

Near-Infrared Sauna Therapy

Near-infrared sauna therapy is one of the safest, most enjoyable, most powerful and least costly ways to eliminate toxic metals and toxic chemicals from the body. It will also help support the healing of many chronic infections, of which almost everyone has a few. Near-infrared saunas also help ease muscle soreness, improve circulation, calm the nervous system, activate the skin's natural detoxification processes, and many other benefits. It is an optional procedure, but sauna therapy will greatly enhance the effectiveness of your healing program.

Slow Oxidizers Instructions:

Near-infrared sauna therapy is recommended for you once daily for 20 minutes. As you can, you may slowly increase saunas up to 2 times daily for up to 40 minutes each. If on a Four Lows program, restrict sauna use to 40 minutes total per day until you are out of Four Lows. You may not sweat as much in the beginning, so take shorter saunas to start. As your body acclimates to using the sauna, you will begin to sweat more and can increase your time as indicated above. Any amount of time you spend in the sauna, even if just once a week, will be beneficial.

Fast Oxidizers Instructions:

Near-infrared sauna therapy is recommended for you 3 times weekly for 20 minutes each time. As you can, slowly increase saunas to once daily for up to 20 minutes. If you feel comfortable and want to increase your time up to 40 minutes each sauna, you may do so. You may not sweat as much in the beginning, so take shorter saunas to start. As your body acclimates to using the sauna, you will begin to sweat more and can increase your time as indicated above. Fast Oxidizers require less time in the sauna and fewer sauna sessions. They may be more heat sensitive and thus should begin with only 3 sessions a week and work up slowly to once a day. Any amount of time you spend in the sauna, even if just once a week, will be beneficial.

Instructions for Everyone:

The best times of day for doing saunas are when you first wake up in the morning and/or just before bed at night. But you can do one anytime. Rinse off in the shower or wipe your body down with a towel after taking a sauna. It is best to rest for at least five minutes after your sauna session.

While in the sauna, rotating periodically is very helpful. You can rotate to aim the lights at your sides, your front and your back. You want the heat lamps aimed at your torso and abdomen. You will want to sit anywhere from 18 to 24 inches from the front of the lamps. You will feel what is comfortable. You can drink water before the sauna, a little during, and more afterwards, but do not force yourself to drink water while in the sauna: only do so if thirsty. If you ever feel faint in the sauna, just get out and rest lying down until it passes.

If dealing with an infection flare-up, short saunas are best (up to 15 minutes each) and can be done multiple times per day (up to 6 times).

There are three types of saunas. Traditional saunas found at health clubs are simply a room with a heater. Far-infrared saunas use metallic or ceramic heating elements in the walls to provide a narrow band of far-infrared heat. Near-infrared light saunas use infrared heat lights for heating. The near-infrared sauna is like nothing you have ever tried before. It's

wonderful. It penetrates most deeply and has the most beneficial spectrum of infrared light, and offers color therapy as well. These are not the UV rays that cause sunburns. Operating costs are very low for these saunas. They are also clean and dry, and are quite comfortable to use for most people, as they operate at much lower temperatures than standard saunas.

To learn more about near-infrared sauna therapy, Moses Nutrition also carries a wonderful 167 page book *Sauna Therapy* by Dr. Wilson. There is also a Questions and Answers section about saunas and heat lamps on the Moses Nutrition website: www.mosesnutrition.com.

If you are unable to build or buy a near-infrared sauna at this time, any sauna will be of benefit, so feel free to use one if you have access to one at your gym or elsewhere.

CAUTIONS WHEN USING A NEAR-INFRARED SAUNA UNIT

Please read all the below warnings and instructions before using your sauna unit.

- Before using your sauna for the first time, place it in a well-ventilated area and run it for one hour to burn off any remnant dust or other residues on the screen or components. Be sure it is away from any flammable materials while running. It should be hung suspended with the lights facing away from the wall, or placed on its back facing up, or placed standing upright on a non-flammable surface. It is best not to leave the light completely unattended, so check in on it frequently during this hour.
- Never allow the bulbs to be in contact with liquids while hot. This can cause the bulbs to shatter. If you are sweating, do not reach over the lights as your sweat may drip onto the bulbs and cause them to shatter.
- Preferably do not leave the unit on unattended.
- Never run the unit on or near a surface that is not heat-resistant. Examples of such are carpeted floors, bedding, drapes, plastics, etc. Be aware that any surface the unit is on or near while in operation will be hot to the touch, so allow it to cool before coming into contact with skin or anything sensitive to heat.
- Be sure to sip on spring or carbon-filtered water while doing a sauna to replace any liquids you may be sweating out.
- If you have rosacea, the sauna may aggravate the condition, so test your reaction to the sauna by starting with short saunas and working your way up to the recommended time. Anyone with **active** skin cancer should not use an infrared lamp sauna.
- If you ever feel faint in the sauna, immediately get out and rest lying down until it passes.
- When handling bulbs, be sure that your hands are clean and free from oils or lotions. Bulbs are very hot during and after use, so do not handle them until they have had sufficient time to cool.
- When replacing a bulb, do not over-tighten the bulb as you may compromise the structure of the bulb.