

Cardiovascular Disease

What is Cardiovascular Disease?

It is a disease that affects the heart and blood vessels and can lead to heart attack or stroke.

Cardiovascular disease (CVD) is the number one cause of death around the world, including the United States. The early stages of CVD can be seen as early as the teen years.

Signs of CVD

- Chest Pain
- Stomach pain/Indigestion
- Feeling hot and sweaty without activity
- Leg cramping
- Arm pain
- Jaw or back pain
- Choking sensation
- Swollen ankles
- Fatigue
- Irregular heartbeat
- Shortness of breath
- High Blood Pressure

Infrared Saunas & CVD continued...

Infrared saunas promote cardiovascular conditioning by mimicking a low aerobic activity without exerting energy. It also improves blood flow and increases oxygen in the blood.

During an infrared sauna session, your core body temperature rises, prompting the blood vessels in your body to dilate. This increases your heart rate, metabolic rate and cardiac output. Blood vessels become more pliable and elastic from continual contraction and expansion as they are heated and cooled, and the increased demand for oxygen in your muscles prompts an increase in heart rate. This stimulates the heart to become more efficient at pumping oxygenated blood throughout the body.

Tips on Keeping Your Heart Healthy

- Reducing salt intake will help to regulate your blood pressure.
- Limit alcohol intake. No more than 1-2 drinks per day. Some light drinking of red wine may help protect you from some cardiovascular diseases.
- Control portion size at meals. Focus on eating nutrient-rich foods and less processed foods.
- Eat more fruits and vegetables. They are low in calories, rich in dietary fiber and, like other plant-based foods, contain nutrients that help prevent cardiovascular disease.
- Get enough sleep, 7 hours is recommended each night.
- Be active, 30 minutes a day for at least 5 days a week.

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*

Take care of your heart



Causes of Cardiovascular Disease

The cause of CVD can vary between each person. There are things that we should stay away from. The major causes are an unhealthy diet, little to no physical activity, tobacco use and excessive alcohol use.

Infrared Saunas & CVD

Far infrared therapy, such as in an infrared sauna, has been found in many studies to benefit vascular endothelial function, lower blood pressure, reduce inflammation, and improve markers of heart disease. Long term regular infrared sauna use has been correlated with an up to 50% lower incidence of death from heart disease compared with non-infrared sauna users!

