

Far Infrared Sauna Effects on Chronic Fatigue and Fibromyalgia

From <http://www.infraredwellness.co.nz/>

Fibromyalgia Syndrome is a disorder characterized by muscle pain, stiffness and easy fatigability. Medical estimates show that over 3 million are afflicted in the United States alone.

The Infrared heat in a Sauna is proven to be beneficial in the relief of fibromyalgia and chronic fatigue syndrome. Far infrared sauna therapy helps to restore normal autonomic nervous system functioning.

This is the part of the nervous system which governs unconscious functions such as muscle tension, sweating, blood pressure, digestion and balance. Although the exact cause of fibromyalgia is not known, a number of doctors now believe that the "net toxic load" of these patients are very high and their detoxification pathways are often compromised. A number of these patients are unknowingly suffering from heavy metal poisoning (ie. mercury, lead and arsenic). When a person suffering from fibromyalgia and chronic fatigue syndrome is able to reduce their overall toxicity level their symptoms often improve.

"The far infrared sauna has been very beneficial in treating Fibromyalgia and Chronic Fatigue Syndrome (CFS). A number of doctors now believe that the 'toxic load' of these patients is very high and their detoxification pathways are often compromised. When one is able to reduce the toxins in those with Fibromyalgia and CFS, their symptoms often greatly improve. A number of these patients are unknowingly suffering from heavy metal poisoning (i.e. mercury, lead and arsenic). In combination with chelation therapy, or just on its own, the Far-Infrared sauna has been invaluable in accelerating the removal of these toxic metals. By raising the core temperature and creating a 'Hyperthermic' effect, the sauna also improves a number of parameters in the immune system."

Randy Gomm, BSc.
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"Saunas and steam baths have been used for centuries by cultures around the world to bring about detoxification. Traditionally, saunas have been used to improve mental clarity, to diminish pain and promote longevity. In the past few years, hyperthermic (sweat) therapy has been studied quite extensively and several papers on this subject have appeared in the scientific literature. Through this research, it has been shown that saunas greatly assist in the elimination of accumulated toxins. Toxic metals, including mercury as well as organic toxins such as PCB's and pesticide residues, are excreted in high quantities in the sweat during properly conducted hyperthermic therapy sessions.

Heat causes toxins to be released from cells. The toxic molecules will then reside transiently in the lymph fluid. Since sweat is manufactured from the lymph fluid, toxins present in the lymph fluid will exit the body through the sweat. Because the liver and kidneys are not required for this process, these organs are largely unburdened by hyperthermic therapy and

toxins are able to leave the body even when liver or kidney function is impaired. This may be a distinct advantage for chronically ill patients whose livers and kidneys may already be under toxic stress.

OTHER ADVANTAGES OF HYPERTHERMIA IN THE CHRONICALLY ILL PATIENT

Hyperthermic therapy also is one of the few things, which brings about a significant rise in the level of growth hormone, an important hormone that helps to maintain lean body tissue, including muscle.

For the Chronic Fatigue or Fibromyalgia patient, Hyperthermic [Far-InfraRed sauna] therapy helps to restore normal autonomic nervous system functioning. This is the part of the nervous system, which governs unconscious functions such as muscle tension, sweating, blood pressure, digestion and balance. Autonomic dysregulation is the term used to describe changes in the nervous system, which result in many of the symptoms of chronic fatigue and Fibromyalgia. Muscle pain, excessive body odor, digestive complaints, visual disturbances and dizziness are some of the many manifestations of autonomic dysregulation. Repeated sessions of Hyperthermic therapy can greatly assist in the restoration of normal autonomic nervous system functioning.”

Excerpted from: Michael R. Lyon, MD, The Cline Medical center Hyperthermic Detoxification Program Using the Far-Infrared Sauna