



What is “Far Infrared Sauna”?

How does Far Infrared work?

Far Infrared is a section of the natural band of light that is not visible to the human eye, but can be felt as heat. Unlike the high heat produced in saunas, far infrared heat is able to penetrate the body to a depth of 1.5-2 inches. This stimulates the body’s cellular detoxification process more effectively than a traditional sauna.

The body, incapable of metabolizing and excreting all toxins it is exposed to, oftentimes stores toxins in fat to protect the body (lipophilic toxins).

Our body’s tissues normally produce infrared energy, which is used by the body for a number of healing processes. By delivering penetrating warmth to the body, the far infrared sauna increases the body’s own infrared energy levels, encouraging a slight rise in body temperature that boosts natural detoxification systems. The Thermal Life® sauna duplicates these healthy far infrared frequencies. The tissues selectively absorb these rays as the water in the cells reacts in a process called “resonant absorption”. This resonant absorption occurs when the frequency of the far infrared matches the frequency of the water in the cell causing toxins to be dropped off into the blood stream and excreted in sweat, feces and urine.

What is the benefit of sweating?

When you sweat, your arteries dilate, allowing the blood to flow more easily, lowering your blood pressure. Your muscles relax and your immune system is strengthened as your white blood cell production increases.

Sweating promotes detoxification. We are all exposed to massive amounts of toxins each day, from the air we breathe to the food we eat. We even absorb toxins through the beauty and skincare products that we use on your skin, hair, and nails. Many of these toxins cannot be properly taken care of by our body, and so they build up in and interrupt our metabolic and hormonal processes.

As the heat from the Infrared energy causes your pores to open up, the sweat releases toxins and cleanses the body. You’ll also torch calories while you sweat in our sauna! Sweating in Far Infrared Sauna creates a huge calorie burn. Arthur Guyton’s textbook says that producing 1 gram of sweat burns 568 calories. Since the FIR Sauna can cause your body to produce 2 to 3 times the amount of sweat as other saunas, spending 15 minutes in the sauna can burn off 600 calories which is the equivalent of running 4-6 miles or doing a 45 minute workout.

What effect does the Far Infrared Sauna have on the aging process?

Since most Americans sit too much, eat too much and do not exercise enough, they are prone to developing chronic disease and aging prematurely. The FIR Sauna can reverse the aging process as it increases your metabolic rate and enhances beauty.

Burn Calories, Release Toxins and Boost Energy

It’s the perfect combination of dramatic calorie burn and gentle, soothing detox in Infrared Sauna. Unlike the typical sauna, Far Infrared Saunas use a calming, dry-heat to induce a deep cleansing sweat. You’ll find it easy to breathe and relax while the radiant waves of light penetrate into your skin to bring renewed balance to your body and soul.

What should I wear to my treatment?

Please bring:

- 3 big towels** (to wrap yourself, one to sit on and one to put your feet on)
- few small towels** to wipe sweat off your body.
- plastic trash bag** - to put used towels into.

It is very important to NOT TOUCH the inside of the sauna or get any sweat on the wood.

How should I prepare for my treatment?

Before your session, please drink plenty of water so that you arrive well hydrated. We also recommend that you eat a light meal 1-2 hours before you arrive.

How long will my treatment last?

Your treatment will last 30 minutes.

Mark Jacob 54-year old ultra-marathon champion Testimony

I've found that the sauna helps enormously with healing and regeneration. Finishing a 100 mile race in 28 hours nonstop results in aches and pains from head to toe. Taking a sauna right after reduces the swelling and the pain in my muscles and joints. It loosens me up and speeds the healing so I can go right back to training.

Excerpt from "Detoxify or Die" by Sherry Rogers M.D.

What is the best way to get rid of toxic chemicals including pesticides, heavy metals and hydrocarbon residues? The Far Infrared Sauna. I'm convinced that the far-infrared sauna is something everyone should do to restore health and then continue to. It is a major tool not only for your detox program, but also in your anti-aging program.

Excerpt from "The Science of Far Infrared Therapies" by Dr. Toshiko Yamazaki M.D.

One of the reasons far infrared has beneficial results in a variety of illnesses is the ability of the far infrared waves to remove toxins which are often at the core of many health problems. Toxins in our body appear in water as clusters of globules. Blood circulation becomes blocked and cellular energy impaired where these toxins accumulate. However, when the energy from far infrared is applied to water molecules containing toxins, the water begins to vibrate, releasing the encapsulated gases and other toxic materials back into the bloodstream where they are removed naturally by the body's normal detoxification process.



Infrared Sauna Important Instructions and Reminders!

Here are some *Beginning Protocol Recommendations*.

Please remember these recommendations are only intended as broad guidelines to follow and NOT a prescription or rules set in stone. You must listen to your body and pay attention to the information it gives you. Also, please remember that you should always speak with your primary-care physician before implementing any changes to your health-care regimen.

Use the following steps to ultimately progress to 130°F and 30 minutes. Do not proceed to the next step if at any time you do not feel well, whether you are in the sauna or not. If you feel light headed, nauseous or in any way uncomfortable while using the sauna, or at any time between sauna sessions, it can be a sign of detoxifying too quickly. If this happens and you are in the sauna, you should get out immediately and either lower the settings the following day or take the day off. Resume sauna use when you are able at the time and temperature last comfortably used.

1. Begin your first sauna session by setting the temperature to 110°F. Get in at 98° and leave the door open. Stay in for 10 minutes. (By leaving the door open you will keep the heating elements engaged and working while not allowing the sauna to heat up too fast or too hot.)
2. Assuming you feel good for the next 24 hours, the next day do the same with the door closed; do this for the next 2 days
3. Assuming you feel good for those 48 hours, add 5 minutes – keep that setting for the next 2 days.
4. Assuming you feel good for those 48 hours, add 5 degrees -- keep that setting for the next 2 days.
5. Assuming you feel good for those 48 hours, add 5 minutes – keep that setting for the next 2 days
6. Continue alternating each 2-day period adding 5 minutes and then 5 degrees until your sauna session is a setting of 30 minutes, climbing to a top temperature of 130°. **You will always get in at 98°.** It is always best to increase time before increasing temperature.

NEVER USE THE SAUNA OVER 130°F OR MORE FOR MORE THAN 30 MINUTES!

For your best results you **must** allow yourself to warm-up with the unit through the varying temperatures until you reach your desired hottest temperature, the temperature you set for the session. Meaning, if you are setting the Sauna at 130° for 30 minutes you still need to get in at 98°. **You also need to count this warm up period as part of your 30 minute session!**

Please do not forget how important it is to stay hydrated during this healing process! You should drink AT LEAST half your weight in ounces of water EVERY DAY! Meaning, divide your weight by 2 and that is the number of ounces of water needed daily to stay hydrated. It is recommended to avoid both distilled and reverse-osmosis waters during this process as these acidic waters lead to issues of mineral depletion and metabolic acidosis.

It is very important to focus on your minerals! You should be especially mindful of your magnesium intake. Also, concentrate on your calcium and potassium; often called the tri-salts... you can't live without them! And they are essential to a healthy detoxification. (For a more complete protocol and re-mineralization recommendation, please see *Detoxify or Die!* By Sherry Rogers, MD.)

Again, I urge you to double check this information with your primary health-care practitioner. These are meant as general guidelines that will benefit the majority of us.

Commit 90 days straight and amaze yourself with the changes in your energy, moods, sleep patterns, mental acuity and complexion...just to name a few improvements. Then go to a maintenance protocol, using the sauna every other day for continued balanced health and happy living.

How to Start Using the Sauna

START SLOWLY- THIS IS NO CONTEST. At least 1/3 of the population (especially women and the elderly) are heat intolerant and do not sweat even with vigorous exercise. Therefore, you need to build your heat acclimatization program slowly so as not to stress your system. As in exercise programs, you must slowly increase your cardiovascular training over time. Remember that you can lose your training effect and heat acclimatization if you stop training for 2-3 weeks.

Drink a glass of water before entering the sauna and sip water during the entire session. Drink alkaline water or spring water. Do NOT drink distilled water or water treated by reverse osmosis. These waters are very acidic and will contribute to your overall acidity. However, it is acceptable to use filtered water in glass bottle.

Begin by using the sauna with the door open at a low temperature setting (110°F) for 5-10 minutes. (You may enter the sauna as soon as the temperature is comfortable for your mode of dress.) Although the temperature will not reach 110°F, you will still be enjoying the benefit of the far infrared rays. Start your second session at 105°F with the door closed.

Increase your time by 3-5 minutes per day and in temperature increments of 1-3 degrees (F), AS TOLERATED, working up to one half-hour session at 130°F. WE SUGGEST NEVER USING THE SAUNA OVER 130°F.

Do not pre-heat the sauna to full temperature – enter the sauna at 98°F and stay in as the temperature increases. Be sure to sit on a towel and put a towel under your feet to prevent the sweat from soaking into the woodwork. To avoid reabsorption of toxins, wipe off accumulating sweat with a third towel, and shower soon after sauna use.

Don't be concerned if you don't perspire during your first few sessions in the sauna. Often, it is necessary for our bodies to re-learn this important thermo-regulatory function. You will still be releasing toxins via stool and urine even if you're not perspiring. Again, remember the importance of hydration!

Erb Family Wellness recommends taking supplements to compensate for minerals lost during the sweating portion of sauna therapy. We suggest taking calcium, magnesium, and potassium and also advise following your doctor's orders. Please contact our office for a specific Re-Mineralization Bundle and to purchase Dr. Sherry Roger's book, Detoxify or Die!

If you are under a doctor's care, please consult him/her prior to sauna use. Those patients with severe adrenal suppression, Lupus, or Multiple Sclerosis should discuss far infrared therapy with their doctor prior to use. Use of far infrared therapy for hemophiliacs is contraindicated. Pregnant and nursing women must also refrain from using therapy.

Relax. If you are particularly stressed, postpone use until you are more relaxed. If at any time you become uncomfortable or light-headed, leave the sauna immediately, take a cool shower and lie down.

Please call us if you have any questions.

Commit yourself to use sauna regularly, on a weekly basis.



Infrared Sauna Agreement and Waiver

Questions:

1. **Are you pregnant?** Yes _____ No _____
Pregnant women should consult a doctor before using the infrared sauna. Fetal damage can occur with sufficient elevated body temperature.
2. **Are you taking medications?** Yes _____ No _____
If yes, have you consulted with your doctor about using the infrared sauna while taking your medications?
Yes _____ No _____
Individuals who are using prescription drugs should seek the advice of their doctor for possible changes in the drug's effect when the body is exposed to infrared waves or elevated body temperature.
3. **Do you smoke?** Yes _____ No _____
Smokers are not permitted in the sauna. The wood surface absorbs tobacco odor released from the pores of the body that will damage the sauna and may cause allergic reactions to other clients.
4. **Do you have Diabetes with Neuropathy, Parkinson's disease, MS or Lupus?** Yes _____ No _____
If Yes, have you consulted with your doctor about using the infrared sauna? Yes _____ No _____
Parkinson's disease, multiple sclerosis, central nervous system tumors and diabetes with neuropathy are conditions that can be associated with impaired sweating.
5. **Cardiovascular Conditions:**
 - a. **Do you have unstable angina?** Yes _____ No _____
 - b. **Have you had a recent heart attack?** Yes _____ No _____
 - c. **Do you have severe arterial disease or any other cardiovascular problems?** Yes _____ No _____
Individuals with cardiovascular conditions or problems (hypertension/hypotension), congestive heart failure, impaired coronary circulation or those who are taking medications that might affect blood pressure should exercise caution when exposed to prolonged heat.
6. **Do you have any implants?** Yes _____ No _____
Metal pins, rods, artificial joints or any other surgical implants generally reflect infrared waves are not heated by this system. However, you should consult your doctor prior to using an infrared sauna. Usage of the infrared sauna must be discontinued if you experience pain near any such implants. Silicone absorbed infrared energy. Implanted silicone or silicone prostheses may be warned by the infrared waves. Silicone melts at over 390°F (200°C), so it should not be adversely affected by use of an infrared sauna. It is advised that you check with your doctor before using the infrared sauna.
7. **Do you have a recent joint injury?** Yes _____ No _____
If you have a recent (acute) joint injury, it should not be heated for the first 48 hours after the injury or until symptoms subsided. If you have a joint or joints that are chronically hot and swollen, these joints may respond poorly to vigorous heating of any kind.
8. **Do you have an enclosed infection?** Yes _____ No _____
Vigorous heating is strictly contraindicated in cases of enclosed infections of any kind.
9. **Are you at least 18 years of age?** Yes _____ No _____
The core body temperature of children rises much faster than adults. Consult with the child's pediatrician before using the sauna. An adult must accompany anyone younger than 18.

10. Do you sweat? Yes ____ No ____

An individual who has insensitivity to heat should not use the sauna

11. Do you have a pacemaker? Yes ____ No ____

The magnets used to assemble the infrared sauna can interrupt the pacing and inhibit the output of pacemakers. Please discuss with your doctor the possible risks this may cause.

Other Considerations:

Menstruation:

Heating of the low back area of women during the menstrual period may temporarily increase their menstrual flow. Some women endure this process to gain pain relief and others choose to avoid sauna use during that time.

Fever:

An individual who has a fever should not use the sauna.

Alcohol:

It is not advisable to attempt to “sweat out” a hangover. Alcohol increases the heart rate, which may be further increased by heat.

Hemophiliacs/Individuals Prone to Bleeding:

Use of the infrared sauna should be avoided by anyone who is predisposed to bleeding.

Elderly

The ability to maintain core body temperate decreases with age.

Erb Family Wellness requirements while using Far Infrared Sauna:

In an effort to keep the sauna clean of any toxins for all patients who are using:

Towels

Please use in our Sauna minimum **3 big towels**: one - to sit on, wrap yourself and one to put your feet on and **2 smaller towels** – to wipe off sweat during sauna

Plastic bags

to collect all used towels

Touch

DO NOT touch wood on inside or allow any sweat to drip on the wood.

It is always important to maintain proper hydration levels during infrared therapy.

We recommend drinking a minimum of 8 oz. water prior to entering the sauna and minimum 8 oz. of water after sauna use.

In the event of any: *dizziness, light-headedness, pain or discomfort*, **immediately discontinue sauna use.**

Client Acknowledgement _____ Date _____



Infrared Sauna Waiver

Consent to use the infrared sauna is conditional upon provision of accurate answers to the preceding questions and signing this Agreement.

***Erb Family Wellness* does not provide medical advice or treatment. Infrared sauna use may or may not be appropriate for you. Please consult your health care provider for medical advice. The information provided is for general information purposes only and does not address individual circumstances or medical conditions. Do not attempt to self-treat any disease with an infrared sauna.**

Safety Instructions:

1. The use of drugs, medication or alcohol prior to or during the sauna session may lead to dizziness or unconsciousness.
2. Individuals who are using prescription drugs should seek the advice of their doctor for possible changes in the drug's effect when the body is exposed to infrared waves or elevated body temperature.
3. Discontinue use of the sauna if you feel light-headed, dizzy or heat exhausted.
4. Drink plenty of water before and after each sauna session
5. Pregnant women should consult their physician prior to the use of the sauna. Excessive body temperatures have a potential for causing fetal damage during the early days of pregnancy.

I have read and understand this Agreement and acknowledge that none of the topics addressed in the Questions and Considerations that indicate I should not use the infrared sauna apply to me.

I acknowledge and accept the risk inherent in the use of the infrared sauna. I voluntarily assume the risk of injury, accident, or death that may arise from the use of the sauna. I, for myself and my heirs, executors, legal representatives, administrators, successors and assigns hereby release *Erb Family Wellness* and its officers, agents, employees and representatives from all responsibilities, claims, injuries, liabilities or damages of any kind sustained while using the infrared sauna, and from any act or omission, including negligence, by *Erb Family Wellness*.

I have carefully read the above safety instructions for using the infrared sauna. I fully understand them and fully agree to comply with the instructions.

This agreement is in effect for all infrared sauna sessions/treatments and will not expire unless requested by either party.

Client Acknowledgement _____ Date _____