

# Can Far Infrared Heat Help ARTHRITIS AND CHRONIC PAIN PATIENTS?



## 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 them at 877-292-0020.



SUNLIGHT SAUNAS®  
SWEAT FOR LIFE



The other night my little six-year-old boy cried out in pain and came walking down the stairs with his purple blanket. He laid himself out on the couch and cried out that his leg hurt from growing pains. After comforting him, I wrapped a hot towel much like a hot pack around his tiny leg; the pain soon subsided, and he fell back asleep.

This experience leads, naturally, to a question: Can heat therapy actually help those with forms of pain such as arthritis patients? Can far infrared therapy saunas reduce the intensity of chronic pain in patients?

The answer is yes.

Actually, quite an impressive body of research has been done on the use of heat therapy, and the results are encouraging.

Researchers reported in 1993 in the Russian therapeutic journal *Terapevticheski Arkhiv* that they evaluated the direct effect of sauna therapy in 196 patients with minimal-to-moderate rheumatoid arthritis (RA). "Sauna produced a positive effect on [the] locomotor system, psychoemotional status, [and] alleviated pain."

Another impressive article was published in 2005 in *Psychotherapy and Psychosomatics* that strongly suggested sauna therapy offers superb pain relief. This study was from Nishi Kyushu University, Saga, Japan. The purpose of this study was to clarify the effects of systemic thermal therapy in patients with chronic pain. Ultimately, the research team found a multidisciplinary treatment, including cognitive behavioral therapy, rehabilitation, and exercise therapy, plus heat therapy, worked best. Two years after treatment, 77 percent of patients in the group receiving heat therapy had returned to work, a much more impressive result than the group not receiving thermal therapy. "These results suggest that a combination of multidisciplinary treatment and repeated thermal therapy may be a promising method for treatment of chronic pain."

So just how does heat therapy exert its benefits? That answer

came to us only recently with the 2007 online publication of an article in the *European Journal of Applied Physiology* titled, "The effect of physical therapy on beta-endorphin levels," which states, "Beta-endorphin (betaE) is an important reliever of pain."

Various stressors and certain modalities of physiotherapy are potent inducers of the release of endogenous betaE to the bloodstream, they said. Quite apart from exercise, they also noted that, "Sauna, mud bath, and thermal water increase betaE levels through conveying heat to the tissues."

## HOW TO BRING PAIN RELIEF INTO YOUR HOME

Consumers who want to take advantage of heat therapy will find far infrared sauna from Sunlight Saunas™ the preferred choice. There's a reason: Compared with other technologies, their clinically studied and safety-tested Solocarbon® far infrared technology produces far more body heat over a larger area; it reportedly penetrates deeper into the tissue. The range of far infrared waves generated by the human body is 6 to 20 microns. The optimal micron output range for the Solocarbon far infrared saunas is thought to be between 7 and 14 microns. Far infrared heat therapy has been specifically studied in some of the clinical trials done on pain and other related conditions.

The company's deluxe one-person sauna requires less than four feet by four feet, uses a normal electrical outlet, and can be installed without a screwdriver or hammer. What a welcome addition to the home of anybody who has arthritis or other forms of chronic pain.

It makes a completely satisfying purchase for all health-conscious shoppers to know that Sunlight Saunas is not only making Americans healthier but also working hard to make our world a better place. Their hypoallergenic basswood and traditional aromatic cedar are harvested from certified sustainable forests, and their catalogs are printed on 100 percent recycled papers.

They were picked by Ingram Reports as Kansas City's fastest growing business in 2005, and they are a three-year member of the *Entrepreneur* Hot 100 Fastest Growing Companies in America.

This company is a keeper, and its saunas could be a key to your great personal health. ■

—David Steinman