

## **Sweat your way to Radiant Health**

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For thousands of years cultures throughout the world have enjoyed the many therapeutic benefits of saunas. From the elaborate bath/sauna complexes of the Romans to the simple but effective sweat lodge structures of the Scandinavians. These cultures recognized the many therapeutic benefits of the sauna

(rids the body of toxins, aids weight loss, kills viruses) fully enjoying these many benefits in a community setting. In Finland the sauna has been a tradition for over 100 years. In a country of approx. 5 million people there are an estimated 700,000 saunas. One for every 7 people.

Today, with water and airborne pollution, toxic chemicals, heavy metals, poor diet and exercise habits, the therapeutic internal cleansing of regular sweating is critical to maintain a healthy mind and body.

The hot, dry air of the traditional sauna is therapeutically different from the wet air of the steam room sauna. The dry sauna causes profuse sweating, the air itself absorbing the sweat. But the water saturated air of the steam room does not readily accept the sweat released from the body. On the other hand the steam room makes people feel hotter because their sweat doesn't evaporate and carry away the heat. This raises the question is it better to be warm on the inside or sweaty on the outside? That depends on what people want from either system.

When exposed to heat of any kind, blood vessels in the skin dilate to allow more blood to flow to the surface. This activates the millions of sweat glands that cover the body. The fluid in the blood hydrates sweat glands which pours the water onto the skins surface. As the water evaporates from the skin it draws heat away from the body. It is nature's cooling system.

Both saunas and steam rooms can be used to relax and unwind. However, dry saunas have an advantage over steam by helping to rid the body of more toxic metals picked up from the environment. Of course, the kidneys may take out many of the toxins but a daily sweat can help reduce the body's accumulation of lead, nickel, cadmium, sodium, sulfuric acid and cholesterol.

The sauna is also more beneficial if weight loss is desired because of the energy expenditure. Compared to steam the sauna places a greater demand on the body in terms of using up calories thus assists in fat loss. The heart needs to work harder to send more blood to the capillaries under the skin. The energy required for that process is derived from the conversion of fat and carbohydrates to calories.

In addition, the sweat glands must work to produce sweat, which also requires energy and more calories.

Studies show a person can burn up to 300 calories during a sauna session, the equivalent of a 2-3 mile jog or an hour of moderate weight training. People can lose up to a quart of water during a 20 minute sauna.

Without replacement such loss can lead to disruption of normal heart rhythms and cause fatigue and nausea. Drinking water or fresh juice before, during and after the sauna is highly recommended. Any attempt to lose weight by depriving the body of fluid is risky and can land people in the hospital. People should eat plenty of leafy greens and a variety of vegetables to replace essential minerals that are lost.

Sweating by overheating the body in a dry sauna also produces the following effects:

- Speeds up metabolic process of vital organs and inhibits growth of pathogenic bacteria and viruses.
- Creates a fever reaction that kills potentially dangerous viruses and bacteria and increases the number of leukocytes in the body, thereby strengthening the immune system. In other words, it increases and accelerates the body's own healing activity and restorative capacity.
- Places a demand on the cardiovascular system making the heart pump harder and producing a drop in diastolic blood pressure.
- Stimulates vasodilation of peripheral vessels which relieves pain and speeds healing of sprains, strains, bursitis, and muscle pain.
- Promotes relaxation there by lending to a feeling of well being.

Nobel Prize winner Dr. Lwoff, a French virologist, believes that a high temperature during infection helps combat the growth of a virus. *"Fever should not be brought down by a drug"* Medical doctors Zable and Issels have this to say about fever. *"Artificially induced fever has the greatest potential in the treatment of many diseases including cancer."*

German physical education professor Dr. Ernst has found no cancer patients among marathon runners. He conducted a study of marathon runners who logged about twenty miles a day. Analyzing their sweat he found it contained cadmium, lead and nickel. Ernst concluded these athletes excrete these potentially cancer causing elements from their bodies by perspiring. He, and other scientists, concluded it is necessary to sweat profusely at least once a day to maintain good health. Unfortunately, most people do not exercise enough or spend the time in saunas to sweat frequently.

The Radiant heat infrared saunas are the same saunas many doctors, physical therapists and professional athletes use. Unlike the old technology with their high temperatures, the infrared saunas warm the body's muscles directly. Because people are able to use this type of sauna for a longer time they are able to reap greater benefits than through the high temperature saunas.

Because body temperatures will rise slightly, the body reacts in the normal manner by raising the heart rate to a mild aerobic range. Thus, it increases the blood flow, opens the capillaries for greater blood flow to sluggish areas, opens the pores and creates a deep sweat that flushes the toxins.

When saunas are used regularly, studies have shown benefits such as improved blood circulation, restored youthfulness, toxin and heavy metal reduction, weight control, cellulite reduction, skin cleansing and rejuvenation, allergy reduction, rash reduction, and muscle and joint pain reduction.

Certain people need to approach saunas slowly. People over sixty, on regular medication, obese, pregnant or have kidney or respiratory problems, diabetes or high blood pressure should see a doctor before using a sauna.

