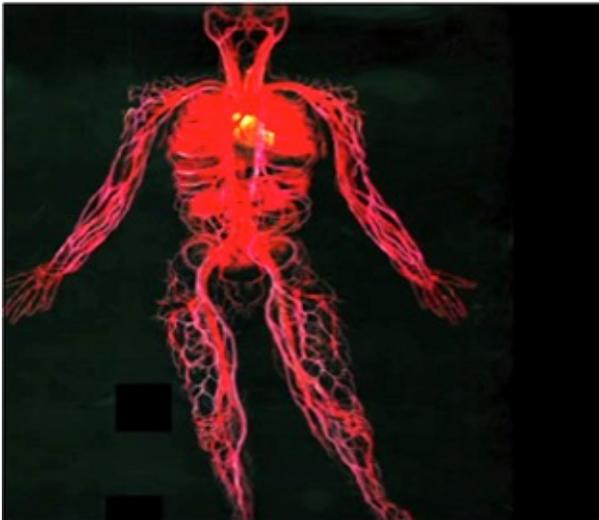


## Infrared Sauna Therapy for the Heart & the Rest of the Body

Far infra-red therapy promotes ischemia-induced angiogenesis (new vessel creation) in diabetic mice and restores high glucose-suppressed endothelial progenitor cell functions

<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC3472269/>

**We Have 60,000 Miles of  
Blood Vessels in our Bodies**



### Major Medical Breakthrough

Growing new blood vessels in damaged tissues (Therapeutic Angiogenesis) can potentially treat:

- Heart disease
- Stroke
- Parkinson's disease
- Alzheimer's disease
- Depression
- Cognitive decline in aging
- And more!

**Angiogenesis** literally means creation of new blood vessels.

Infrared exposure induces an angiogenic switch in human skin that is partially mediated by heat

<https://pubmed.ncbi.nlm.nih.gov/17107379/>

Heat therapy promotes the expression of angiogenic regulators in human skeletal muscle

<https://journals.physiology.org/doi/full/10.1152/ajpregu.00134.2016>

*"Your heart is an amazing organ. It continuously pumps oxygen and nutrient-rich blood throughout your body to sustain life. This fist-sized powerhouse beats 100,000 times per day, pumping five or six quarts of blood each minute, or about 2,000 gallons per day."*

<https://www.webmd.com/hypertension-high-blood-pressure/qa/how-much-blood-does-your-heart-pump>

**Infrared saunas cause the body to produce nitric oxide (NO).**

<https://m.youtube.com/watch?v=KOFQn6YTj2s>

**Nitric Oxide prevents and reverses heart disease.**

Nobel Prize in Medicine for NO: Three doctors won a Nobel Prize for their health discoveries with NO.

One of the Nobel Prize doctors, Dr. Louis J. Ignarro, wrote a book on Nitric Oxide called:

NO More Heart Disease: How Nitric Oxide Can Prevent - Even Reverse - Heart Disease And Strokes

- **50% of all adults suffer and die from cardiovascular disease**
- The latest medical evidence indicates that **Parkinson's disease, Alzheimer's disease and multiple sclerosis are initiated by vascular disfunction**

In addition to benefits for the heart and cardiovascular system from sauna therapy, Dr. Wilson summarizes 10 Mechanisms for Cancer in his book Sauna Therapy:

### **10 Mechanisms for Cancer**

**1. Heating the Body** – Infrared saunas are better for heating the body as they heat the tissues directly.

### **2. Inhibiting the Sympathetic Nervous System:**

At least three sauna mechanisms inhibit the sympathetic nervous system:

A) Heating the body reduces normal heat production, a sympathetic activity,

B) Saunas draw blood from the center to the periphery of the body, a parasympathetic activity,

C) Saunas do help eliminate from the body minerals and chemical compounds that can keep the body in a sympathetic state.

**3. Improving Circulation** – the body responds to infrared heat by powerfully moving blood to the skin and thereby increasing heart rate. This combination has a powerful stimulating effect on circulation, bringing needed nutrients, hormones, oxygen and other substances to all the body tissues and to drain off cellular waste products.

**4. Decongesting the Internal Organs** by increasing blood flow and circulation.

**5. Heat Shock Proteins** can help repair and rebuild damaged cell structures.

**6. Infrared Benefits**

A) Decouples toxins from water molecules

B) Acts as a nutrient

C) Enhances cell regeneration

**7. Enhancing Oxygenation** due to increasing blood flow and circulation and helping to remove toxic metals and chemicals that reduce the oxygen-carrying capacity of the blood.

**8. Balancing The pH** through improved circulation and oxygenation, enhancing cellular nutrition, and correcting the metabolic rate.

**9. Genetic Effects** – helping to remove radioactive particles bound to heavy metals and other toxic chemicals.

**10. Color Therapy**

**Additional research:**

Cardiovascular and Other Health Benefits of Sauna Bathing: A Review of the Evidence

<https://pubmed.ncbi.nlm.nih.gov/30077204/>

Healthy Directions – Health Benefits Of A Sauna

Dr. Julian Whitaker, MD (associate of Dr. Stephen Sinatra, MD)

<https://www.healthydirections.com/health-benefits-of-a-sauna>

Sweat Toxins Out

<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC6259397/>

Study of 9/11 Rescue Workers

<https://pubmed.ncbi.nlm.nih.gov/17234251/>

Cardiovascular Benefits of a Sauna

<https://pubmed.ncbi.nlm.nih.gov/16105634/>

## **Nitric Oxide (NO) Pathways in Alzheimer's Disease and Other Neurodegenerative Dementias**

NO pathways are an important factor with regard to neurological disorders:

<https://pubmed.ncbi.nlm.nih.gov/15265275/>

<https://www.edskilling.com/super-sauna-brain-health.pdf>

## **Steps to Avoid Illness from Infectious Diseases by Dr. Nathan S. Bryan: Nitric Oxide May Be The Key**

**"The solution to COVID-19 worldwide pandemic may well be nitric oxide.** In fact, there are a number of clinical studies using inhaled nitric oxide in critically ill patients. However, we need nitric oxide prior to escalation of respiratory distress and need nitric oxide prior to hospitalization. It is better to be pro-active instead of reactive. Furthermore, we need systemic increases of nitric oxide, not just in the airways and pulmonary circulation."

<https://www.prnewswire.com/news-releases/steps-to-avoid-illness-from-infectious-diseases-by-dr-nathan-s-bryan-nitric-oxide-may-be-the-key-301048147.html>

<https://www.edskilling.com/nitric-oxide-viral-infections.pdf>

<https://www.edskilling.com/nitric-oxide-infrared-sauna-therapy-links.pdf>

## **Diabetes & Nitric Oxide – Thomas Burke, Ph.D.**

### **2009 Nitric Oxide Series:**

Part One: Nitric Oxide Series, Part One: Discovery of NO, Nobel Prize, Relevance in Vasodilation

<http://www.diabetesincontrol.com/nitric-oxide-and-its-role-in-health-and-diabetes/>

Part Two: Isoforms of Nitric Oxide Synthase

<http://www.diabetesincontrol.com/nitric-oxide-series-part-two-isoforms-of-nitric-oxide-synthase/>