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How does an infrared sauna work?

- Far infrared sauna therapy is said to duplicate the healthy frequencies of our own cells. The tissues are purported to selectively absorb these rays as the water in the cell reacts in a process called “resonant absorption”. This resonant absorption is said to occur when the frequency of the far infrared matches the frequency of the water in the cell. This causes toxins from the cells to be put out into the blood stream and excreted in sweat, feces, and urine.
- Proponents of this therapy state that our tissues which are undergoing the healing process may need a boost of infrared to ensure the fullest healing response. Far infrared is claimed to penetrate the body’s tissues to a depth of 1.5 to 3 inches.
- Due to the supposed deep penetration of infrared rays, a heating effect is observed deep in the muscular tissues and even into the internal organs. This “deep heating,” along with sweating, is thought to be responsible for the healing effects and the other health benefits associated with these infrared rays.

The Benefits of Using Far Infrared Sauna Therapy

- There is a long list of potential benefits when using a far infrared sauna. The sauna works by emitting infrared light which the human body perceives as heat. You can’t see it, and it doesn’t get hot in the room, but you will begin to sweat regardless. The heat works with your body much like a fever does. It helps your immune system kill off invasions by heating up your body temperature. The infrared light also may help to speed up your metabolism, which will help your body to detoxify.
- The sweat produced during a far infrared sauna session will release many toxins through your skin also helping to clean your pores and cleanse your skin as a whole. Furthermore, according to Dr. Lawrence Wilson in an article from mercola.com, infrared saunas work better than traditional ones because the heat helps the human body to get rid of toxins much quicker.
- **It may even help conditions such as Seasonal Affective Disorder, fibromyalgia, arthritis, and skin conditions due to the heating process. Like most other things, it is considered safe as long as you use good judgment while using the sauna. Just make sure to stay hydrated, rest for at least 10 minutes afterwards, and start slowly to see how your body responds.**
- After several sessions you should begin to notice improved health and energy levels. The best thing to do is to try this out and see how it will work for you. You are sure to be amazed and will experience positive changes that are unique to your own body.

_____ : Initial that you’ve read these statements

Infrared Sauna Dangers

Since saunas are known to relax and rejuvenate people, there are many who get addicted to it. Therefore, it gives rise to a question "are infrared saunas dangerous?". Often people who have used sauna regularly, will state that they use it to de-stress themselves. This is the primary reason, why people also get addicted to it. Here are the dangers of an [infrared sauna](#).

- Excessive heat is used to heat up the person's body, when he is undergoing a sauna bath. This excessive heat can result in dehydration, due to excessive sweating. Excessive sweating robs the body of essential minerals and fluids.
- A lot of obese people get addicted to sauna baths as they are able to lose a huge amount of weight, in one sauna session. However, saunas are said to dilate the pores of the skin due to over stretching. The excessive amount of fat present under the layer of the skin is responsible for skin dilation.
- Infrared sauna use radiation continuously. This radiation can cause harm, when one is exposed to it for a long period of time, or regularly.
- One of the most primary of infrared sauna dangers is overheating. Overheating can cause heat exhaustion or a heat stroke. This is also one of the most commonly occurring dangers of a sauna, which can affect one and all.
- Infrared [sauna](#) can come hamper the absorption of some types of medication. Therefore, it is important to talk to your health care professional, before you indulge yourself in [infrared sauna therapy](#).
- Same is the case with implants. If you have implants, it is vital to confirm with the health care professional, if sauna will have any adverse effects on the implants.
- One of the far infrared sauna dangers is that the skin closest to the sauna can get reddened, due to increased blood flow to the area. Use of sauna can rob the skin of its glow and charm. Therefore, if you want to maintain the glow on your skin, it is better that sauna is very moderately. For more information you can also refer to [far infrared saunas](#).
- If you have a joint injury, a sauna has the capacity of aggravating the injury. It is advisable that no heat treatment is given for a minimum period of 48 hours after the injury.
- A pregnant women ideally should steer clear of a sauna, as heat in the sauna can cause discomfort to the mother to be. Very often doctors themselves advise against the use of sauna through the pregnancy months.
- If you are suffering from fever, avoid a sauna at all costs. The heat in a sauna can cause temperatures to soar to dangerous levels.
- People who suffer from hemophilia should not undergo any kind of sauna sessions as sauna can be fatal to these people.
- If you suffer from respiratory disorders, it is important that you take permission from your health care professional, before you opt for sauna therapy. Due to the excess heat, it can give rise to breathing problems.
- Similarly people suffering from heart ailments should also talk to their physician, before a sauna therapy. The heat can be detrimental to the heart and can be fatal, therefore adequate care should be taken.