

INFRARED SAUNAS & PAIN MANAGEMENT

Infrared saunas have been proven to aid in the fight against a wide range of health conditions, and that includes general pain management. We've all experienced varying levels of pain, but regularly relaxing in an infrared sauna can help



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How Infrared Saunas Can Help With Pain Management

Infrared Saunas offer key features for combatting the symptoms linked with pain management. For example, the 360 degrees of infrared heat penetration that an individual will experience in our saunas ensures that all areas of the body are being targeted. Additionally, our oxygen ionizer keeps the air in our infrared saunas cleaner and more refreshing than the air outdoors. Literally. Don't believe us? Then trust the experts!

Benefits of Using an Infrared Sauna for Back Pain Treatment

Back pain is one of the most common ailments. Whether it's genetic or environmental, almost everyone has suffered from a stiff back or tweaked muscle. Using a sauna may be your answer to treating and reducing back pain while reducing future risk. Read on for more information on what may be causing back pain, tips on reducing pain, and how an infrared sauna can help.

Health Benefits of Using Infrared Sauna: Pain Relief

- Soothe aching muscles and joints.
- Reduce pain and stiffness.
- Improve joint mobility.

Are you a victim of sore, aching muscles? Do you find yourself experiencing painful inflammation and swelling? Is your joint mobility and range of motion restricted by stiffness and pain?

If so, you are not alone. According to statistics published by the National Institutes of Health, one in four Americans suffers from chronic and acute forms of pain. Pain affects more Americans than diabetes, heart disease and cancer combined, and is the leading cause of disability. Over 76 million Americans suffer from some form of chronic pain, with millions more suffering from acute pain.

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Due to the diverse nature of many pain conditions, treatment programs may be difficult to implement. Finding a remedy that provides relief can be time consuming, frustrating, and costly. When pain medication and therapy does not provide a respite, options for pain management become limited. Fortunately, dealing with chronic and acute pain has now become easier thanks to the infrared sauna.

The idea of thermal therapy is centuries old, but clinical studies have recently shown how valuable the sauna truly is as a therapeutic tool. As one study reports, pain indices were dramatically reduced in

individuals who underwent thermal therapy. A follow-up study completed found that 77% of the sauna group had been able to return to work, compared to only 50% of the non-sauna group. Another study reported that "All patients experienced a significant reduction in pain by about half" after just one sauna session.

Saunas are not only effective at treating chronic pain conditions, such as fibromyalgia, CFS and arthritis. Thermal therapy is also a safe, healthy way to relieve acute pain due to muscle or tissues injuries, inflammation and swelling, and limited joint mobility.

Find Your Personal Pain Relief

Infrared saunas have resulted in effective in pain management therapy for many different ailments. Here are just some of the conditions in which infrared sauna therapy has been successfully used for pain relief. **Peripheral Arte-**





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Peripheral Disease (PAD) - Those who suffer from PAD can experience severe leg pain caused by reduced blood flow and oxygen to the lower legs, which can get worse with walking. But Japanese researchers found that infrared sauna sessions of just 15 minutes a day significantly lowered pain, and patients were able to walk twice as far without pain. **Rheumatoid Arthritis and Ankylosing Spondylitis** - Those who suffer from autoimmune



conditions such as rheumatoid arthritis and ankylosing spondylitis often struggle with pain management that comes with hefty side effects. But with sauna therapy, pain relief can be found without negative outcomes. A study has shown that while in the sauna, all patients with these conditions felt significantly better, and at the end of the study, those with rheumatoid arthritis showed improvements in pain and fatigue while not in the sauna. Fibromyalgia Fibromyalgia causes pain throughout the entire body, with particular areas of sensitivity. Studies have shown that not only does infrared sauna use help with natural pain relief during treatment, but even months after ending sauna treatment the pain was still significantly lower. Emotional Pain Physical pain is often given much more credit in our society than pain caused by emotion. But medical doctors have begun to understand the real physiological impact of psychological issues. Infrared sauna therapy works for the pain that can't be seen, too. In the same study of chronic pain patients, researchers also found that patients had a statistically lower anger level compared to those not in the sauna group. ●

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