Jacuzzi | INFRARED SAUNAS

Researched evidence on the effectiveness of Infrared Saunas

Sauna therapy has proven to be effective in the excretion of most persistent organic pollutants, as well as providing benefits for health concerns such as detoxification, heart health, hypertension, stress relief, pain management, weight loss, immune system function, skin health, Lyme disease, chronic fatigue syndrome, fibromyalgia, depression, muscle recovery and diabetes support.

For these and other Infrared Studies and articles, please visit infraredsauna.com/infrared-sauna-health-benefits

Detoxification

"This study provides important baseline evidence suggesting that regular sessions of induced perspiration may facilitate the therapeutic elimination of PBDEs."
"Human Excretion of Polybrominated Diphenyl Ether Flame Retardants: Blood, Urine, and Sweat Study." Genuis, Shelagh K., et al. BioMed Research International: Volume 2017, Article ID 3676089.

"This investigation strongly suggests that utilizing sauna and nutritional therapy may alleviate chronic symptoms appearing after chemical exposures associated with methamphetamine-related law enforcement activities. This report also has relevance to addressing the apparent ill effects of other complex chemical exposures."
"Methamphetamine Exposure and Chronic Illness in Police Officers: Significant improvement with sauna-based detoxification therapy." Ross, Gerald H. et al. Sage Journals Volume 28, November 16, 2011.

"In review, recognizing the persistent nature of many PCBs in the human body, induced perspiration through means such as regular sauna therapy may have some role as a clinical modality to facilitate the clearance of some but not all PCB compounds."
"Biomonitoring and Elimination of Perfluorinated Compounds and Polychychlorinated Biphenyls through Perspiration: Blood, Urine, and Sweat Study." Genuis, Stephen J., et al. ISRN Toxicology, May 27, 2013.

"From our results, sweat appears to be an important excretory pathway for zinc and copper. The loss of manganese in sweat is significant."
"The Excretion of Trace Metals in Human Sweat." Cohn, JR et al. Annals of Clinical & Laboratory Science, July-August, 1978.

Heart and Cardiovascular Health

"Clinical symptoms were improved in 17 of 20 patients after two weeks of sauna therapy. Repeated sauna treatment improves vascular endothelial function, resulting in an improvement in cardiac function and clinical symptoms."
"Repeated sauna treatment improves vascular endothelial and cardiac function in patients with chronic heart failure." Kihara, T. et al. Journal of the American College of Cardiology, March 2002.

"Repeated sauna therapy (60°C for 15 min) improved hemodynamic parameters, clinical symptoms, cardiac function and vascular endothelial function in patients with CHF."
"Beneficial effects of sauna bathing for heart failure patients." Blum, Nava et al. Experimental & Clinical Cardiology, Spring 2007.

"Increased frequency of sauna bathing is associated with a reduced risk of sudden cardiac death, fatal coronary heart disease, fatal cardiovascular disease, and all-cause mortality."
"Association between sauna bathing and fatal cardiovascular and all-cause mortality events." Laukkanen, T. et al. JAMA Internal Medicine, April 2015.

"Waon therapy is a form of thermal treatment in a dry sauna maintained at a temperature of 60 degrees C, which differs from the traditional sauna. Waon therapy reportedly improves the hemodynamics, cardiac function, ventricular arrhythmias, vascular endothelial function, neurohormonal factors, sympathetic nervous system function, and symptoms in patients with chronic heart failure (CHF).
"Waon therapy for cardiovascular disease: Innovative therapy for the 21st century." Miyata, M. et al. Circulation Journal, Official Journal of the Japanese Circulation Society, April 2010.

Pain, Joint Relief and Muscle Recovery

"Infrared treatment has statistically significant short-term beneficial effects and clinically relevant period effects during treatment in RA and AS patients without enhancing disease activity. IR has good tolerability and no adverse effects."
"Infrared sauna in patients with rheumatoid arthritis and ankylosing spondylitis: A pilot study showing good tolerance, short-term improvement of pain and stiffness, and a trend towards long-term beneficial effects." Oosterveld, F.G. et al. Clinical Rheumatology, January 2009.

"The study demonstrates that FIR therapy induces HO-1 gene expression in human ECs via the activation of the Nrf2/ARE complex. This study found that the induction of HO-1 contributes to the ability of FIR therapy to inhibit the expression of EC adhesion molecules and the adhesion of monocytes to vascular endothelium. The ability of FIR therapy to inhibit endothelial inflammation through the induction of HO-1 may play a critical role in maintaining the patency of AVFs in HD patients."
"Far Infrared Therapy Inhibits Vascular Endothelial Inflammation via the Induction of Heme Oxygenase-1." Lin, C. et al. Arteriosclerosis, Thrombosis and Vascular Biology, Volume 28, Issue 4, April 2008.

"Regular sauna bathing is a simple, self-directed treatment that is effective for reducing headache pain intensity in chronic tension-type headaches."
"Efficacy of regular sauna bathing for chronic tension-type headache: a randomized controlled study." Kanji, G. et al. Journal of Alternative and Complementary Medicine, February 2015.

"Deep penetration of infrared heat (approx. 3-4 cm into fat tissue and neuromuscular system) with mild temperature (35-50°C), and light humidity (25-35%) during FIRS bathing appears favorable for the neuromuscular system to recover from maximal endurance performance. FIRS bathing is light loading for the body and provides a comfortable and relaxing experience."
"Effects of far-infrared sauna bathing on recovery from strength and endurance training sessions in men." Mero, Antti et al. SpringerPlus, July 7, 2015.

Weight Loss and Lifestyle-Related Diseases

"It was found that repeated sauna therapy (60°C for 15 min) improved hemodynamic parameters, clinical symptoms, cardiac function, and vascular endothelial function in patients with congestive heart failure. Sauna therapy also improved endothelial dysfunction in these subjects [with hypertension, hyperlipidemla, diabetes mellitus, obesity, smokers], suggesting a preventive role for atherosclerosis. In obese patients, the body weight and body fat significantly decreased after 2 weeks of sauna therapy without increase of plasma ghrelin concentrations.
"Clinical Implications of Thermal Therapy in Lifestyle-Related Diseases." Biro, Sadatoshi et al. Experimental Biology and Medicine, Volume 288, November 1, 2003.

"Participants who used the sauna regularly had a greater loss in body fat. Participants measured up to a 4% drop in body fat over the four months. The change in body fat was confirmed by measurements of serum glucose levels."
"Study to Measure the Effects of Sauna use on Body Temperature, Physiologic Measures and Long-term Body Weight Changes." McLeod, Kenneth. Binghamton University, SUNY. https://infraredsauna.com/weightlossstudy.pdf

Hypertension/High Blood Pressure and Pulmonary Function

"Regular sauna bathing improves endothelial function, which has beneficial effects on systemic blood pressure." A recent analysis of the same study also revealed that those taking a sauna frequently have a lower risk of pulmonary diseases."
"Sauna Bathing and Incident Hypertension: A Prospective Cohort" Zaccardi, Francesco et al. American Journal of Hypertension, Volume 30, Issue 11, November 1, 2017.

"Our results suggest that infrared sauna use may be beneficial for lowering blood pressure and waist circumference. Subject adherence to infrared sauna use is greater than adherence to other lifestyle interventions. The combination of favourable compliance/adherence, as well as effectiveness in improving blood pressure and possibly waist circumference, makes infrared sauna therapy an attractive lifestyle option."
"Do Far-infrared Saunas Have Cardiovascular Benefits in People with Type 2 Diabetes?" Beever, Richard. Canadian Journal of Diabetes, Volume 34, Issue 2, 2010.