

FAR INFRARED HEAT—

Hot News for Fibromyalgia Sufferers

Natural health practitioners and researchers are finding that far infrared heat significantly helps fibromyalgia sufferers with their pain—and provides a host of other health benefits at the same time.

About Far Infrared Heat

Far infrared heat, the type of heat Sunlight Saunas generate, differs from a traditional hot rock/steam sauna. Far infrared light is part of the sun's invisible light spectrum and has the unique ability to penetrate human tissue. It feels like sunbathing, yet is completely healthy and safe because it does not cause the skin to burn. Far infrared heat works by increasing the body's core temperature, which produces a much deeper, more detoxifying sweat. The traditional sauna heats the air with steam, which can make it difficult to breathe and can be uncomfortably hot, allowing for only minimum time spent detoxifying. It also only heats the surface of human tissue, causing superficial sweat.

Resources

For more on Sunlight Saunas, visit the company's highly informative website, www.sunlightsaunas.com; you can also learn more by calling them at 877-292-0020.

by Kim Henderson

Fibromyalgia affects an estimated 5 million Americans. Characterized by widespread musculoskeletal aches, pains and stiffness, soft tissue tenderness, mild to incapacitating fatigue, and disturbed sleep, it is an often agonizing disorder in which the thin film or tissue holding muscles together becomes thickened or tightened. While there is no cure for this debilitating condition, medical doctors treat the illness by managing symptoms. The conventional approach relies upon prescription medication to reduce body pain and help with sleep. However, for those who wish to support the body's health in a safer, more natural way, far infrared heat therapy might be your solution.

We spoke to Jordan Hunter, community relations director for the Fibromyalgia Coalition International and owner of Advanced Alternatives Wellness Center in Merriam, Kansas. Also a licensed massage therapist, she uses far infrared heat therapy in the form of a Sunlight Sauna in her business as well as for personal use. We asked how far infrared heat therapy can help fibromyalgia sufferers as well as those who suffer from the related illness, chronic fatigue syndrome (CFS). She told us, "Far infrared therapy increases cardiovascular activity and helps enhance circulation. This increases waste removal, raises the metabolism and promotes the elimination of toxins, which reduces inflammation and soreness. Proper sauna use can be very beneficial for people with these illnesses. Actually, there are very few health problems that cannot be helped with infrared sauna, but as always it is advised to consult with your health care provider before beginning sauna therapy."

Getting exercise and the needed benefit from it is difficult for those who have these illnesses because body pain and extreme fatigue limit activity. As Hunter explained, far infrared heat is uniquely helpful. "For those who are unable to exercise sufficiently, the radiant heat of the infrared sauna is an excellent way to get the benefits of exercise without undue stress on the joints, muscles and fibrous tissues," she said.

Studies confirm what Hunter has observed at her

wellness center. A recent Japanese study published in the journal *Internal Medicine* examined the applicability of far infrared heat therapy as a new method of pain treatment in patients with fibromyalgia. Patients received one 15-minute sitting of far infrared heat therapy two to five times a week for the course of the study. Virtually all of the patients experienced a significant reduction in pain by about half after the first session of far infrared heat therapy (11 to 70 percent)! Pain scores were significantly ($p < 0.01$) decreased and remained low throughout the observation period. The researchers concluded that far infrared heat therapy is effective for the treatment of fibromyalgia.

Far infrared heat therapy provides health benefits to more than fibromyalgia sufferers; it's a fantastic general health tool. And on a personal level, Hunter cannot say enough about Sunlight Saunas. "I find it to be very effective at reducing body aches and pains after a long day. I also use it when I don't feel up to a workout but need to get the cardio going," she says. Hunter uses her Sunlight Sauna once or twice a week on a regular basis and more frequently if she becomes ill. Many patients at her wellness center take advantage of the Sunlight Sauna. Those with sports injuries, sprains, muscle spasms, joint stiffness and general aches and pains find soothing relief from regular use. "It detoxifies heavy metals, hydrocarbon residues, alcohol, nicotine, sodium and cholesterol and dramatically improves pain conditions such as arthritis. Additionally, it helps with weight loss efforts and cellulite," Hunter adds.

Whether you are suffering from fibromyalgia or are just serious about your health and wanting to feel your best, regular use of a Sunlight Sauna is worth your consideration. ■

The Fibromyalgia Coalition is a nonprofit organization that provides information for people with fibromyalgia, chronic fatigue and related illnesses. They also host an annual conference and provide training for health care providers. Their 9th annual conference will be June 5th and 6th, 2009, in Overland Park, Kansas. For further information, visit www.fibrocoalition.org or call 913-384-HOPE (4673).



Jordan Hunter is a licensed massage therapist and owner of Advanced Alternatives Wellness Center in Merriam, Kansas. She uses a Sunlight Sauna in her business as well as for personal use. Jordan is also Community Relations Director for the Fibromyalgia Coalition International.

