



INFRARED SAUNA WHY + BENEFITS



Toxicity is more of a problem than ever before:

- 1 in 2 men will get cancer & 1 in 3 women
- 70 million Americans have a GI disorder 1 in 6 couples are infertile- infertility rates rising by 1% each year.
- 1 in 40 children have autism, skyrocketing to 1 in 2 by 2032 60% of Americans have a chronic health condition 70% of Americans are on at least one prescription medication.
- Estimated 100 million Americans have some kind of autoimmune disease or antibodies circulating Over 21 million Americans classify as depressed 2/3 of Americans are overweight or obese.
- 1 in 2 Americans has either Diabetes, Pre-diabetes or Metabolic syndrome
- 1st generation in history to live shorter lives

Benefits...

Blood sugar /metabolic health: Improved insulin sensitivity + lowered fasting glucose levels

Blood pressure: increases Nitric Oxide, lowers blood pressure

Anti-aging: (increased stem cell production)+ free radical reduction + HGH production)

Heart Health: decreased blood pressure+ increased Heart Rate

Variability Lymph: improved lymphatic drainage

Muscles: muscle repair + vascular supply (similar to changes from exercise)

Immune: Increase activity of immune cells (macrophages, NK cells, T lymphocytes) Detox: increased sweating, lymphatic aid, removal of toxic products (including metals)

Cellular health: increased autophagy (cell cleanout) + heat shock proteins activated Brain health microvascular improvement, reduction in Alzheimer/Dementia risk

Studies Show...

4 Sauna sessions per week:

Alzheimer's risk reduced by 65%

Dementia risk reduced by 66%

48% lower risk of cardiovascular disease death 40% reduction in all cause mortality

References:

<https://jamanetwork.com/journals/jamainternalmedicine/article-abstract/2130724>

<https://academic.oup.com/ageing/article/46/2/245/2654230?login=false> <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC5941775/>



SAUNA HOW-TO

Infrared Saunas can be a vital tool to speed up your healing process. It is important to work up to a tolerable temperature and time to ensure that you don't dump too many toxins at once.

Why I choose Therasage:

- Advanced EMF remediation
- No VOCs/ off-gassing
- Earthing technology + gem stone technology Full spectrum IR frequencies (near to far) Heats quickly / easy to control
- Portable

[Here's a link to my favorite Infrared Sauna. LEAHB10 for 10% off!](#)

How To Sauna...

Start with 120 degrees Increase by 5 degrees every 1-2 weeks
Start with 10 minutes (5 minutes if sensitive).

Increase by 5 minutes every week (don't go above 30 minutes total)

Use a Binder afterward to mop up any toxins exposed from sauna therapy
Biotoxin Binder or G.I. Detox

Add minerals or electrolytes to your water afterward to replenish your nutrients.

Always shower immediately after the sauna (using soap) in order to rid all toxins pushed out through sweat Rule of thumb: you shouldn't feel worse after using the sauna- if you do: adjust your time or temperature accordingly.

