

# Catch the Detox Wave of Infrared

ALL OF US ARE SURFING IN A TOXIC SEA. We are constantly being assaulted by toxins in the air and water, in our food and medications, and even in our dental work. High levels of toxicity in the body can contribute to chronic fatigue syndrome, fibromyalgia, ADHD and colitis, among other ailments. A detoxification regimen can help to combat this extra stress placed on the body, strengthen the immune system and support the proper functioning of the body's biochemical processes.

### Sunlighten Saunas' Health Benefits

- ✓ Detoxification
- ✓ Weight loss
- ✓ Muscle and pain relief
- ✓ Increased circulation
- ✓ Lowered blood pressure
- ✓ Relaxation

### Resources

Visit [www.sunlighten.com](http://www.sunlighten.com) or call 877-292-0020 to speak to a specialist and learn more.

**SPECIAL BONUS for Our Readers**—Mention *Healthy Living* and receive a special discount when you purchase a Sunlighten sauna.

### THE INFRARED WAVE

Infrared makes up part of the sun's invisible spectrum of light waves and is essential for all life forms on earth. It easily penetrates human tissue and causes an activation of thermal energy, creating a sensation of heat. Infrared rays are completely safe and are even used in hospitals to warm newborn infants.

So, how does infrared light help you detox? When the body's toxin-containing water molecules are exposed to a particular frequency of infrared light, the water begins to vibrate. This

vibration reduces the ion bonds of the atoms binding the water molecules, and as the water molecule breaks down, cellular toxins like mercury, aluminum, and toxic gases, such as sulfur and formaldehyde, are released. Alcohol and nicotine are also purged from the body.

In addition to detoxification, studies have demonstrated the positive effects of infrared therapy on a wide range of health ailments.

Infrared light stimulates the circulatory system, causing the heart to beat

more vigorously and blood vessels to dilate, which help cleanse the circulatory system and more fully oxygenate the body's cells. In turn, better blood circulation means more toxins flow to the skin's surface, cleansing the pores. Light of this wavelength also stimulates the lymphatic system, which helps reduce swelling associated with chronic pain. Finally, infrared light stimulates the cardiovascular system, helping improve vascular endothelial function and ventricular arrhythmias, and protecting against oxidative stress.

### SUNLIGHTEN INFRARED SAUNAS

Many doctors, including Dr. Rachel West and Dr. Mark Hyman, *New York Times* bestselling author and editor-in-chief of *Alternative Therapies in Health & Medicine*, specifically recommend Sunlighten saunas to their patients. Sunlighten saunas boast exclusive Solocarbon® heater technology that is clinically backed for proven results. Solocarbon heaters are made of organic carbon, which emits infrared heat that almost perfectly matches the human body's own heat waves. Tests have shown that a Solocarbon heater actually raises core body temperature to over 100°F. Achieving a high core body temperature is critical to detoxifying your body effectively.

So, soak up some rays, catch the detox wave, and ride your way to health!

—Erika Eichelberger



### Dr. Rachel West's Solution...

"I prescribe infrared sauna for detoxification for many of my patients, but all of them could definitely use it. I often order heavy metals testing and my patients are astounded at how many toxic metals build up in the body. Patients usually ask me where their body could have picked up so much heavy metal. While I do go through the sources of toxic metals with them, some obvious, others obscure—the bottom line is that their bodies are toxic. And, their natural detoxification pathways are insufficient to rid the

body of metals without help. And that's what infrared sauna therapy is so effective at doing—helping the body's natural detoxification pathways.

I also explain to my patients how pathways of certain cycles are specifically affected by the toxic metals. Examples are key hormone pathways, immune dysregulation, pathogenic yeast and bacteria, digestive issues, allergies, nutritional deficiencies, memory and focus issues—and the list goes on. In the genetic testing I do, about 85 percent of my patients are found to have genetic weaknesses in their detoxification capabilities. They need detox support frequently to prevent toxic burden build-up. It can take a long time and a lot of work to fully rid the body of metals, especially if you are genetically more susceptible. Some patients tolerate detox better than others, depending on how sensitive they are. Infrared saunas provide an incredibly gentle, side effect-free, effective mechanism for detoxification for all of my patients, even the sensitive ones. And the technology from Sunlighten saunas—the Solocarbon heater—makes them the most effective infrared saunas for raising core body temperature, which is the key factor in a successful detox."