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WE NOW HAVE AN INFRARED SAUNA AT OUR WEST SEATTLE LOCATION !

Infrared saunas, like the sun, generate radiant heat, which is required by all living things for optimum health. Radiant heat from the sauna surrounds and penetrates the body, increasing oxygen flow and circulation to the joints, muscles, and tissues, delivering multiple health benefits backed by clinical studies relevant to our client population. There are three main categories on the infrared spectrum:

- Near Infrared—is the shortest wavelength on the light spectrum and is absorbed just below the surface of the skin. This spectrum helps raise core body temperature and helps with skin purification and rejuvenation providing anti-aging benefits.
- Mid Infrared—is a longer wavelength and penetrates deeper into the body's soft tissue. Mid infrared waves help increase circulation and release oxygen to injured areas.
- Far Infrared—is the longest wavelength and penetrates deep into the body. Far infrared wavelengths result in the greatest levels of detoxification, increases in metabolism, assistance in cardiovascular health, improvements in circulation and cellular health.

LIB's Clearlight Sauna is a full spectrum sauna, utilizing all three wavelengths

EASE JOINT PAIN, MUSCLE PAIN, INFLAMMATION, AND CHRONIC PAIN

Radiant infrared heat or infrared therapy (IRT) has been effective in the treatment of arthritis, sprains, neuralgia, bursitis, joint stiffness, and many other musculoskeletal ailments. IRT also reduces the stiffness, aches, and soreness associated with aging.

IRT provides a deep penetrating heat that helps reduce pain and promotes increased circulation to areas of discomfort. IRT may also reduce and prevent the formation of scar tissue and myofascial adhesions. Full spectrum IRT works by penetrating joints, muscles and tissues, increasing circulation and speeding oxygen flow to depleted cells. By reducing tension on nerve endings, infrared heat in turn reduces muscle spasms and helps the body heal itself naturally.

For years, doctors have recommended infrared saunas because of proven relief from sports injury, chronic fatigue syndrome, fibromyalgia, arthritis, and other chronic pain conditions.

Research shows that IRT assists the production of white blood cells to alleviate inflammation and reduce swelling, two key factors in easing bodily pain.

Recommended Usage: 30min 2x per week for 6 weeks.

WEIGHT LOSS & INCREASED METABOLISM

According to the *Journal of the American Medical Association*, regular use of a sauna imparts a boost to the cardiovascular system that mimics running. As the body relaxes in gentle infrared heat, it works hard to produce sweat, pump blood, and burn calories—all processes beneficial to the body.

IRT promotes weight loss by detoxifying the body and burning calories in an atmosphere of total comfort. During a sauna weight loss session, core body temperatures increase. The body, in an effort to cool itself, then produces copious, healthy sweat, boosting heart rate, cardiac output, and metabolic rate. Blood flow also increases from 5-7 quarts up to 13 quarts a minute. IRT sessions have been shown to burn up to 600 calories.

Moreover, IRT is a proven clinical aid to weight loss. In a 2009 study, IRT was shown to help lower weight and waist circumference over a three-month period. The common theme among subjects in the study was that far IRT use simulated moderate exercise. Therefore, infrared saunas can act as effective lifestyle adjuvants for those who cannot participate in traditional exercise programs due to medical conditions such as osteoarthritis, cardiovascular, or respiratory problems.

IRT can assist proper lifestyle changes—dietary, movement and exercise, and nutrition supplementation—in efforts to manage weight over the long term.

Weight-Loss Protocol: 30min 3x per week for 12 weeks.

PERFORMANCE-CARE & CELLULAR HEALTH IMPROVEMENT

IRT is effective for those attempting to increase metabolism, strength, post-workout recovery, energy levels, and muscular endurance. IRT has demonstrated the ability to excite the mitochondria of the cell, thus producing an increase in ATP (energy), which aids in increased metabolic function. As the body's core temperature rises, the added heat elicits the release of growth hormone, which in turn increases muscle hypertrophy, lipolysis, and calcium retention. Additionally, the associated stepped-up cellular oxygenation rate cleanses the circulatory system more quickly than would otherwise be the case.

With exposure to IRT, hikes in integrins, gap junction proteins, and other regenerating genes have also been observed, suggesting accelerated tissue recovery. In studies, white blood cell production and collagen growth have additionally been stimulated with near-infrared therapies.

Recommendation: 30 minutes 3x per week for 4-6 weeks.

DETOXIFICATION & IMMUNE SYSTEM BOOST

One of the biggest health benefits of IRT is an increase in blood circulation, which stimulates sweat glands and releases built-up toxins in the body. Daily sauna sweating can help detoxify the body as it rids itself of accumulated highly toxic metals (e.g. lead, mercury, nickel, and cadmium) as well as alcohol, nicotine, sulfuric acid, and other organic and inorganic compounds.

Deep heating via infrared raises the body's core temperature, in effect inducing an artificial fever. How does this benefit the body? Fever is the body's natural mechanism to strengthen and accelerate the immune response, which, combined with improved elimination of toxins and wastes via intense sweating, increases overall health and resistance to disease.

Recommended Usage: 30min 2-3x per week.

STRESS AND FATIGUE REDUCTION

Just a few minutes in the gentle warmth of an IRT will help a patient feel relaxed, rejuvenated, and renewed. Infrared Saunas have been shown to affect the autonomic nervous system, creating a parasympathetic (i.e., rest and digest) state, allowing the body to heal.

Recommended Usage: 30min 2x per week for 6 weeks.

CARDIOVASCULAR HEALTH

IRT promotes a healthier circulatory system. The deep heat of IRT causes a hypothalamic-induced elevation in both heart rate and cardiac output. It is believed that this additional stress on the heart leads to conditioning of the myocardium, which eventually lowers blood pressure. Also, the release of nitric oxide promotes vasodilation of the circulatory system and enhances blood flow to the periphery. IRT dilates blood vessels and reduces the volume of vessels' inner linings, thus increasing circulation to promote healthy blood pressure.

Clinical research shows IRT reduces systolic and diastolic blood pressure. Both are key factors in maintaining a healthy heart.

Blood-Pressure Protocol: 30 minutes 2-3x per week for 4 weeks.

SKIN REJUVENATION

The profuse sweating achieved after just a few minutes of IRT carries off deeply embedded impurities and dead skin cells, leaving the skin glowing and immaculately clean. Increased circulation draws the skin's own natural nutrients to the surface. IRT improves skin tone, elasticity, texture, and color. Increased blood circulation has also been shown to relieve acne, eczema, psoriasis, burns, lesions, and cuts.

A study published in *The Journal of Cosmetic and Laser Therapy* showed significant improvements in skin appearance after 12 weeks of near-infrared therapy. Participants experienced reductions in wrinkles as well as improved overall skin tone, including softness, smoothness, elasticity, clarity, and firmness.

Skin Rejuvenation Protocol: 30 minutes 3x per week for 12 weeks.

Clients can call 206-913-8082 to schedule sauna time.

30-minute sessions \$30

Package Rate: 6 visits for \$150

Check out these sites and references to clinical studies for additional information. This is a condensed list. A Pubmed or Google Scholar search will generate more.

<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC3312275/>

<https://universityhealthnews.com/daily/energy/new-study-shows-infrared-sauna-benefits-patients-with-chronic-fatigue-syndrome/>

<http://www.sciencedirect.com/science/article/pii/S1744388110000599>

<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC4295591/>

<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC2687728/>

<http://undergroundhealthreporter.com/infrared-saunas-improve-health/>

<https://www.ncbi.nlm.nih.gov/pubmed/16537213>

[http://www.canadianjournalofdiabetes.com/article/S1499-2671\(10\)42007-9/abstract](http://www.canadianjournalofdiabetes.com/article/S1499-2671(10)42007-9/abstract)

<https://infraredsauna.com/infrared-sauna-medical-studies/>

Crinnion, W. Sauna as a valuable clinical tool for cardiovascular, autoimmune, toxicant-induced and other chronic health problems. *Alt Medicine Review*. 2011 Sept: 215+.

Kihara T et al. Waon therapy improves the prognosis of patients with chronic heart failure. *J Cardiol*. 2009 Apr;53(2):214- 218.

Masuda A, Koga Y, Hattanmaru M, Minagoe S, Tei C: The Effects of Repeated Thermal Therapy for Patients with Chronic Pain. *Psychother Psychosom* 2005;74:288-294.

Matsumoto S, Shimodozono M, Etoh S, Miyata R, Kawahira K: Effects of thermal therapy combining sauna therapy and underwater exercise in patients with fibromyalgia. *Complementary Therapies in Clinical Practice*. 2011; 17,3:162-166.

Shui S, Wang X, Chiang JY, Zheng L. Far-infrared therapy for cardiovascular, autoimmune, and other chronic health problems: A systematic review. *Exp Biol Med (Maywood)*. 2015;240(10):1257-65.