

# Vital Energy Services, Inc

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## **Infrared Sauna Client Release Form**

Our infrared sauna operates with the same efficacy in a medical facility as in our office. As with all professional equipment, you may put yourself at risk if you do not fully understand how to use the sauna. Infrared saunas creating a cure for or treating any disease is neither implied nor should be inferred.

DO NOT attempt to self-treat any disease with an infrared sauna without direct supervision of a certified physician. If any of the items listed below apply to you, be certain to consult with your physician before using an infrared sauna. In all situations, hydration is a requirement for sauna use. Drinking advanced electrolyte replacement water is also recommended before and after sauna use.

In the interest of your health and safety, if you are affected by any of the following you are required to obtain a referral letter from your primary health care practitioner.

### **Saunas & Medications**

Individuals who are using prescription drugs should seek the advice of their personal physician or a pharmacist for possible changes in the drugs effect when the body is exposed to Infrared waves or elevated body temperature. Diuretics, barbiturates and beta-blockers may impair the body's natural heat loss mechanisms. Some over the counter drugs such as antihistamines may also cause the body to be more prone to heat stroke.

### **Saunas & Children**

The core body temperature of children rises much faster than adults. This occurs due to a higher metabolic rate per body mass, limited circulatory adaptation to increase cardiac demands and the inability to regulate body temperature by sweating. Consult with the child's Pediatrician before using the sauna.

### **Saunas & The Elderly**

The ability to maintain core body temperature decreases with age. This is primarily due to circulatory conditions and decrease sweat gland function. The body must be able to activate its natural cooling processes in order to maintain core body temperature.

### **Saunas & Cardiovascular Conditions**

Individuals with cardiovascular conditions or problems (hypertension/hypo tension), congestive heart failure, impaired coronary circulation or those who are taking medications, which might affect blood pressure, should exercise extreme caution when exposed to prolonged heat. Heat stress increases cardiac output, blood flow, in an effect to transfer internal body heat to the outside environment via the skin (perspiration) and respiratory system. This takes place primarily due to major changes in the heart rate, which has the potential to increase by thirty (30) beats per minute for each degree increase in core body temperature.

### **Saunas & Alcohol/Alcohol Abuse**

Contrary to popular belief, it is not advisable to attempt to "Sweat Out" a hangover. Alcohol intoxication decreases a person's judgment; therefore, they may not realize it when the body has a negative reaction to high heat. Alcohol also increases the heart rate, which may be further increased by heat stress.

### **Saunas & Chronic Condition / Diseases Associated With A Reduced Ability To Sweat or Perspire**

Multiple Sclerosis, Central Nervous System Tumors and Diabetes with Neuropathy are conditions that are

associated with impaired sweating.

### **Saunas & Hemophiliacs / Individuals Prone To Bleeding**

The use of Infrared saunas should be avoided by anyone who is predisposed to bleeding.

### **Saunas & Fever**

An individual that has a fever should not use any type of sauna.

### **Saunas & Insensitivity To Heat**

An individual that has insensitivity to heat should not use the Solo® or any other type of sauna.

### **Saunas & Pregnancy**

Pregnant women should consult a physician before using the Solo® or any other type of sauna because fetal damage can occur with a certain elevated body temperature.

### **Saunas & Menstruation**

Heating of the low back area of women during menstrual period may temporarily increase their menstrual flow. Some women endure this process to gain the pain relief commonly associated with their cycle whereas others simply choose to avoid saunas during that time of the month.

### **Saunas & Joint Injury**

If you have a recent (acute) joint injury, it should not be heated for the first 48 hours after an injury or until the hot and swollen symptoms subside. If you have a joint or joints that are chronically hot and swollen, these joints may respond poorly to vigorous heating of any kind. Vigorous heating is strictly contra-indicated in cases of enclosed infections be they dental, in joints or in any other tissues.

### **Saunas & Implants**

Metal pins, rods, artificial joints or any other surgical implants generally reflect infrared waves and thus are not heated by this system, nevertheless you should consult your surgeon prior to using an Infrared Sauna. Certainly, the usage of an Infrared Sauna must be discontinued if you experience pain near any such implants. Silicone does absorb Infrared energy. Implanted silicone or silicone prostheses for nose or ear replacement may be warmed by the Infrared waves. Since silicone melts at over 200C (392F), it should not be adversely affected by the usage of Infrared saunas. It is still advised that you check with your surgeon and possibly a representative from the implant manufacturer to be certain.

### **Saunas & Pacemaker / Defibrillator**

The magnets used to assemble our saunas can interrupt the pacing and inhibit the output of pacemakers. Please discuss with your doctor the possible risks this may cause.

In the rare event, you experience pain and / or discomfort, immediately discontinue sauna use.

**In the interest of your health and safety, if you are affected by any of the following you are required to obtain a referral letter from your primary health care practitioner before having an Infrared Sauna session.**

### **Current Medical History (check all that apply):**

- Dehydration
- Multiple Sclerosis
- Pregnant or lactating
- Recent (acute, within 48 hours) joint injury, chronically hot and swollen joints or any other tissue
- Medication with a narrow therapeutic index, out of which is life threatening
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- Hemophilia and/or predisposition to hemorrhage
- Heat Illness (heat cramp/exhaustion/stroke)

- Unstable Hypertension
- Severe Hypotension
- Superficial metallic implants (ie: rods, metal pins, artificial joints)

**If you Currently have (check all that apply):**

- Diabetes – use insulin subcutaneous injections
- Acute or chronic edema (swelling of ankles or wrists etc.)
- Neuropathy
- Attempting to conceive (female or male)
- Systemic lupus erythematosus
- Take recreational/street drugs
- Take medications which may predispose you to heat illnesses.
- Take medication that may reduce perspiration ability.

**Finishing Up:**

How long one remains inside a sauna depends on one's condition. Body temperature should not increase more than four degrees. The pulse should not increase more than 50% of the resting pulse. Begin with 15 minutes if one is ill. If the heart begins to race, sweating stops or one feels very faint, end the session immediately. **Thirty minutes is recommended, and sixty minutes is a maximum time.**

When finished, towel off the sweat. Drink eight ounces of water. It is recommended to sit or relax for 15 minutes.

Optionally, take a shower, warm or cool but not hot. However, showers are not provided at our clinic. Avoid soap if possible, as one should be very clean. Soap leaves a film and clogs the pores. Clean the body with a skin brush or loofa brush. Brush all over, even face and hair. Painful at first, it soon feels wonderful. Brushing enhances the cleansing effect of the sauna. Use shampoo and conditioner only if needed. Most contain chemicals toxic to the body. Also skip most oils, lotions and creams. These also contain chemicals that may clog the pores. These simple steps allow the body to reap the full benefits of the sauna experience.

**Supervision and Safety:**

Saunas are very safe for most people providing one follows the rules described above. Supervision is best if one has a chronic condition. If debilitated or very heat-sensitive, begin with less time in the sauna. The presence of an attendant or friend is also most helpful. Consult a health professional if one has any condition listed under Contraindications on our website. Those who have used LSD or other psychotropic drugs require an attendant close by, as removal of drugs from tissue storage may cause flashbacks and even full-blown LSD trips. Continued prescribed medications while taking saunas unless directed otherwise.

Use a sauna twice a week to twice a day. If one is very debilitated, begin with once a week. Work up to daily use, as one is able. When beginning, many people do not easily sweat. Instead, their bodies overheat, and they tolerate less time in the sauna. In a few weeks to a few months, one acclimates to sweating and is more able to regulate one's temperature. Sweating generally increases over a few months. Also, the more one relaxes, the more one will sweat.

**Healing Reactions:**

Healing reactions are temporary symptoms that may occur as toxic substances are eliminated, and chronic infections heal. Symptoms may vary from mild odors, tastes or rashes to periods of fatigue, bowel changes, aches, pains or headaches.

Many people have chronic infections, often treated with antibiotics that killed most of the bacteria but did

not eliminate bad tissue and all the organisms. These may flare up as they are healed due to repeated sauna use. Most healing symptoms are benign. Consult a knowledgeable practitioner if any cause concern.

Emotional healing also takes place. Memories may arise consciously or in dreams. Temporary anxiety or other emotional states may occur and usually pass quickly. Some are directly related to elimination of toxic substances. Others are associated with emotional clearing.

**An Integrated Health Program:**

Following a total health program enhances results. Eat natural foods, breath deeply, rest plenty and exercise a little each day. Nutritional supplements can be very helpful. Take excellent care of yourself.

Reduce one's exposure to toxic chemicals at home and at work. Toxic products range from pesticides and insecticides to solvents, body care products, paints, cleaners, new carpeting and toxic building materials. Ventilate one's house and where one works.

**Disclaimer:** I do not make any claim to offer cures or treatment of any disease or illness. If you are sick, please consult with your medical doctor.

**Acknowledgment:** By signing below, you acknowledge that you have read and understand this document and have received acceptable answers to all of your questions and consent to receiving an Ionic Foot Detox. You hereby agree to release Vital Energy Services, Inc), Janet-Lynn Novotny, LMT, LE, 500 RYT and all owners, operators, manufacturers, distributors and governmental agencies from any liability or damage that may incur due to the use of the Ionic Foot Detox.

Please state your main health concerns and any diagnosed medical conditions that you have: \_\_\_\_\_

\_\_\_\_\_  
\_\_\_\_\_

**Are you currently taking any medications and/or supplements?** YES NO

If YES, please list what you are currently taking and the reason: \_\_\_\_\_

\_\_\_\_\_  
\_\_\_\_\_

**Do you have any allergies to oils, creams, or ointments?** YES NO

If YES, please explain: \_\_\_\_\_

\_\_\_\_\_  
\_\_\_\_\_

Signature: \_\_\_\_\_

Printed Name: \_\_\_\_\_ Date: \_\_\_\_\_

Address: \_\_\_\_\_

Preferred Phone: \_\_\_\_\_ Preferred Email: \_\_\_\_\_

Referred by: \_\_\_\_\_ Birthdate: \_\_\_\_\_