

# Leading Medical Doctors Endorse Infrared Sauna Therapy FOR HEART HEALTH

Stephen Sinatra, M.D., is one of the nation's leading heart specialists.



Dr. Mehmet Oz is known as "America's doctor" and is a top cardiothoracic surgeon.

## Resources

For more on Sunlight Saunas, visit the company's highly informative website, [www.sunlightsaunas.com](http://www.sunlightsaunas.com); you can also learn more by calling 877-292-0020.



When medical doctors like Sinatra and Oz recommend infrared therapy for heart and overall health—then you know the infrared therapy sauna revolution has truly taken hold of America.

Dr. Sinatra's infrared therapy endorsement followed on the heels of Dr. Oz's enormously well-received segment on infrared therapy on *The Oprah Winfrey Show*. The beautiful and economic Sunlight Saunas were showcased by Dr. Oz on a segment entitled "High-Tech Ways to Extend Your Life" that aired in March 2009. Meantime, BusinessWeek.com reported that Sunlight Saunas enjoyed as many infrared sauna sales in just the week after the segment aired as the company usually sees in an entire month.

Dr. Sinatra, editor of the influential *Heart, Health & Nutrition* newsletter, next joined in on the benefits of infrared saunas for heart health. "It's my hope that more people will start recognizing the benefits of infrared saunas now that Oprah's health consultant, Dr. Mehmet Oz, featured one on her program a couple weeks ago," he wrote in April 2009. "As a holistic health practitioner, I've been promoting the health benefits of these types of saunas since 2003." As Dr. Oz correctly explained, these saunas emit infrared rays, the same kind that come from the sun, but without the UV radiation. These rays penetrate your body's tissues without heating the space around you, unlike conventional wood and steam saunas. This makes the infrared sauna slightly cooler than Swedish-style saunas to help make breathing much easier.

Furthermore, Dr. Sinatra wrote, infrared therapy makes a big difference for your overall health. "The penetrating infrared rays have a number of health benefits. To start, they increase blood circulation, which helps speed up your metabolism. What I like even more about these saunas is that they are one of the best natural ways to lower blood pressure. Research has shown that sauna therapy reduces systolic blood pressure because the heat dilates blood vessels and reduces the volume of the inner lin-

ing of the vessels, thus promoting healthy blood pressure. And, as you know, anything you can do to keep your blood pressure in the healthy range reduces your chance of heart attack and stroke."

Making Sunlight Saunas' infrared therapy even more attractive is that they are clinically shown to lower blood pressure. Sunlight Saunas commercial and home infrared saunas were shown in a study done at the University of Missouri, Kansas City, to lower blood pressure, according to a June 25, 2009 report in the *Wichita Business Journal*. "The Journal of American College of Cardiology reports that infrared sauna treatments significantly increase circulation, improve heart health and aid in weight loss. As calculated by the amount of increase in heart rate, a 30-minute infrared sauna session in a Sunlight Sauna can burn upwards of 600 calories. Other benefits include detoxification and pain relief."

"Infrared saunas are also ideal for sweating out toxins that may cause damage to the cardiovascular system and increase your heart risk factors," notes Dr. Sinatra. "Your lungs, colon, liver, kidneys, and skin are the primary organs that help rid your body of toxins. A sauna supports the skin, especially, by opening your pores and allowing toxic metabolites to escape. When our body temperature rises and we begin to perspire, the pesticides, petrochemicals, and other toxins that are stored in our subcutaneous fat rise to the surface to be excreted through the skin. Sweating out these toxins is an excellent way to cleanse the body and improve your heart health. I hope you'll give the infrared sauna a try."

There is a Sunlight Sauna for every budget and every space, from apartments to homes to spas. They are affordable and just might be the best investment in health that you ever make. For losing weight, detoxifying, lowering blood pressure, relieving pain from arthritis and sore joints—for your emotional well-being—a Sunlight Sauna makes sense. Just ask America's leading medical doctors. ■