

# Infrared Sauna



## What is an infrared sauna?

An Infrared Sauna is a sauna which uses light to create heat. Infrared radiation is an invisible form of electromagnetic energy, the wavelength of which is longer than that of visible light. The saunas are used similarly to a regular steam sauna, but instead of heating the surrounding air, the infrared rays will heat the body directly. Studies show that infra-red light increases nitric oxide inside cells. This can help to improve cardiovascular risks and activate antioxidant activity in the body. These saunas are an effective tool for natural healing and prevention. studies have shown that FIR radiation produces thermal and non-thermal effects, such as increasing artery blood flow.

The appeal of saunas in general is that they cause reactions similar to those elicited by moderate exercise, such as vigorous sweating and increased heart rate. An infrared sauna produces these results at lower temperatures than a regular sauna, which makes it accessible to people who can't tolerate the heat of a conventional sauna.



## What can an infrared sauna do for me?

By using an infrared sauna, some of the health benefits are:

- Detoxification
- Relaxation
- Pain relief
- Weight loss
- Lower blood pressure
- Anti-aging
- Improved circulation
- Wound healing
- Cell health
- Eases joint pain



## Is it safe?

With a little common sense and by following a few precautionary guidelines it is a safe and enjoyable way to maintain and improve your overall health and wellbeing.

In all situations, proper hydration is a primary requirement for infrared sauna use. Drinking plenty of fluids is recommended before, during and after infrared sauna use. Replacing the body's electrolytes, calcium, magnesium, sodium and potassium is very important, since these minerals are depleted during sweating. Regular vitamin supplements are an inexpensive way to accomplish electrolyte replenishment. Sports drinks that replace electrolytes are also acceptable.

## When can I use an infrared sauna?

Wait for an hour or two after a meal before engaging in infrared sauna therapy. Therapy right after a meal may interfere with proper digestion and cause mild stomach cramps. Alcohol consumption during, or prior to, an infrared sauna session, is not advised.

Wait 20-30 minutes, following strenuous exercise, to use an infrared sauna. Allow your body to cool down completely before entering the unit. You are activating a different branch of your involuntary nervous system; the infrared sauna is supplying your body heat passively, instead of actively, as in a physical workout.

Danger signals include a rapid increase of body temperature, a noticeable "racing" of the heartbeat, extreme redness of the skin and feeling light headed or extremely faint. If you notice any of these symptoms, end your session immediately. Occurrences of this nature are very rare.

#### Who shouldn't use an infrared sauna?

People with advanced symptomatic heart disease or unstable angina should not use an infrared sauna unless supervised by a doctor.

If a person has suffered a recent joint injury that is considered acute, it should not be heated for at least 48 hours or until the hot and swollen symptoms diminish. Enthusiastic heating is not advised in cases of infections in any of your tissue (including dental).

#### What research is there?

Several studies have looked at using infrared saunas in the treatment of chronic health problems, such as high blood pressure, congestive heart failure, dementia and Alzheimer's disease, headache, type 2 diabetes and rheumatoid arthritis, and found some evidence of benefit. However, larger and more-rigorous studies are needed to confirm these results.

#### More about Integrative Medicine

Here at the Brain Health and Biofeedback Clinic we offer you holistic care as we are an integrative medicine clinic. Integrative medicine consists of a combination of two approaches to health.

Firstly, a functional view of health in which we look at your lifestyle. While we know that diet, sleep, stress management and exercise are all critical for health, many of these areas are difficult to cover in standard care as there often just isn't the time to address lifestyle factors. One solution would be referral to a nutritionist, a psychologist or mindfulness coach and a personal trainer to separately address these areas in a patient's life. Integrative practices include a lifestyle assessment and plan.

At the Brain Health and Biofeedback Clinic we provide the latest technology in stress management assessment including capnometry, galvanic skin response and heart rate variability assessments. Diet, sleep and exercise support is provided.

Added to this is a systems-based approach in which we look to understand the root cause of diseases or symptoms. The person is a whole and in an integrative medicine framework, we treat the person rather than the disease. The latest advances in medical science are supporting a move towards personalized medicine. New technological developments allow us for the first time to offer individualized testing if indicated when no progress is being made with simpler approaches. Genomics (genetic testing), metabolomics (testing of individual biochemistry such as methylation capacity), autonomic assessments (the balance between the

"fight and flight" and "rest and digest" systems which is often an issue in chronic disease), and microbiome studies (to identify imbalances in gut organisms which impact our health) are all now possible. Combining this with a person's environment (their environment including lifestyle) allows for the ability to look across systems to determine an underlying cause behind an individual person's presentation.

Integrative Medicine has gained popularity. Here at the clinic we believe that personalized medicine is without a doubt, the future model of medical care.

#### Your Practitioner



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*The Brain Health and Biofeedback Clinic is here to partner with you on your wellness journey. We do this by offering a range of innovative technology, diagnostic tools, and a holistic view to those who are looking to address the root cause of their problem and supplement their experience within the traditional health structure. We are more than a clinic; we are a community who are here to empower you to reach your complete and full human potential, in wellness, happiness and health.*