

Dr. Oz, Far Infrared Saunas and Extending the Best Years of Your Life



Dr. Mehmet Oz recommends a far infrared Sunlight Sauna for its longevity benefits including detoxification, weight loss, pain relief and heart health.

AS FEATURED ON *THE OPRAH WINFREY SHOW*

Far infrared saunas are finally getting the mainstream media attention they deserve. Dr. Mehmet Oz recently introduced Americans to far infrared saunas on *The Oprah Winfrey Show*. In a special segment titled “Extreme Life Extension,” Dr. Oz unveiled several technological marvels designed to enhance and extend life—one of which was a Sunlight Sauna. He and Winfrey actually sat in the sauna while he talked very specifically about the unique health benefits far infrared saunas provide. In case you missed it, we want to fill you in on the highlights.

THE MANY BENEFITS OF A SUNLIGHT SAUNA

Far infrared therapy has been to show not only aid in detoxification and pain relief but to offer many other benefits as well. Among these are its ability to comfortably support heart and circulatory health and help you to maintain a healthy weight.

Dr. Oz first pointed out that far infrared saunas are different from regular saunas. “Here’s the key: this infrared sauna works a little differently than a normal sauna because it makes the same rays that come from the sun and filters out the UV radiation leaving only infrared radiation, which is lightly absorbed into your skin. So without heating you up in the external environment too much, it heats the body up,” he explained. Dr. Oz noted why this feature of heating the body is significant. “The reason that’s important is that we’ve actually shown that people who take saunas a couple times a week actually drop their blood pressure.”

WEIGHT LOSS

After sitting for a short while in the Sunlight Sauna unit, Winfrey was ready to get out—that is, until Dr. Oz told her and the audience about the potential weight-loss benefits with regular use of an infrared sauna. Dr. Oz said, “It increases blood circulation. The reason that’s important is that it gets your heart to beat faster and it burns calories.” Ms. Winfrey smiled as she suddenly decided to stay seated and playfully said, “Oh, so *this* is what you mean? You can burn 700 calories just by sitting here?” Yes, sit-

ting and enjoying an infrared sauna can actually support your weight-loss efforts!

HEART HEALTH

In addition to the life-extension features Dr. Oz discussed on *The Oprah Winfrey Show*, an April 2009 article in the *Journal of Cardiology* (53;2:214-18. Epub 2009 Jan 18) provides further evidence of how good far infrared therapy is for heart health. Sixty-four patients with congestive heart failure (CHF) were treated with a far infrared-ray dry sauna at 140 degrees Fahrenheit for 15 minutes and then kept on bed rest with a blanket for 30 minutes. The patients were treated daily for five days during admission and then at least twice a week after discharge. In the control group, 65 patients, matched for age, gender and functional class, were treated with traditional therapy. Recently, complete follow-up data on each patient were obtained. Fifty percent more patients died in the control group than in the far infrared therapy group at 60 months of follow-up. Cardiac events due to heart failure or cardiac death occurred in 68.7 percent of the control group but only 31.3 percent of the far infrared therapy group. The conclusion? The researchers call far infrared therapy “a promising non-pharmacological treatment for CHF.”

In fact, Sunlight Saunas is a partner with the American Heart Association. This is a natural partnership since far infrared saunas are recognized for their heart and circulatory health benefit.

SUNLIGHT SAUNAS

Out of all the far infrared sauna therapy units on the market, only Sunlight Saunas was featured on *Oprah*. This may be due to the fact that Sunlight Saunas’ proprietary Solocarbon™ heaters used in each unit have been tested and shown to be seven times more effective than traditional saunas in terms of detoxification and are the only infrared technology with clinical data shown to lower blood pressure, increase core body temperature and increase weight loss. More wellness providers also recommend Sunlight Saunas than any other far infrared sauna. ■

—Kim Henderson contributed to this article

Resources

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

