

Far Infrared Sauna Therapy

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More than 77,000 chemicals are in use in the US with more than 3,000 chemicals added to our food supply – over 10,000 chemicals in the form of solvents, emulsifiers, and preservatives are used in food processing, packaging, wrapping, and storage. EPA studies of human fat biopsies have found styrene residue in 100% of people. Indeed, according to the EPA, our bodies accumulate 210mcg of just plasticizers (phthalates) everyday. Others have demonstrated that most of us have between 400 and 800 chemical residues stored in the fat cells of our bodies. The problem is excretion. Most of these potentially harmful chemicals just sit there and cannot be metabolized.

Is there a magic bullet that can help us detoxify? In 1976, a little known article in National Geographic described how workers in the Cinnabar mines in Spain who showed signs of mercurialism were able to rid themselves of toxic mercury accumulation – by means of sweat baths after work. Confirmation of this mechanism came shortly after in a study of chlorine manufacturing workers who were exposed to significant quantities of mercury in the workplace. Special suites were used to collect perspired excretions of these workers during part of their workday. The results showed significant mercury excretion by this route.

Sauna therapy, then, may play a major role in environmental detoxification. Further research into the best type of sauna led researchers to discover that use of the far infrared spectrum sauna was most effective in the removal of a vast amount of toxins via the skin, thereby bypassing the kidney and use of oral or intravenous chelating agents.

Not Far At All

To understand the concept of far infrared energy - a safe form of energy just below the microwave spectrum - place the palms of your hands together about ¼ inches apart. The radiant heat one feels is far infrared energy generated by the body. This may explain many of the healing properties of “touch” therapy, used for centuries in the Far East.

Far infrared therapy has already made medical news in its use in patients with cardiovascular conditions such as congestive heart failure and angina. It enhances endothelial nitric oxide, lowering blood pressure and improving cardiovascular function. Indeed, the benefits extend to all age groups. A twenty to thirty-minute session in the far infrared sauna has been calculated to burn as many calories as a six-mile run (and have the same beneficial cardiovascular effects). NASA determined over 15 years ago that this method was the best for maintaining fitness levels for astronauts in a weightless environment. Immune system enhancement is another well-known benefit.

There are a variety of these saunas now commercially available for home or medical office use. After months of research, I verified the science behind far infrared therapy and my whole family utilizes far infrared treatments almost everyday.