

Arthritis Relief: Far Infrared Saunas Grow in Popularity for Natural Arthritis Pain Relief *by Anne Emerick*

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To people diagnosed with arthritis, and the millions already suffering from arthritis pain, the fact that there is no cure is heartbreaking. It's hard to be a productive, positive person when simply getting out of bed in the morning is a painful experience. If there can be no cure, then arthritis sufferers want to know, can you give me some pain relief?

While drug breakthroughs reduce many arthritis symptoms, these same medications, such as Celebrex, Vioxx, Aleve, Relafin, and others, often have undesirable side-effects. The most common side effect of arthritis medications is stomach pain, upset or even stomach ulcers. Patients are often faced with choosing whether to take their doctor's prescription for arthritis and live with the side-effects, or simply to live with arthritis pain.

Desperate for a healthy, productive life, more arthritis patients are turning to infrared saunas for natural arthritis pain relief. In home sauna sales continue to rise despite the downturn in the economy. For people who struggle to get out of bed and walk downstairs, being able to cross their bedroom into a home sauna and experience relaxation and real pain relief is a godsend. Some say this natural arthritis pain relief pays for itself by letting them work more hours and use less medication.

Anyone who has ever taken a hot shower, grabbed a heating pad, or even held a cup of hot coffee against their wrist, has felt how heat relieves pain. Infrared saunas provide this same almost instantaneous pain relief over the entire body, allowing arthritis relief in every affected joint. The heat also relaxes tense ligaments and tendons.

So how do infrared saunas work? Infrared saunas produce invisible light rays, infrared heat. Infrared heat is also produced by the sun, which is why you feel warmer when you step out of shade and into the sun. The light and heat of an infrared sauna is the same as that which warms newborn babies at the hospital. Infrared light and heat contain no harmful ultraviolet radiation.

In addition to providing real arthritis pain relief, infrared saunas bring other health benefits by making users sweat. An infrared sauna is a dry sauna. Since you are hot and the air is dry, you sweat a lot. Sweating burns calories. People can burn as much as 500 calories during one session while sitting and reading a book.

Many arthritis patients are told to lose weight to reduce the stress on their joints. But it is hard to exercise when exercising is painful. Infrared saunas make it easier to burn calories in two ways: first, by burning calories while sitting in the sauna and secondly by relaxing muscles enough to allow for exercise after the sauna session.

Arthritis causes joint inflammation which often restricts blood flow. The infrared sauna dramatically enhances circulation to the joints. Infections are more difficult to heal in tissues with poor circulation. Many doctors advocate sauna use to help the body fight chronic infections.

I have personally seen people recover from a multitude of problems including insomnia, constipation, fibromyalgia, allergies, chronic infections, arthritis, and fatigue after a few weeks of sauna therapy - Dr. Leonard Smith, Gainesville, Florida

Infrared saunas are safe as well as energy efficient. These home saunas are said to cost just pennies an hour to operate. That's the good news. The bad news is that the initial cost of a [high-quality, two-person infrared sauna](#) is currently around \$4000. And typically, their owners won't part with them once purchased, so you will find very few used saunas on Ebay or in your local newspaper classifieds.