What Can An Infrared Sauna Do For Your Health? Transcript

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Holistic Modalities in Practice

So in addition to what we do with nutrition response testing, we have a handful of other holistic modalities, if you will, in the practice to help us aid the benefit of the human body in many different manners.

One of the things that was very important for me to get was an infrared sauna.

Infrared Sauna Benefits

An infrared is very different than going to, say, a gym and having a sauna with the rocks on it or that steam. Infrared sauna reflects infrared. It's the wavelengths of heat, so it has to do with how the frequencies penetrate inside the body.

The sauna that we have in our practice is a sunlighten sauna, There's a group out there that I would implore you to check out and they're called The Truth About Cancer.

The truth about cancer is a great group of amazing professionals, doctors, and activists that will talk about natural and holistic remedies for cancer.

Sunlighten is the infrared sauna brand that they endorse.

Sunlighten and FDA-Approved Uses

It's also one of the only infrared sauna units out there that is FDA approved for lowering high blood pressure, hypertension, headaches, migraines, as well as helping move lymphatic fluid throughout the body.

So we do get a tremendous amount of use on our infrared saunas for many reasons, but we've seen people have great successes with stagnant mucus and sinus congestion.

We put them in the infrared Sauna with a little bit of eucalyptus oil. Man, they come out, their breathing really good. We've watched patients get lowered blood pressure readings because of the infrared sauna and what it does for alleviating inflammation in the body.

Detox, Circulation, and Wellness Results

We have seen people use it as a modality for weight loss. So an infrared is one of best things that you can do for cleaning and detoxifying your body as it invigorates your circulatory and your lymphatic system to help your bodies aid in its detoxification process.

If you're interested in infrared saunas treatments, come check us out at Synergy Nutrition and Wellness.