaters provide the actual infrared therapy.

In an infrared sauna, the infrared heater produces radiant energy, which is the same as the heat from the sun, only without the harmful ultraviolet rays. Most of these heaters draw on technology developed in 1965 by Dr. Tadashi Ishikawa, a member of the Research and Development Department of Fuji Medical. [From] <http://www-infraredsauna.com/>

From TheraSauna (2008). "Benefits of Infrared TheraSauna." [Full Text] <http://www.therasauna.com/benefits.htm>.

Infrared heat is light produced by the sun. This is the heat you feel penetrate your skin when you stand in the sun - and miss when you walk into the shade. Infrared energy is also given off as body heat.

The human body can also absorb infrared heat. Infrared energy is measured in wavelengths as microns. The human body can best absorb infrared energy in the 3- to 50-micron range, with the best absorption occurring at 9.4 microns. TheraSauna TheraMitters emit infrared heat in the 7- to 14-micron range with a peak at 9.4 microns, the same as the human body, making it easier to absorb. Easier absorption also means that the infrared heat penetrates deeper into body tissues than traditional hot air saunas - up to an inch-and-a-half.

Patented TheraSauna TheraMitters produce infrared heat in wavelengths of 7- to 14-microns. The TheraMitters have a peak output of 9.4 micron - the same as the human body. Since the heat emitted by the TheraMitters is similar to the heat emitted by the human body, the body is better able to absorb the beneficial infrared in a shorter period of time.

The main thing about the heat source is that it should be all ceramic with no metal parts (better heat, longer lasting, less toxic, etc.)

The TheraSauna really is easy to put together (6 pieces - 4 walls top and bottom and about 15 skewers).

TheraSauna™ is built in the USA by a 42 year old company known for quality!

### **Other Websites**

1. TheraSauna at [www.TheraSauna.com](http://www.TheraSauna.com)
2. Kaiser Permanente [Full Text] <http://www.infraredsauna.com/health/kaiser/>
3. Detoxification Through the Skin by Mark Sircus Ac., OMD [Full Text] <http://www.infraredsauna.com/health/skindetox/mercury.html>
4. Sitting in sauna may prevent cancer. Dr. Jason Allen. View the video clip from KTVB <http://www.infraredsauna.com/press/KTVB/>
5. Is Your Family Toxic? By James Ferguson. Published in the London Daily Mail May 22, 2007. Extracted from The Vitamin Murders: Who Killed Healthy Eating in Britain, by James Ferguson, published by Atlantic Books <http://www.infraredsauna.com/health/familytoxic/>
6. Weight Loss: Read an Interview with actor Jeremy Davies in the New York Times describing how he lost 33 lbs. for the movie "Rescue Dawn" using an infrared sauna. [http://nymag.com/daily/entertainment/2007/07/the\\_skinny\\_on\\_working\\_with\\_wer\\_1.html](http://nymag.com/daily/entertainment/2007/07/the_skinny_on_working_with_wer_1.html)

## Therapeutic Benefits of TheraSauna™

Clinical studies and testimonies of Doctors, Physical Therapists and Pro Athletes have confirmed the many therapeutic benefits of radiant infrared heat:

### Detoxification

- Heat penetrates up to 1½" into the tissue for deep cleansing,
- Allows toxins and impurities to be sweated out of the body
- Promotes detoxification of heavy metals like mercury and all lipophilic toxins

### Pain Relief

- Reduces soreness on nerve endings
- Helps to relieve pain from arthritis, fibromyalgia, Lyme disease, rheumatism, bursitis, etc.
- Has relieved migraine headaches, back pain, etc.
- Create Hyperthermia for Lyme Disease Treatment
- Effective hyperthermia (false fever) generation to help the body heal
- Has been used effectively to treat Lyme disease

### Immune System

- Stimulates enzyme activity
- Promotes the adhesion and osmosis of water molecules across the cellular membrane
- Attracts calcium ions to the cellular membrane
- Improves lymph flow and assists in the reduction of swelling and inflammation
- Boosts immune

### Stress Relief

- Reduces stress and tension

### Cardiovascular System

- Increases blood circulation by promoting dilation of the micro-circulatory system of the capillaries.
- Can relieve some ailments associated with poor circulation
- Has the effect of exercise on the cardiovascular system

### Weight Loss / Skin Care

- Infrared sauna sessions burn up to 600 or more calories per 1/2 hour sauna session
- Resulting benefits are weight control and cellulite reduction
- Sauna cleanses and tones skin - improves skin elasticity and reduces acne
- Improves skin complexion

### Sports Use

- Is the perfect warm-up before sports or a workout
- Reduce muscle spasms as muscle fibers are heated
- Can successfully treat sprains, strains and overworked muscles

From TheraSauna (2008). "Benefits of Infrared TheraSauna." [ Full Text ] <http://www.therasauna.com/benefits.htm>.

## Health Improvements From Infrared Therapy

[From] [www.holisticnaturopath.com/infrared.htm](http://www.holisticnaturopath.com/infrared.htm)

### Musculoskeletal Improvements:

TMJ Arthritis  
Traumatic Arthritis  
Bursitis  
Rheumatoid Arthritis  
Low Back Pain  
Disc-Protrusion Related Neuralgia  
Gout  
Shoulder Pain  
Compression Fractures  
Muscle Spasms  
Adhesion  
Soft Tissue Injury  
Whiplash  
Fibromyalgia

### Nerve Pain Improvements

Sciatica  
Migraine Headaches  
Pain During Menstruation  
Neurodermatitis  
Facial Paralysis  
Neurasthenia

### Skin Improvements

Eczema  
Psoriasis  
Seboria  
Acne  
Boils

### Illness & Aging Improvements

Menopause  
Cancer Pain  
Duodenal Ulcers  
Insomnia  
Hemorrhoids  
Cystitis  
Cirrhosis of the Liver  
Gastritis  
Hepatitis  
Asthma, Bronchitis  
Chron's Disease  
Keloids  
Allergies  
Constipation  
Insomnia

## **Therasauna Infrared Saunas.**

Therasauna saunas are portable units, handcrafted in the USA (Bettendorf, IA) of 100 % clear, non-toxic Aspen for years of durability and lasting beauty.

### Heaters

This company uses patented heaters that they call Theramitters. Theramitters produce infrared heat in wavelengths of 7 to 14 microns, with a peak output at 9.4 microns.

Theramitters don't switch on and off but provide a constant level of infrared energy.

The infrared sauna needs no additional wiring and plugs into a 20 amp, 120-volt outlet.

They are designed to have an operating life of over 10,000 hours and this company offers limited lifetime warranty on their heaters. This warranty covers replacement of the heaters, extending to the original owner of the infrared cabin and will incur a handling fee of \$50.

### Controls

Therasauna uses digital soft touch controls on the inside and outside of the cabin. The controls are heat, humidity and water-resistant.

### Cabinetry

Therasauna cabinetry is made of non-toxic wood of aspen trees from Canada and Alaska. They offer a one person model, a two person model and a four person model.

#### One person model:

Dimensions 42"W x 42.5"D x 72"H

1141 Watt / 10 amp / 115 volt

7 heaters

One digital control on the outside

60 Watt light with dimmer; One window

#### Two person model:

Dimensions 51"W x 46.75"D x 72"H

1630 Watt / 14 amp / 115 volt

10 heaters

2 digital controls – one on the outside, one on the inside

60 Watt light with dimmer

One window

#### Four person model:

Dimensions 73"W x 46.75"D x 72"H

1956 Watt / 17 amp / 115 volt

12 heaters

2 digital controls – one on the outside, one on the inside

60 Watt light with dimmer

Built-in speakers and Two windows

"TheraSauna", "TheraHeat", "TheraMitters", & "Soft-Touch Controls" are all trademarks of QCA Spas, Inc

DISCLAIMER: QCA Spas, Inc. (manufacturer of TheraSauna) and it's affiliates do not provide medical advice, education, or treatment. The information contained within this web site is for general information purposes and is not intended to address individual medical conditions. Infrared heat may not be right for you and the information herein should not be relied upon in making decisions about your health. Always consult your physician for medical advice.

Warning: Elderly persons, infants, and anyone subject to heart disease, diabetes, high or low blood pressure, strokes, epilepsy, or similar afflictions should not use the infrared sauna before consulting a physician. Unsupervised use by children should be prohibited. Never use the infrared sauna while under the influence of alcohol, anti-coagulants, antihistamines, vasoconstrictors, vasodilators, stimulants, hypnotics, narcotics, or tranquilizers. If you are taking medications of any kind or being treated by a physician for any reason, consult your physician prior to use of the infrared sauna.

QCA Spas, Inc. does not warrant results and cannot be liable for personal injury or health conditions resulting from use. TheraSauna is not intended for commercial use. We reserve the right to make changes to the sauna at any time, without notice, in cabinetry, materials, color, finish, design, specifications, and equipment.

These statements have not been evaluated by the Food and Drug Administration. These products are not intended to diagnose, treat, cure or prevent disease. None of the therapies available at Accelerated Wellness are intended to diagnose, cure or prevent disease.

## TheraSauna Order Form

TheraSaunas		Cost	Quantity	Price
	TS4544 Straight Bench 1 Person	\$3635		
	TS5661 Straight Bench 2 Person	\$4154		
	TS7951 Straight Bench 3 Person	\$4985		
	TS6238 Corner Unit 4 Person	\$5575		
	TS7552 Opposite Facing Benches 4 Person	\$5695		
Custom Extras	Back and Foot Rest			
	LCD / TV with DVD / CD player	\$449		
	Premium Sound System with CD player	\$106		
	Exterior Cabinet Accent Lighting	\$99		
	Leatherette Vinyl cover			
	MPS 7 day programmable control	\$499		
Freight & Crate	Freight approximately \$360 per unit	\$360 +		
	Crate Fee	\$45		
<b>Subtotal</b>				
Taxes & Fees	CT 6% Sales Tax	x .06		
	Help with assembly (no extra charge, if in Connecticut)			
<b>Total</b>				

**Note: Your sauna will arrive 10 - 20 business days from time of order.**

**Note: You will need a 20 Amp wall outlet**

**Kimberly Burnham / Victoria Carmona**

**A Caring Touch**

41 Crescent St, West Hartford, CT 06119

(860) 561-5151

Email: [TheBurnhamReview@juno.com](mailto:TheBurnhamReview@juno.com)

Website: [www.TheBurnhamReview.com](http://www.TheBurnhamReview.com)