

## Sauna Benefit for Your Immune System

Some commonly known sauna benefit include improved blood circulation, enhanced detoxification processes, deep skin cleansing, and stress relief. <B< immune the improve sauna can how>

Sauna can [boost your immune system](#) by raising the body temperature of your body by giving you an "artificial" fever. Believe it or not, getting a fever is a good sign that your immune system is working, helping to fight infection or eliminate viruses.

Raising your body's temperature, (by inducing an artificial fever), helps kill bacteria and viruses by increasing white blood cells, antibodies, and other disease fighting agents.

As your body works to lower its temperature, your immune system is "exercising", and therefore being strengthened.

[Learn other ways to strengthen your immune system.](#)

This enhanced immune system, combined with improved elimination of toxins and wastes as a result of increased perspiration, will increase your immune system and reduce

the stress  
put on your  
bodies

health.



Since many viruses do not survive well in environments which the temperature is higher than normal body temperature, constant use of a sauna can help kill them before they are allowed to grow. At the very least, the sauna can help to reduce their growth rate, which will also make the healing process faster, and prevent further infection.

In addition, it is possible that damaged cells repair themselves quicker in fever conditions due to an increase in metabolic rate. When fighting a cold, sitting in a sauna also helps to opens the nasal passages, assist the sinuses to drain. and relieves minor respiratory discomforts.

By using the sauna does not mean you will never get sick, but repeated use can build your immune system up.