



## **FAR INFRARED SAUNA THERAPY**

### **Patient Instructions and Protocols**

Far Infrared (FIR) sauna therapy, also called thermal depuration therapy, is an accepted technique for detoxification by the use of heated air and/or infrared wavelength emission. Its effect includes the breakdown of toxin-containing fat and the removal of these toxins through sweating. Other effects include reduction of inflammation and pain, lowering blood pressure (through dilating blood vessels), and weight loss. Sauna therapy has been used for centuries in many civilizations and is used today in a number of medical facilities across the country for the purpose of detoxification. Many people are now choosing to place FIR saunas in their homes in order to have more regular use for the whole family.

#### Appropriate uses include:

- Heavy metal detoxification
- Removal of lipophilic toxins (fat soluble)
- Cardiovascular conditioning
- Pain Relief
- Stimulation of the Immune System
- Weight loss and caloric expenditure
- Treatment of Fibromyalgia and Arthritis

#### Contraindications include:

- Lupus & Multiple Sclerosis
- Heart Disease
- Hemophilia
- Low blood pressure
- Severe adrenal exhaustion
- Silicone breast implants
- Certain medications
- Pregnancy

Never start a sauna or exercise program without the approval and supervision of a doctor who is knowledgeable and experienced in this treatment method. Since the sauna may cause loss of water and essential electrolytes (salts and minerals), it is especially important to be cautious about combining FIR sauna with medications such as diuretics or other therapies such as excessive exercise, colonics and enemas.

Since the FIR sauna is designed to mobilize and eliminate toxins from your tissues, you also have a risk of reactions or side effects from putting those toxins back into circulation in your body. If the sauna makes you feel ill, achy, or flu-like, then you should discontinue therapy until you have had a chance to adjust your protocol with the supervising physician.

The steps that are outlined in this protocol are an extremely important and necessary part of the FIR sauna treatment. They are especially designed to keep you from becoming low in salt and minerals or from having your blood pressure drop during the treatment.

In order to get the desired effect from the FIR sauna you should use it on a regular basis (daily is recommended) for several weeks, and then you can decrease the frequency in order to maintain the ongoing elimination of toxins. As with any new therapy, you should start at the lower temperature settings for shorter amounts of time (15-20 minutes) and then gradually build up to the higher temperature settings for longer times (30-60 minutes). Each person will have his or her own comfort levels, so do not compare yourself to what others are doing with their FIR protocols. In some cases you may find that you do not sweat much. This may be due to your body having trouble releasing the toxins, or it may be due to you being low in the salt minerals. If this happens, then increase your salt and mineral replacement, make sure you are well hydrated, and contact your physician if this continues to be an issue.

## **The Tri-Life Health Sauna Protocol:**

This is the protocol we use in our clinic. You can adapt it for personal use if you have your own FIR sauna at home.

1. Schedule your sauna sessions in advance with the Treatment Center. Typical sessions last 30 minutes in the sauna, with a few minutes before and after for you to change clothes. If you need to cancel your session, please do so at least 24 hours in advance so that we may use your time slot for other patients who are waiting to be scheduled.
2. Your first few sessions will be conducted at the lower temperature ranges and gradually be advanced to settings that are most comfortable and therapeutic for you. Once you have found the best temperature setting, it is possible to increase the length of your sessions if you desire. Rarely do we recommend settings over 130 degrees.
3. What should you wear? Please wear loose clothes (jogging suit, etc.) over a bathing suit. In this manner you can simply remove the jogging suit outside the sauna and wear your bathing suit while inside of it. We do not provide a shower facility, so you should plan to go home after the session to shower and wash off the toxin-containing sweat that has been produced.
4. What should you bring? Please bring at least three towels – one to sit on, one to place under your feet and one to wipe off perspiration. You may also want to bring some reading material and/or an I-pod to pass the time. You can also bring your own water if you desire, but we will have some purified water available for you in the office.
5. How many treatments? – How often? The nature and severity of your condition will determine how many treatments you require to get results. Some situations only need a few, whereas other conditions such as metal toxicity require a longer series. It is typical to start with a series of ten treatments averaging two or three times a week, and then determine whether more are necessary or if you would benefit from a maintenance schedule.

## **Therapy Strategy:**

1. Always drink plenty of water before, during and after the sauna session. Doing so will replenish fluids lost from the body through perspiration. Choose filtered water that you know is safe and pure. If it is distilled or reverse osmosis water, then it has had the minerals and salt removed. In this case, it is even more important for you to add a salt and mineral replacement along with the water you drink.
2. Use the FIR sauna temperature setting that is the lowest temperature that causes you to sweat. The sweating reaction is what you are trying to achieve, so once you find the temperature that causes sweating, there is no reason to go to higher temperature settings.
3. Make sure your skin is clean to allow pores to sweat freely. If you've used skin creams or lotions since your last shower, shower again before the sauna to remove them. Wash off all make-up as well.
4. As a result of the sauna treatment, your body will break down fat stores and mobilize various toxins to be eliminated. The toxins will be discarded through your urine, your sweat, and through your feces (stool). It is very important that you drink plenty of water to enable the toxins to be flushed out of your system. It is also critically important that your bowel movements are efficient and regular. If you have any problems with constipation or your bowel movements, this issue should be addressed and remedies prior to beginning a sauna treatment series.

5. If there is any question about your body's kidney or mineral status, these may need to be tested prior to using the sauna for treatment.
6. You may lose additional minerals through your sweat and urine as a result of the sauna treatment. As part of our protocol, you will be provided with a salt and mineral replacement formula (E-lyte) which you should use while you receive a sauna treatment. *Remember: Take one dose of electrolyte formula on each day you receive a sauna treatment.* Also, we may recommend an additional mineral replacement supplement and/or additional liver detoxification support depending on your individual needs and medical condition.
7. Other things you can do to help optimize your sauna therapy:
  - Make sure you are getting the best nutrition you can with plenty of whole foods, especially mineral containing vegetables. Add a multi-vitamin with minerals during meals.
  - Rather than E-lyte, you can make a rehydration and detox formula that contains Buffered Vitamin C with minerals, additional magnesium and glycine (open a 500-2000mg capsule of glycine and add it to your drink). These will help your detox pathways.
  - Use only glass containers for your drinking water.
  - The longer you stay in the sauna, the more water and electrolytes you need to consume.
  - Perform a 20-30 minute aerobic exercise session just prior to the sauna therapy. This should only be done if you are in good physical shape and have no problems with adrenal stress or low blood pressure.
  - Make sure you are doing other recommended steps to support your specific detoxification needs including replacement of essential fatty acids, detox supporting supplements, drainage and elimination remedies, etc.
8. If any of the following symptoms occur, get out of the sauna immediately as they may be signs of hydration and/or lack of proper electrolyte balance:
  - Cessation of sweating
  - Swelling of hands or feet (or water retention of any type)
  - Feeling faint, light headed or dizzy
  - Nausea
  - Confusion
  - Muscle cramping
9. After the sauna you should shower once you have cooled down in order to remove the toxic residue from your skin. We recommend a chlorine filter on your shower head, and of course, the use of soaps without harmful chemicals or harsh detergents.
10. Be sure to let the sauna "air out" thoroughly between uses to prevent mold. Wipe down surfaces with wet towels, but do not use soaps or chemicals to clean it.

## **Do's and Don'ts:**

1. Do not use the sauna immediately following strenuous exercise unless you are physically fit and without adrenal or low blood pressure conditions.
2. Prolonged exposure to hot air can cause hyperthermia. While hyperthermia does have some health benefits, it is important not to allow your body's core temperature to rise above 103 degrees F. Symptoms of excessive hyperthermia include dizziness, lethargy, drowsiness and fainting.
3. The use of alcohol, drugs or medications prior to or during the sauna may lead to serious negative consequences. Please discuss all prescription and over-the-counter medication usage with your physician prior to using the sauna.
4. Persons suffering from obesity, heart disease, low or high blood pressure, circulatory system problems, or diabetes should consult our physician prior to using the sauna.
5. The sauna is not recommended for children under 6 years of age (due to poor sweating mechanisms). Older children should be supervised.
6. Be sure to towel off excess sweat during your sauna session to help the body perspire freely.
7. To help relieve sore and tense muscles, massage the affected areas while in the sauna to help them heal faster.
8. Do not put any lotions or oils on the body or face when using the sauna. This may block the pores and hinder perspiration.
9. Do not eat anything for at least an hour before your sauna session. It is better to go in the sauna on an empty stomach. You are more likely to feel uncomfortable sitting in a sauna with a full stomach.
10. To make the most out of your sauna session, work your muscles while in the sauna. Stretch your arms and legs, massage your neck and feet, etc.
11. After the session is over, do not immediately jump into the shower. Since your body was heated up during the session, it will continue to sweat even after the heaters are off. After you feel comfortable enough, take a warm shower and finish it off with a cold shower to cool off completely.
12. Relax and enjoy yourself.
13. Remember, at any time you are uncomfortable or light-headed, leave the sauna immediately and notify someone.

