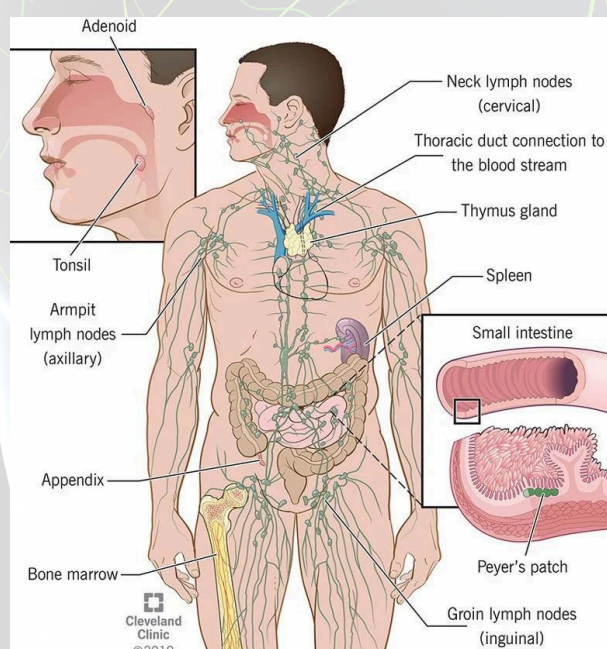


Lymphatic System

What is your Lymphatic System?

Your lymphatic system is part of your immune system and it has many functions. They include protecting your body from illness-causing invaders, maintaining body fluid levels, absorbing digestive tract fats and removing cellular waste. Blockages, diseases or infections can affect your lymphatic system's function. The lymphatic system is a network of tissues, vessels and organs that work together to move a colorless, watery fluid called lymph back into your circulatory system (your bloodstream).



Signs That Your Lymphatic System Needs Help

- Arthritis
- Skin conditions
- Digestive disorders
- Frequent headaches
- Sinus infections
- Unexplained injuries
- Excess weight
- Chronic fatigue
- Swelling of part or all of the arm or leg, including fingers or toes
- A feeling of heaviness or tightness
- Recurring infections

Main Functions of Your Lymphatic System

Maintains Fluid Levels in Your Body: collects excess liquid from cells and tissue and returns it to the bloodstream

Absorbs fats from the digestive tract: lymph includes fluids from your intestines that contain fats and proteins and transports it back to your bloodstream

Protects the body against foreign invaders: it produces and releases white blood cells that destroy foreign invaders such as bacteria, viruses and parasites that may enter the body

How an Infrared Sauna can help your Lymphatic System

In our daily lives, we can ingest a number of chemicals that can overload the body's balance, otherwise known as homeostasis. Our bodies are effective at self-managing its homeostasis. However, it isn't able to eliminate all toxins in the body, especially toxins that are in the fat cells under the skin. This is how an infrared sauna can help. Infrared light not only heats our bodies and promotes sweating, but it also penetrates 1.5-2 inches into the fat cells and reach the toxins that affect our lymphatic system. Those toxins are then released from the cell and sweat out of the body.

Infrared sauna sessions help your body expel toxic metals like mercury, nickel, aluminum and cadmium, alcohol, nicotine and damaging inorganic compounds. This relieves some of the stress put on the lymphatic system allowing it to function better.

A healthy diet and exercise will also help your lymphatic system. A healthy lymphatic system helps keep our immune system strong.



Treatment Recommendation:

We recommend Infrared Sauna treatments 3-4 times a week for 5 weeks. After 5 weeks 1-2 times a week for maintenance is recommended.

* If you have a heart or medical condition always check with your doctor before infrared sauna use*

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