Detoxing with Infrared saunas by John Mathew

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Pollution, pesticides, chemicals, heavy metals and alcohol all put a lot of strain on our detoxification systems. Research shows that in a conventional sauna only 5% of your sweat is toxins and the remainder is water. On the contrary, in an infrared sauna, 15% of your sweat is toxic waste ranging from pesticides to toxic heavy metals. This is because infrared light penetrates deeply into our skin and vibrates our cells, encouraging them to release toxins through our skin. It’s a wonderful way to increase our metabolism and detoxify by simply lying down and relaxing.

Why to detox?

There are numerous ways in which our body indicates it needs to be cleansed. Brain fog, memory loss, acne, chronic fatigue, weight-gain, insomnia, mood swings, blemished skin, headaches, constipation, allergies, irritability, and hunger pangs are just a few signs of increased toxin levels in our body. Toxins, such as pesticides, chemicals and heavy metals, can come from anywhere. They can even emerge from the clock Wi-Fi waves and cell phone streaming.

Benefits of Detoxing your body with Infrared Sauna Therapy

Improves Skin tone

Millions of products are sold each year that claim to reverse the aging process - usually in the form of a simple cream or pill that claims to restore youth by hydrating the skin or removing exterior oils and debris. However, the Far Infrared sauna technology works to penetrate beneath the exterior skin and address the problem where it actually occurs. Infrared heat is the natural approach to enhancing skin tone, losing excess fat and improving the overall appearance of your skin.

Support Weight Loss

Did you know the regular use of an infrared sauna can actually support your weight-loss efforts? Infrared saunas are effective for weight loss is because of the longer wavelength of conventional saunas. These longer waves of the infrared sauna penetrate deeper into the body, warming muscles, and enhancing the circulation in both deep and superficial tissues. In-depth studies on Infrared saunas conclude that the reason that infrared saunas are superior for weight loss is that it gets your heart to beat faster and burns calories.

The Gift of Health

The bottom line is that infrared technology is the only proven method for getting the most damaging toxins out of the body. Frequent users of home Infrared saunas report improvements in their overall health such as stronger immune systems and healthier looking skin as well as relief from joint pain and stiffness, muscular aches and spasms, arthritis and blood pressure problems. Infrared saunas are now also used in many health and healing facilities for a range of health problems such as cancer pain, ulcers, fibromyalgia, weight loss, and insomnia.

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John Mathew - About Author:
If you are considering a Infrared Sauna Kits for your needs, review the a Home Infrared Saunas and a Infrared Sauna Health Benefits available on our pure-infrared-saunas.com website.

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