

# 10 Sauna Benefits That Will Blow Your Mind

Sauna benefits are mind blowing, from weight loss to anti-aging and beyond. Discover the top 10 ways saunas can enhance your health in this article.

Sauna therapy (including infrared) is an ancient method of detoxifying and healing the body, mind, and spirit.

When it comes to sauna benefits, they stem from a sauna's ability to help your body detox. Yep, a relaxing sauna can help you remove more toxins than almost any other mode of detoxification!

Our bodies are built to detox to a certain extent on their own. However, because we are exposed to so many more toxins today than ever before in human history, it's important for us to practice simple detox measures regularly.

I love saunas because they are super safe and make me feel amazing. They also activate our greatest detox organ... OUR SKIN!

## Saunas are nothing new

Throughout history, humans have used sauna therapy as a safe and powerful means of detoxification. Examples include Native American sweat lodges and Finnish wood-fired saunas, where saunas have been in use for over 2,000 years.

## 10 Sauna Benefits (that will blow your mind!)

Sauna health benefits are amazing. Here's are ten of the biggies.

### Sauna Benefits #1 – Extreme stress reduction

Saunas are huge stress fighters. Thanks to sugar, coffee, lack of sleep, stressed adrenals, and toxic chemical exposure, many of us are stuck in the sympathetic or "fight or flight" state. Saunas encourage our bodies to go into the parasympathetic state, which allows us to de-stress, digest, rest, and heal.

### Sauna Benefits #2 – Balance hormones

Stress reduction helps to lower stress hormones (cortisol). When cortisol is kept in balance, thyroid, insulin, DHEA, testosterone, and estrogen are also kept in balance. In fact, progesterone levels can increase if we keep our cortisol in healthy range. Saunas help the adrenals secrete aldosterone, which helps keep electrolytes in balance too.

### Sauna Benefits #3 – Get superpowers!

Saunas can make it seem like you've acquired super healing strength. A number of studies show that near infrared saunas can significantly improve tissue and wound healing, including retinal injury!

One study found that mice who were blinded by chemicals had their eyesight damage completely reversed because of NIR therapy. Finnish and German studies show that saunas can reduce the incidence of cold and flu by about 30%.

### Sauna Benefits #4 – Fountain of youth

Near infrared saunas can help reduce signs of aging and help your skin be healthier and younger looking. The red light stimulates collagen and elastin production. Collagen and elastin help plump and firm the skin which can also help alleviate stretch marks and cellulite.

Deep sweating can also help improve skin cell turnover. It can remove bacteria from the skin, which helps with acne and improves skin health. Additionally, NIR saunas are shown to reduce inflammation, which can alleviate skin issues such as psoriasis and eczema.

### Sauna Benefits #5 – Lose weight effortlessly

Saunas can help with weight loss. Saunas can increase heart rate while lowering blood pressure and increasing oxygenation and metabolic rate. These physiological affects are incredibly similar to cardio exercise!

A study involving a group of women riding stationary bicycles demonstrated a 444% increase in weight loss for the group exposed to near infrared light when compared to the exercise only group. Far infrared radiant heat can burn more than 600 calories in a 30 minute session! (That's my kind of exercise ☐ )

Near infrared saunas can also help with weight loss by stimulating human growth hormone which helps keep us young and fit.

### Sauna Benefits #6 – Improve circulation and oxygenation

When you sit in a hot sauna, your body temperature begins to rise. This causes your blood vessels to dilate, which increases blood flow and overall circulation. Blood brings nutrients and oxygen to all body tissues and help them heal. Studies show that infrared therapy recharges mitochondria, so it's reaching us at a cellular level and is a great practice for increasing energy and stamina.

### **Sauna Benefits #7 – Avoid heart disease**

We already know that saunas reduce blood pressure, increase oxygenation and circulation, all of which support heart health. Studies show saunas are less likely than exercise itself to cause cardiac episodes in men who have underlying heart conditions. However, saunas are just as effective at increasing cardiac output (exercising the heart) as exercise, making them a great alternative for those with some heart conditions that make exercise potentially dangerous.

### **Sauna Benefits #8 – Helps with medical conditions**

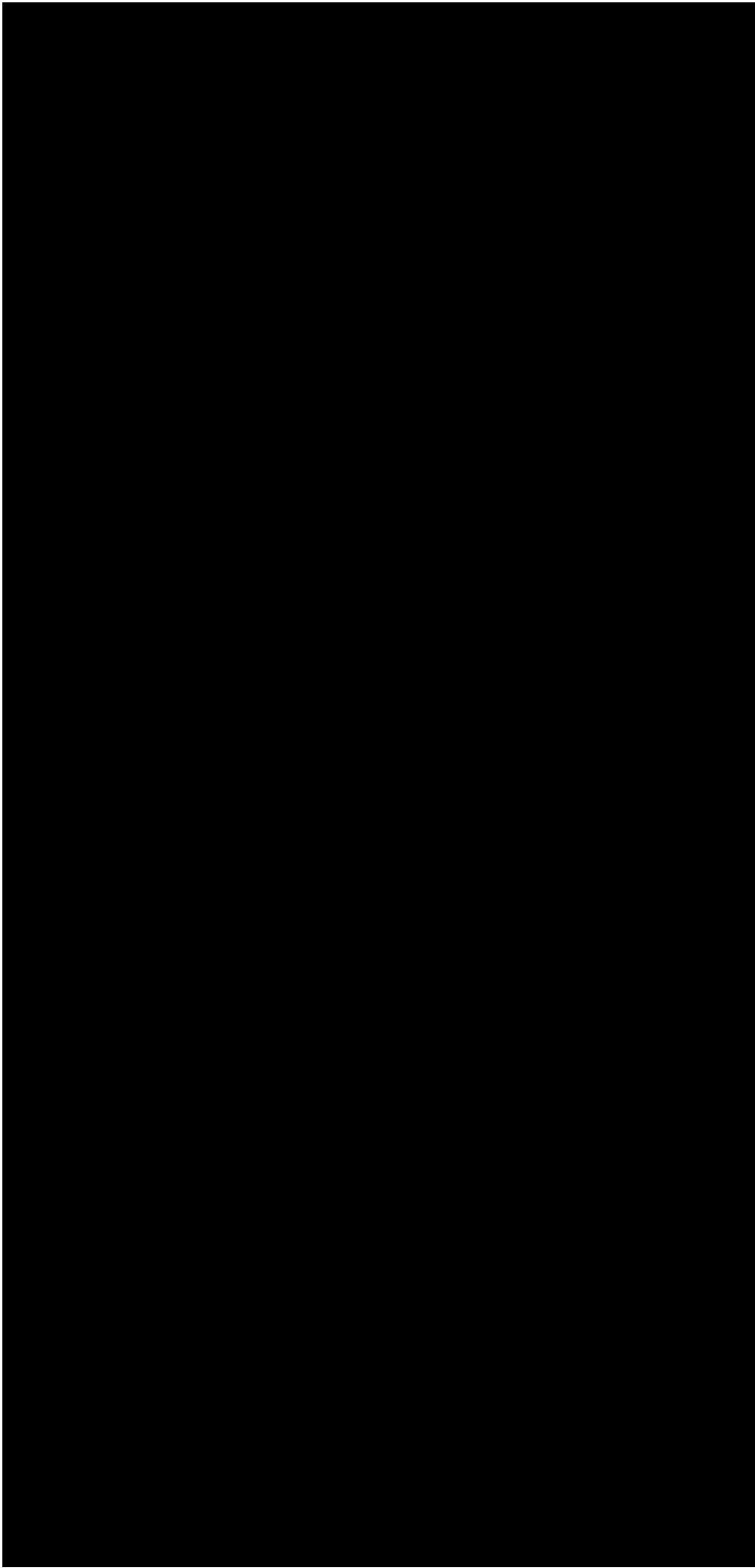
Saunas have been shown to be useful in alleviating symptoms associated with depression, autoimmune disease, and chronic pain and fatigue. It helps with chronic tension headaches. Sauna therapy reduced pain and fatigue associated with rheumatoid arthritis and ankylosing spondylitis.

Sauna therapy has even been used to support various cancer treatments. It is known that high temperatures can kill cancer cells, usually without hurting normal cells and body tissue.

Far infrared therapy inhibited the growth of solid tumor cells. One study showed that the use of hyperthermia alone resulted in complete overall response rates of 13%. Using hyperthermia, in addition to other treatment modalities, has shown significant improvement in hyperthermia, the

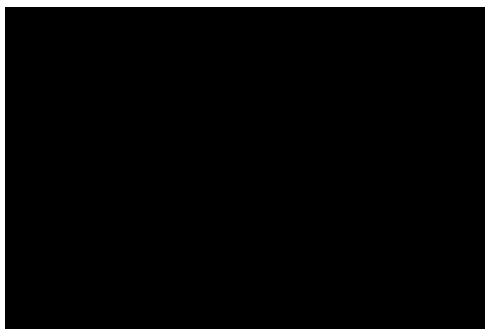
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**Foods that make you poop immediately: Constipation home**

# remedies



Food provides the body with the nutrition it needs to function properly, but sometimes, getting too much of the wrong food can lead to constipation and leave you searching for foods that make you poop.

What we eat is supposed to go from our mouths, into our belly, and out. Digestion time varies from person to person, but it generally takes anywhere from six to eight hours for food to pass through the stomach and small intestine. It then enters the large intestine to further digest, and then undigested food is eliminated. Some foods will have us running to the washroom quicker, while others lead to uncomfortable constipation. For instance, lots of fruits can keep people full, but they can also cause the runs. Fried foods, on the other hand, can make you constipated. So can painkillers, since they contain elements that can bind receptors in the digestive tract. Although some people assume all fruits will help get things moving, certain fruits—such as unripe bananas—contain a lot of starch, which moves really slowly through the digestive system.

Most dieticians will tell you that a well-balanced diet is best to keep you regular. While you do want to have foods that help you poop, you don't want to go overboard, and you should know what makes you poop instantly so you can avoid mad dashes to the washroom.

## Bowel movement basics: What makes you poop?

What makes you poop might be different than what makes someone else poop. However, for many people, caffeine is a trigger for bowel movements. Caffeine increases levels of cholecystokinin, which can regulate bowel movement and help with fecal elimination. There are cases where caffeinated drinks don't seem to work for a person who is constipated, but consuming spicy food does. This is due to the fact that spicy foods contain capsaicin, a substance that irritates the bowels and leads to movement.

Experts say that one of the best things a person can do when they are constipated is drink a lot of water. Since constipation is related to dehydration in the colon, plenty of water is needed.

When a person is constipated, multiple factors can be at play, but the bottom line is that regular bowel evacuation is vital since we need to eliminate toxins from our body. Failure to do so can lead to more serious health issues, including toxicity, bacteria growth in the gut, or diverticulitis (bowel pockets).

## Foods that help you poop

If you have a history of constipation, you might want to take a look at the following list of foods that make you poop.

- Prunes – they have lots of fiber and sorbitol, a natural laxative.
- Avocados – they are high in magnesium and attract water to soften stool.
- Kiwi – this fruit is low in sugar and high in fiber.
- Popcorn – plain popcorn is a good substitute for chips because it has fiber.
- Flaxseed – the seeds are packed with fiber, but don't eat them whole because they will pass through you. Add them to smoothies, oatmeal, or a salad.
- Oranges – they contain a flavonol called naringenin, which researchers found can work like a laxative to help constipation.
- Oatmeal – it contains insoluble fiber, which can bulk up stool, helping it pass quicker.
- Aloe Vera Juice – studies indicate that it can act as a laxative.
- Spinach – the green vegetable has fiber and magnesium. The mineral helps the colon contract and draws water in to flush things out.
- Beans – they contain resistant starch, a fiber that helps improve movement of food through the colon. It also helps balance bacteria in the GI tract.
- Green beans – this vegetable can be helpful due to its fiber content.
- Cereal – a high fiber cereal consumed in the morning can trigger movement.
- Wheat bran – the outer layer of a wheat kernel is full of fiber, with about 25g per cup.
- Almonds – they are loaded with healthy fats, proteins, and fiber, but it is really the magnesium in them that helps with constipation.
- Kefir – it is packed with probiotics, and several studies show that probiotics can ease constipation.
- Raspberries – they contain double the fiber that strawberries do.
- Broccoli – this popular green vegetable has about 5.1g of insoluble fiber per cup.

If you are looking for foods that make you poop immediately, you just might find something on this list that will do the trick. If you continue to struggle to find relief, you should consult a doctor.

More often than not, constipation is linked to diet, and there is an opportunity to turn to foods that make you poop right away. There are some causes that go beyond diet, for example, being sedentary, taking certain medications, or suffering from a neurological condition could lead to constipation. Irritable bowel syndrome can also make it difficult to poop. Some people with this condition suffer from diarrhea, while others have constipation.

When a person has a well-balanced diet and has already explored foods that make you poop right away—yet they still have difficulty with bowel movements—further investigation is required. It may seem like a hard subject to broach with a doctor, but it won't be anything he or she hasn't heard before. Bowel movement is a bodily function that is important to good health.

Related: 10 natural remedies for constipation

## What Does Sauna Do To The Body - BikeHike

- What are the benefits of using a sauna?
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- Is a sauna good for weight loss?
- What happens to your body after using a sauna?
- Do saunas detox your body?
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- Do saunas make you poop?
- Do toxins come out in sweat?
- Does sauna help acne?

Facilities offering sauna bathing often claim health benefits that include detoxification, increased metabolism, weight loss, increased blood circulation, pain reduction, antiaging, skin rejuvenation, improved cardiovascular function, improved immune function, improved sleep, stress management, and relaxation.

### What are the benefits of using a sauna?

Saunas improve overall health, wellness and performance. Saunas aid in recovery after intense physical activity. Saunas flush toxins via sweating process. Saunas improve brain health. Saunas relieve stress. Saunas can induce a deeper sleep. Saunas can help fight illness. Sauna cleanses the skin.

### How long should you sit in a sauna?

The longer you stay in the sauna, the more you risk dehydration, so a general rule is to cap your time to 15 to 20 minutes. The Finnish, who the word "sauna" comes from, may have an even simpler suggestion since the sauna is meant for relaxing, not ticking off minutes: Leave the sauna once you feel hot enough.

### Is a sauna good for weight loss?

Sauna and weight loss A sauna does not help you to lose weight; it temporarily removes easily replaceable water from the body. Excessive heat makes your body sweat and sweating can make you lose fluid. In other words, it can be said that you are severely dehydrating your body by sitting in a sauna.

### What happens to your body after using a sauna?

Saunas have been traditionally used to produce a feeling of relaxation. As your heart rate goes up and your blood vessels dilate, there is an increase in blood flow to the skin. Saunas may also improve blood circulation. This relaxation effect is one of the biggest benefits to using a sauna.

### Do saunas detox your body?

Saunas are great for flushing out the toxins that build up in your body's fat cells. Your kidneys are detoxification powerhouses, and the intense sweating you can enjoy while spending time in a sauna can clear out about one-third of the toxic material that your kidneys remove from your

bloodstream.

## **Does sauna improve skin?**

The heat in steam baths and sauna enhances collagen production, thereby strengthening and rejuvenating the complexion. The heat also helps the skin getting rid of dead skin cells, promoting the growth of newer and healthier ones.

## **Should you wipe sweat in sauna?**

Don't wipe unless you're drenched. Sweat releases heat by evaporative cooling. But if you wipe away the perspiration before it evaporates, that process will get cut short, and you'll need to sweat more just to achieve the same degree of cooling.

## **How much weight can you lose in a sauna in 1 hour?**

#1 Water Weight The most immediate benefit of a sauna is water weight loss. Because the intense heat makes you sweat, you'll lose excess water stored in your body. You can lose up to five pounds in a single session but, as you rehydrate, most of the weight will come back.

## **What happens if you stay in sauna too long?**

For those who are more susceptible to heat stress, staying in the sauna for too long causes the body to become overheated, giving a dizzy and nausea feeling. The extended-stay could even lead to a heat stroke, which can do some serious damage to the body.

## **How can I lose my stomach fat?**

20 Effective Tips to Lose Belly Fat (Backed by Science) Eat plenty of soluble fiber. Avoid foods that contain trans fats. Don't drink too much alcohol. Eat a high protein diet. Reduce your stress levels. Don't eat a lot of sugary foods. Do aerobic exercise (cardio) Cut back on carbs — especially refined carbs.

## **Should I sauna before or after a workout?**

You can reap the benefits of sauna bathing anytime. But while some people like to pregame their workout by warming up their muscles in a sauna—which helps you loosen up, but shouldn't replace your regular warm up—using the sauna after you exercise, when you're still a little dehydrated, may be even better.

## **What is better a sauna or steam room?**

The big difference is in the type of heat that they provide. A sauna uses dry heat, usually from hot rocks or a closed stove. While a sauna may help relax and loosen your muscles, it won't have the same health benefits of a steam room. The key to the steam room's unique health benefits is the humidity.

## **Why are saunas bad for you?**

Dehydration can result from fluid loss while sweating. People with certain conditions, such as kidney disease, may be at a higher risk of dehydration. The increased temperatures can also lead to dizziness and nausea in some people.

## **Does sauna remove water weight?**

There is a tiny bit of weight loss happening while you're in the sauna. That's because you're sweating off water weight. Once you begin drinking again, the water weight returns. The higher temperatures cause your heart rate to increase in a way similar to exercise.

## **How long to stay in a sauna for detox?**

The amount of time spent in a sauna detox session may vary depending upon your tolerance and daily activity level. To get your body accustomed to infrared therapy, start with 10-15 minute sessions every other day. Gradually increase towards 40 minute daily sessions in the optimal temperature range.

## **Do saunas make you poop?**

4. As a result of the sauna treatment, your body will break down fat stores and mobilize various toxins to be eliminated. The toxins will be discarded through your urine, your sweat, and through your feces (stool).

## **Do toxins come out in sweat?**

Therefore, sweat is not made up of toxins from your body, and the belief that sweat can cleanse the body is a myth. “You cannot sweat toxins out of the body,” Dr. Smith says. “Toxins such as mercury, alcohol and most drugs are eliminated by your liver, intestines or kidneys.” Mar 8, 2019.

## **Does sauna help acne?**

So if you are already struggling with an inflamed acne type, especially cystic acne, you should be avoiding saunas and steam because they can worsen inflammation.

# **Can Infrared Sauna Give You Diarrhea? - LEDsManufacturer**

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## **Does infrared sauna make you poop?**

The following is a list of the 4th. The sauna treatment will help you break down fat stores and eliminate toxins. The toxins will be thrown out through your bodily fluids.

## **Can infrared saunas make you feel sick?**

If you stay in the sauna for too long, your body isn't used to the heat, or you enter the sauna dehydrated, it can lead to headaches and lowered blood pressure.

## **Does infrared sauna remove toxins?**



Yes, that is correct. There are amazing toxins that can be removed by saunas. It is possible to remove undesirable toxins from the body with the use of high penetrating heat.

## **Does sauna make you poop?**

The heat from the sauna will warm up your body, muscles, and tissue, which will allow them to relax, opening up your colon and intestines. It is possible that this relaxation will help you move waste, release stools, and alleviate any symptoms of sphinx.

## **Do infrared saunas burn fat?**

The answer is affirmative. If you want to burn calories, sitting in a sauna is the best way to do so. According to JNH Lifestyles, a 30 minute sauna session with a temperature between 120 and 150 degrees can burn up to 600 calories.

## **Can you use infrared sauna every day?**

The amount of sessions per week is not known, but the sauna is safe to use on a daily basis. If you use it daily, you'll see improvements to your health sooner. Most people do 30 to 45 minute sessions three to four times a week.

## **Should you shower after an infrared sauna?**

We recommend that you take a shower after using the sauna. Having a shower after a sauna will help to cleanse the skin and close the pores because of the sweat and toxins that are released.

## **What are the pros and cons of infrared saunas?**

There is a chance that exposure to the dry heat and IR radiation can cause adverse health effects for some people.

## **Why am I so tired after infrared sauna?**

The sauna results in low blood pressure because the body sends more blood to the surface of the skin to cool off. This causes your blood pressure to go down, making you feel light-headed, nausea and fatigued, blurry vision, and even loss of consciousness.

## **What should I do after an infrared sauna?**

You'll feel lightheaded when you stand up because you'll sweat a lot while in the sauna. Make sure you sit down after you leave the sauna. Wait for your body to cool down before you do anything else, and drink water immediately after your session is over.

## **Why do I feel so tired after infrared sauna?**

Sauna use can make you feel tired because of how hard your body works. The body tries to regulate its temperature by sweating. You can be tired after a long sauna session if you get dehydrated.

## **How often should you use an infrared sauna for detox?**

Depending on your tolerance and activity level, the amount of time spent in a sauna session may be different. 10 to 15 minute sessions every other day are the best way to get your body used to the therapy. Gradually increase daily sessions to 40 minutes.

## **Does infrared sauna help with inflammation?**

White blood cells are produced in the sauna to reduce inflammation and calm swelling to alleviate chronic pain.

## **Does infrared sauna help cellulite?**

One way to reduce the appearance of cellulite is through the use of a sauna. The body is encouraged to get rid of fat and Collagen when it is exposed to red and near-IR light. It's important to help skin elasticity and reduce the build up of cellulite.

## **How long do you have to sit in a sauna to detox your body?**

Depending on your tolerance and daily activity levels, the amount of time spent in a sauna session may be different. 10 to 15 minute sessions every other day are the best way to get your body used to the therapy. Gradually increase daily sessions to 40 minutes. Listen to what is going on in your body.

## **How long should you stay in a infrared sauna?**

Work up to 30 to 40 minutes at a time slowly, if you start with 10 to 15 minutes at a time. It is not recommended to use the sauna more than twice a day. It is not a good idea to stay in for more than 20 to 45 minutes at a time even when you are used to it.

## **Are steam saunas better than infrared?**

In terms of health benefits, the hot air from a traditional steam sauna creates surface sweat, while the gentle heat from IR saunas raises the core body temperature, delivering a much deeper sweat and increased health benefits.

## **Are infrared saunas worth it?**

Several studies have looked at the benefits of using a sauna in the treatment of chronic health problems, such as high blood pressure, congestive heart failure, dementia and Alzheimer's disease, and found some evidence of benefit.

## **Do infrared saunas use a lot of electricity?**

Between 1600 and 3000 watt per hour is the average used by IR saunas. The cost of running a sauna can be reduced if you use insulation.

## **What are the negative effects of infrared radiation?**

Exposure to IR radiation causes the lens to become invisible. Situated is a loss of vision due to the damage to the retina caused by IR exposure. Symptoms of redness of the eye, swelling, or hemorrhaging can be caused by low level IR absorption.

## **How much weight can you lose in a sauna in 1 hour?**

Extra water is being stored in your body as a result of the heat. You can lose 5 pounds in one sauna session, but if you drink more fluids, you'll gain it back. If you need to slip into a pair of jeans for the evening, it's a good way to do it.

## **Should you drink water while in the sauna?**

Is it a good idea to drink water in Saudi Arabia? It's a good idea to drink water in the sauna. The most important thing to remember is to drink plenty of water. When more fluids leave the body than enter it, headaches, fatigue, dizziness, and confusion can occur.

## **Can you bring your phone in an infrared sauna?**

Don't use your smart phone in the sauna! It will be sooner rather than later that you kill your phone. At Clearlight, we found the perfect balance between enjoying and exposure to the harmful rays of the sun.

## **What are the disadvantages of sauna?**

It's a good idea to drink a lot of water before and after using a sauna. Don't spend a lot of time in the sauna because it increases your risk of dehydration.

## **What's better steam room or sauna?**

They provide a different type of heat. Dry heat is used in a sauna from hot rocks or a closed stove. A generator is filled with boiling water and is used to heat the steam rooms. A steam room has the same health benefits as a sauna, but it doesn't help relax and loosen your muscles as much.

## **Can you use a sauna too much?**

Some sauna users may turn the sauna into a longer social event, but don't try to do it too much. A general rule is to limit your time in the sauna to 15 to 20 minutes because of the risk of dehydration.

## **Can the sauna make you sick?**

In the extreme heat of a sauna, this mechanism can result in low blood pressure in your brain and organs, which can make you feel light-headed, nauseous and fatigued, and can lead to blurred vision or even loss of consciousness.

## **Does sauna increase life expectancy?**

A new study shows that frequent sauna use can lead to a longer life due to a reduced risk of cardiovascular diseases.

## Is it better to sauna in the morning or night?

It's best to use a traditional sauna in the morning because of the high temperature. The best time to use a sauna is at night when melatonin production is at its highest.

## Should you wipe sweat in sauna?

Don't wipe if you are wet. Sweat cools down the body by releasing heat. As sweat transitions from liquid to gas phase, it absorbs more than two thousand joules of energy from the body.

## Is sauna good when you have the flu?

There is evidence that saunas can speed the recovery from colds. Some researchers think sauna heat reduces symptoms because it improves drainage, while others think it weakens cold and flu viruses.

## How much is too much infrared sauna?

It is safe to have a few sessions of the sauna a week, but you may not want to go for more than 20 minutes. It's a good idea to drink plenty of water before and after using a sauna.

## How many calories are burned in an infrared sauna?

According to some studies, a 30-minute sauna session can burn 600 calories per hour and keep your heart rate elevated for 30 minutes.

## What toxins does sauna remove?

According to a press release for Sunlight Saunas, a Seattle area physician claims that the body can be rid of cholesterol, fat-soluble toxins, toxic heavy metals, sulfuric acid, sodium, ammonia and uric acid.

## Does infrared sauna help with bloating?

It is possible to feel less puffy and bloated by losing water retention. She says that you may burn a bit more calories in the sauna.

## Who should not use a far infrared sauna?

A person with insensitivity to heat should not use a sauna. If you have a recent joint injury, it is not a good idea to heat it for the first 48 hours.

## Does infrared light burn belly fat?

There isn't much scientific evidence to support the claims that light from a lamp, laser, or body wrap can help people lose weight.

## Does infrared sauna help lymphatic drainage?

Reducing stress and fatigue, improving skin, and speeding weight loss are just a few of the benefits that come from using a sauna.

## Does Infrared Sauna Make You Poop? - LEDsManufacturer

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- Does sauna cause inflammation?
- What happens to your body after a sauna?

The heat from the sauna will warm up your body, muscles, and tissue, which will allow them to relax and open up your colon and intestines. It is possible that this relaxation will help you move waste, release stools and alleviate any symptoms of bicycle issues.

## **Is it OK to sit in an infrared sauna every day?**

The sauna can be used for three to four days a week. It is possible to use the sauna daily if you are healthy.

## **Does infrared sauna help with bloating?**

It is possible to feel less puffy and bloated by losing water retention. She says that you may burn a bit more calories in a sauna.

## **Do infrared saunas burn fat?**

The answer is affirmative. If you want to burn calories, sitting in a sauna is the best way to do so. According to JNH Lifestyles, a 30 minute sauna session with a temperature between 120 and 150 degrees can burn up to 600 calories.

## **Should you shower after an infrared sauna?**

We recommend that you take a shower after using the sauna. Having a shower after a sauna will help to cleanse the skin and close the pores because of the sweat and toxins that are released.

## **Does infrared light give you vitamin D?**

Many people don't know that they're deficient in vitamins D and E. It's important for bone, teeth, and skin health, as well as reducing your risk of cancer, if you have low levels of vitamins D and D3. It is possible to boost your Vitamin D levels by using the sauna.

## **What are the pros and cons of infrared saunas?**

There is a chance that exposure to the dry heat and IR radiation can cause adverse health effects for some people.

## **Does infrared sauna help cellulite?**

One way to reduce the appearance of cellulite is through the use of a sauna. The body is encouraged to get rid of fat and Collagen when it is exposed to red and near-IR light. It's important to help skin elasticity and reduce the build up of cellulite.

## **Does infrared sauna help with inflammation?**

White blood cells are produced in the sauna to reduce inflammation and calm swelling to alleviate chronic pain.

## **Does infrared sauna detox the body?**

The heat from the sauna is absorbed by the skin, which raises body temperature deep inside the core and promotes a deeper level of detoxification than ordinary saunas can provide. Excess toxins such as heavy metals, chemicals, and radioactive particles can be eliminated with a deeper level of detoxification.

## **Does sauna cause inflammation?**

There is evidence that saunas reduce inflammation, boost the immune system, and reduce physical stress. It's not risk-free to use a sauna. People burn themselves when they drink. It seems that a life with more saunas is a better one.

## **What happens to your body after a sauna?**

People who use a dry sauna feel better. The sauna can help reduce tension in the joints and relieve sore muscles by relaxing the blood vessels. People with chronic pain and arthritis may benefit from sauna use.

# **Digestive Disorders - Good Health Saunas**

## **Infrared Saunas And Digestive Disorders**

Digestive disorders are all too common, and can include GERD, chronic heartburn, IBS (irritable bowel syndrome), as well as inflammatory bowel disease. If you frequently experience abdominal discomfort or have a history of these conditions, a solution may be found by regular use of an infrared sauna.

## How Infrared Saunas Can Help With Digestive Disorders

By using an infrared sauna at least several times a week, you can better manage your digestive disorder and prevent irritation/inflammation along the digestive tract. Many find that when an irritation does occur, bowel rejuvenation and relief of symptoms may be achieved more quickly. When the rays of an infrared sauna penetrate the body, a brief, yet beneficial, increase in body temperature occurs. This is almost like an artificial fever, but one that may imitate the body's natural response to this type of stimulus, boosting your immune system. By promoting healthy immune function, your body is more equipped to rid itself of toxins, viruses, bacteria, and irritants that can cause flare ups in the digestive system. As many users have found, regular infrared sauna sessions can do wonders in relieving the symptoms of gastroesophageal reflux disease, irritable bowel syndrome, chronic heartburn, and inflammatory bowel disease.

[VIEW OUR SAUNA MODELS](#)



## Tips for the Best Sauna Experience

### 1. Stretch before entering the sauna.

Stretching wakes up your body, gets your blood pumping, and increases your flexibility, and these preparations will ensure that your mind, body, and health will see the greatest results after your infrared sauna session.

### 2. Hydrate your body.

They say you should drink at least eight 8-ounce glasses of water each day, and they're not wrong! Keeping your body hydrated guarantees that you'll have the stamina to enjoy an entire session of healthy heat in an infrared sauna.

### **3. Find the right settings.**

Not everyone has the same body, so not everyone should have the same settings when it comes to their infrared sauna experience. If you're looking to truly relax, then you may want to adjust the chromotherapy lighting to our cool blue, turn the heat to a lower temperature, and play some calming tunes. But, if you're someone who wants to use the infrared sauna to feel energized, then perhaps a radiant orange, higher temperature, and an inspiring music selection is the way to go.

### **4. Take advantage of the bench.**

Our infrared saunas come equipped with a comfortable bench that's stationed at just the right height, so use it! The bench gives you somewhere to put your feet up to relax, sit calmly if you want to meditate, or provides an area for you to do that stretching we talked about earlier.

## **Related Knowledge Center Articles**



# **Colonics, Enemas, Oil Pulling, and Infrared Saunas - The Whole Journey**

Today's topic gets pretty...well, personal. We can't really talk about cleansing without addressing bowel health.

But before we get to the "off the beaten path" cleansing techniques our title suggests, I want to mention the most basic daily detoxification method that every single human should be routinely embracing: water.

Start the day with 16 oz. of room temperature water with a juice of half a lemon (a whole lemon if you can stand the taste). 16 ounces touches every single organ and lets the body know, hey we're awake, and metabolism can begin!

If you're a coffee drinker, do this before you have your coffee because the lemon water builds an alkaline base for the acidic coffee.

Special tip: espresso is better for you than regular coffee because it has less caffeine is brewed on the spot. Espresso can actually be alkaline forming if you drink it within the first 15 minutes of being brewed.

Back to lemon water...

During the first four hours of sleep, the body pulls acid from the joints and stores it in a holding tank behind the heart.

Drinking lemon juice will help wash excess acid from the stomach through the large intestine so when you have a bowel movement, you will eliminate much more acid than you would have without the lemon.

Warm lemon water is even better because it flushes the lymphatic system as well.

Plus, when you have something warm when you wake up, it helps the body raise your core temperature that has dropped while you were sleeping, giving your thyroid a bit of love.

Drinking coffee in the morning without breakfast raises cortisol levels so no matter what you eat after the coffee will not be as effective because insulin won't be able to get you're your cells because they're taking a cortisol bath. It's important to have coffee with breakfast (if you're a coffee drinker) rather than drinking coffee alone.

Wondering how much water you should drink a day? Contrary popular belief, there's not a set number of glasses you should drink per day; the amount should be based on body weight, season, and activity level. An ideal target for water consumption is 1 liter of mineralized (not just purified) water per 50 pounds of body weight. For example, if you weigh 150 pounds, you should consume at least 3 liters (or 100oz) of water per day.

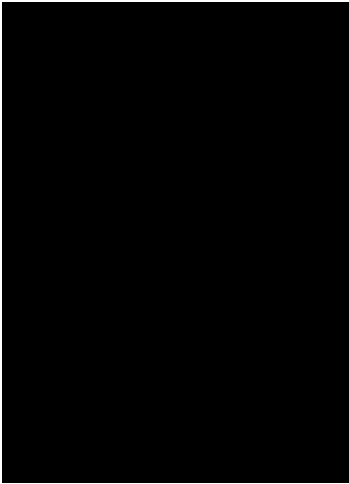
Now on to our favorite ways to cleanse at home on a daily or weekly basis.

### **Dry Skin Brush**

Dry brushing improves circulation. A few times a week, brush dry skin with upwards strokes towards the heart. Brushing towards the heart helps circulate the lymphatic system and flush it, which ends up moving behind the heart so it can exit through the digestive system.

## Detox Baths

Taking a warm bath with bentonite clay (1/2 cup is enough), 1 cup raw apple cider vinegar, and 1/2 cup sea salt will draw toxins out of the skin, giving your organs and your skin a deep, yet cleanse.



## Tongue Scraper

There are only so many ways to detox: through our skin, bowels, or lungs (deep breathing). While people might brush their tongue, if the liver or the digestive system is congested (especially if you have Candida), you'll have a white coating on your tongue that you'll want to remove daily, especially while on a planned cleanse. Brushing your tongue just moves the bacteria around, while scraping your tongue with a tongue scraper removes it.

Randy is used to interviewing tons of dentists so he knows a lot about oral health. I love how Randy suggests gargling with hydrogen peroxide to remove periodontal bacteria, which is the "western" version of oil pulling. Ridding the mouth of bacteria prevents the bacteria from reaching the heart. This is especially important if you've ever had a root canal.

My version of this is oil pulling.

## Oil Pulling

This ancient cleansing and restorative method from the east is completely safe and extremely effective if you can commit to it for 21 days. Put about a tablespoon and a half of sesame oil in your mouth and pull the oil through your teeth for 10 minutes (don't gargle with it, pull it through the teeth so that the oil can attach to bacteria). This removes bacteria and the removal will be evident when the sesame oil becomes white and thick. This is very important for anyone with gum disease, sleep disorders, or any manner of digestive complaints (because they are likely related to bad bacteria in some way). Do this once a day for three weeks to a month.

## Colonics and Enemas

While colonics are not "At-home" or "DIY", I do recommend them. A colonic is an irrigation of the colon. When you have a bowel movement, you are only eliminating the sigmoid colon or the end of your colon. A colonic can help cleanse much more of the colon, including the transverse colon, the ascending colon, and all the tiny folds that might have accumulated old waste.

Because colonics can help remove accumulated toxic waste that had been preventing nutrient absorption, people usually notice a big lift in their energy and mental clarity and sense of calm after a colonic. Detoxification should begin in the colon well before ever attempting a more intense cleanse like a liver or heavy metal cleanse because you need to create an open channel for waste products to flow into so they can be released from the body.

What about enemas?

Enemas are at-home way to detoxify your body. You can do regular enemas or you can do coffee enemas if you are looking to provide support for your liver. The Gerson Foundation helps people heal from Cancer naturally and coffee enemas are an essential part of their program. If you'd like to explore this idea more, this Natural News article gives you the details on how to administer a coffee enema at home.

An enema bucket is cheap, and scary as it may sound, it's actually pretty easy and non-intimidating.

Outside of colonics and enemas, the position you are in when you eliminate is really important to regular cleansing on a daily basis. I will let the Squatty Potty explain the rest of that story...

## Infrared Saunas

I love these!

There have been studies showing you can burn anywhere from 800-1200 calories in 30 minutes by sitting in an infrared sauna. They are also used

to help heal injuries. The concept behind them is that you're heating your body from the inside and then your body has to