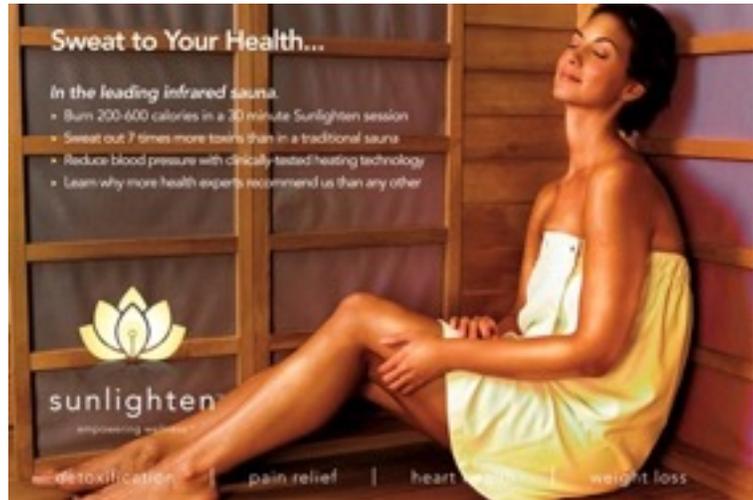


**What type of infrared sauna is used?**

The Nutrition and Health Center uses the Sunlighten Far Infrared Sauna, which is one of the safest and most effective far infrared saunas on the market with Solocarbon® Technology.

**What are the health benefits?**

Incorporating regular infrared sauna Sessions into your wellness plan is a great way to further support your health goals. Infrared saunas are an effective tool for natural healing and prevention, as infrared light has the ability to penetrate human tissue which in turn produces a host of health benefits such as:



- **Detoxification** - Detox from a Sunlighten™ sauna is 7 to 10 times greater than a conventional sauna. In a conventional sauna the average person sweats out 3% toxins and 97% water. In a Sunlighten sauna, the average person sweats out 20% toxins and 80% water!
- **Pain Relief** - Relieve back, neck, and arthritis pain with infrared sauna heat therapy. Researchers studying HRP (Heat Responsive Pain) have observed remarkable therapeutic benefits by using continuous low level heat therapy for treating lower back and upper body pain, all conditions that fall under the HRP classification.
- **Weight Loss** - A 30 minute infrared sauna session can burn up to 200-600 calories! As the body works to cool itself while using an infrared sauna, there is a substantial increase in heart rate, cardiac output and metabolic rate. Sunlighten's infrared heat therapy raises core body temperature causing passive cardiovascular conditioning. Your body's natural response to infrared heat therapy is to increase circulation and sweat. Check out the results with a heart rate monitor and you will be amazed!
- **Lowers Blood Pressure** – The Solocarbon® heaters were used in a clinical study with the University of Missouri Kansas City in 2005 and were shown to lower blood pressure from a 30 minute sauna session three times a week. Repeated infrared treatment improves impaired blood vessel functions in patients with high blood pressure, diabetes and high cholesterol. This suggests a preventative role for sauna use for arteriosclerosis.
- **Improves Circulation** - Heating of muscles with infrared produces an increased blood flow level similar to that seen during exercise. Body temperature elevation also produces an increase in blood flow. Infrared heat assists in resolution of inflammatory infiltrates, edema and exudates. The increased peripheral circulation provides the transport needed to help evacuate the edema which can help end inflammation, decrease pain and help speed healing.
- **Skin Purification** - Improve your skin's appearance with regular use of a Sunlighten sauna. Open wounds heal quicker with reduced scarring. Infrared heat therapy helps acne, eczema, psoriasis, burns and any skin lesions or cuts. It also reduces wrinkles, makes skin look radiant, firms and improves skin tone and elasticity. Regular use may also help reduce cellulite trapped beneath the skin, lessen the appearance of scars, and help burns heal significantly.