

Inflammation: The Backbone of all Diseases and Conditions

Causes of Inflammation

Chronic Inflammation can be caused by autoimmune disorders, stress, untreated acute inflammation, exposure to bacteria and toxins from the environment, household products, personal products and/or food.

Symptoms of Inflammation

- joint pain and stiffness
- fatigue and insomnia
- depression and/or anxiety
- gastrointestinal complications (constipation, acid reflux, diarrhea)
- frequent infections
- weight gain or weight loss



Inflammation is a defense mechanism in the body that helps with healing. Sometimes the body sees its own cells and tissues as harmful and tries to attack. This reaction is known as chronic inflammation. Research has shown that chronic inflammation is linked to many diseases. Chronic inflammatory diseases are one of the leading causes of death in the world today. Heart disease, strokes, cancer, type 2 diabetes, kidney disease, autoimmune diseases (rheumatoid arthritis, fibromyalgia, psoriasis) and neurodegenerative conditions are some of the diseases that are linked to inflammation. Changes in the inflammatory response from both short and long term inflammation can breakdown our immune system, making it harder for our bodies to fight off infections.

How can an infrared sauna help reduce inflammation

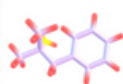
Sessions in an infrared sauna can help reduce inflammation. The clear light wave lengths penetrate 1.5"-2" into the skin and promotes a relaxation response which allows muscles to release tension. The infrared also raises body temperature which results in the body making more white blood cells which reduces swelling and inflammation. Many toxins are released through your sweat in an infrared sauna. Built up toxins can create bad inflammation and can lead to many harmful diseases. Increased circulation, relaxation and detoxification are powerful components in the treatment of chronic inflammation.

Types of Inflammation

Acute "Good Inflammation"



A cut or bruise is a threat and triggers inflammation (cut, bruise, infection)



Inflammatory compounds are released by the body

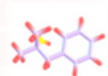


Anti-Inflammatory compounds are released. The body goes back to feeling normal again.

Chronic "Bad Inflammation"



A non serious event triggers inflammation (bacteria, toxins, food)



Inflammatory compounds are released by the body



Anti-Inflammatory compounds are not released and the body keeps sending an inflammatory response

Treatment Recommendation:

If you are looking to reduce inflammation with the treatment of an infrared sauna it is suggested to start with a 45 minute session at least twice a week for four weeks. Along with an infrared sauna try adding anti-inflammatory supplements and follow an anti-inflammatory diet.

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