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preventive  
care is *Love*

## Far infrared sauna: An evidence-based application

Our diets, environment, stress, and lack of exercise can negatively affect our health. While you may not have time to take regular long holidays to de-stress, there are many simple little things you can do to feel better, and ultimately look younger and live longer.

Apart from good lifestyle habits such as good nutrition, regular exercise, and not smoking, there is now evidence to show that regular far infrared (FIR) sauna therapy can help improve your quality of life. FIR sauna utilizes a specific waveband of therapeutic energy that can penetrate up to 1.5 inches beneath your skin. This FIR energy is safe, effective, and widely used for various applications.<sup>1</sup>

Sauna technology has moved from the traditional hot and humid sauna of yesteryears to medically-proven FIR sauna that radiates soothing warmth (Waon therapy). This technology has also been made movable and can be fitted into any room without any plumbing required. Success Therapeutics Saunas (available as Sonne and Schone) are perfect examples of FIR sauna technology that you can enjoy in the comforts of your own home.

Its medical benefits are vast and more importantly, they are based on clinical research. The following are snippets of interviews with medical experts, highlighting how sauna can help improve the health of your whole family.



# Far infrared sauna: An evidence-based application

## FIR Sauna for Cardiovascular Health



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The number one cause of death in Malaysian hospitals is diseases of the heart and blood vessels, also known as cardiovascular diseases.<sup>2</sup> If you have risk factors for cardiovascular diseases such as high blood pressure, high cholesterol, diabetes, obesity, smoking, and lack of exercise, a change in lifestyle can help prevent these diseases.

In addition to diet and exercise, regular FIR sauna therapy has been shown to be beneficial for people at risk for atherosclerosis (a disease where fatty substances collect along blood vessel walls and limit blood flow), which can lead to heart attack and stroke.<sup>3</sup>

Regular FIR sauna treatment helps to relax the blood vessels by stimulating our body's release of nitric oxide, a substance that improves the function of the blood vessel

walls and prevents atherosclerosis. As a result, there is improved blood flow and reduced blood pressure. These benefits have been demonstrated in a study published in the *Journal of American College of Cardiology*.<sup>4</sup>

Another study in the *Japanese Heart Journal* also concurred that repeated FIR sauna therapy can reduce your risk of atherosclerosis by reducing oxidative stress (a disturbance in the balance between the production of harmful free radicals and your body's antioxidant defenses).<sup>5</sup>

Since it also helps in blood pressure lowering, it may be useful for people with hypertension.<sup>6</sup> Lowering of blood pressure can further improve your cardiovascular health.<sup>7</sup>

Other studies also show that sauna therapy may benefit people with chronic heart failure and peripheral arterial disease.<sup>8-10</sup>

### Conclusion:

Complementary to diet and exercise, regular long-term FIR sauna therapy can help improve cardiovascular health.

## FIR Sauna for Aesthetics



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You may not realize it but sauna therapy can help you burn calories (up to 600 calories in half an hour). Together with good diet, regular use of FIR sauna can increase your calorie output and ultimately help you lose weight. This was demonstrated in a Japanese study in 2003, where obese subjects benefitted from just 2 weeks of FIR sauna therapy. There was a reduction not only in body weight, but also body fat (**Figure 1**). The investigators noted that sauna therapy may be advantageous to those who are unable to exercise (e.g., those with extreme joint pain).<sup>11</sup>

The loss of body fat suggests that the reduction in body weight was not simply due to water loss alone. Even the loss of water by sweating involves substantial increases in the rates of heartbeat, the amount of blood pumped from the heart, and the amount of energy expended. In other words, regular sauna therapy may be as effective as regular exercise in conditioning your heart and in burning calories.<sup>12</sup>

Besides burning calories, FIR sauna therapy could also help improve skin conditions. Our skin bears the brunt of environmental factors such as radiation from the sun. This causes photo-aging, which is characterized by wrinkles, pigmentation, rough skin, and loss of skin tone. A study showed that FIR sauna therapy can stimulate our skin's production of collagen and elastin. These substances are

important in maintaining the skin's strength and elasticity.

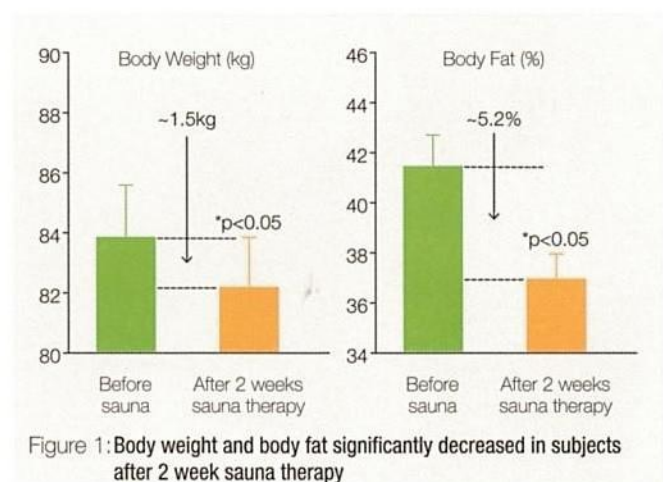
Subjects reported the following skin improvements after 6 months of treatment<sup>13</sup>:

- Improvement in skin texture and firmness.
- Reduction of fine wrinkles and roughness.
- Improvement in skin tone.

We are also constantly exposed to environmental toxins such as lead. When accumulated in our body, these toxins can weaken our skin's integrity and promote skin aging and darkening.<sup>14,15</sup> When we exercise or use FIR sauna therapy, we can eliminate some of these toxins via our sweat.<sup>16</sup>

### Conclusion:

FIR sauna therapy is useful for weight loss and maintaining skin's radiance and youthfulness.





## FIR Sauna for Detox and Cleansing



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When you sweat, your body gets rid of toxic elements. Most of these toxins are excreted in higher concentration via sweat than urine. So when you induce sweating via sauna therapy or exercise, you are eliminating many toxic elements such as cadmium, nickel, lead, and bisphenol A (Figure 2).<sup>16</sup> These toxic elements can affect your health if they accumulate in the body. For instance,

exposure to bisphenol A or BPA, which leaches from plastic products such as mineral water bottles or food containers, can lead to abnormalities in our development, hormones and reproductive system, as well as an increased risk of breast and prostate cancer.

Since BPA is more likely to be excreted in our sweat than urine, it is important to sweat regularly so that the toxin would not accumulate in our body.<sup>17</sup>

**Conclusion:**

Sweating via FIR sauna is a potential method for detoxifying and cleansing the body of harmful elements.

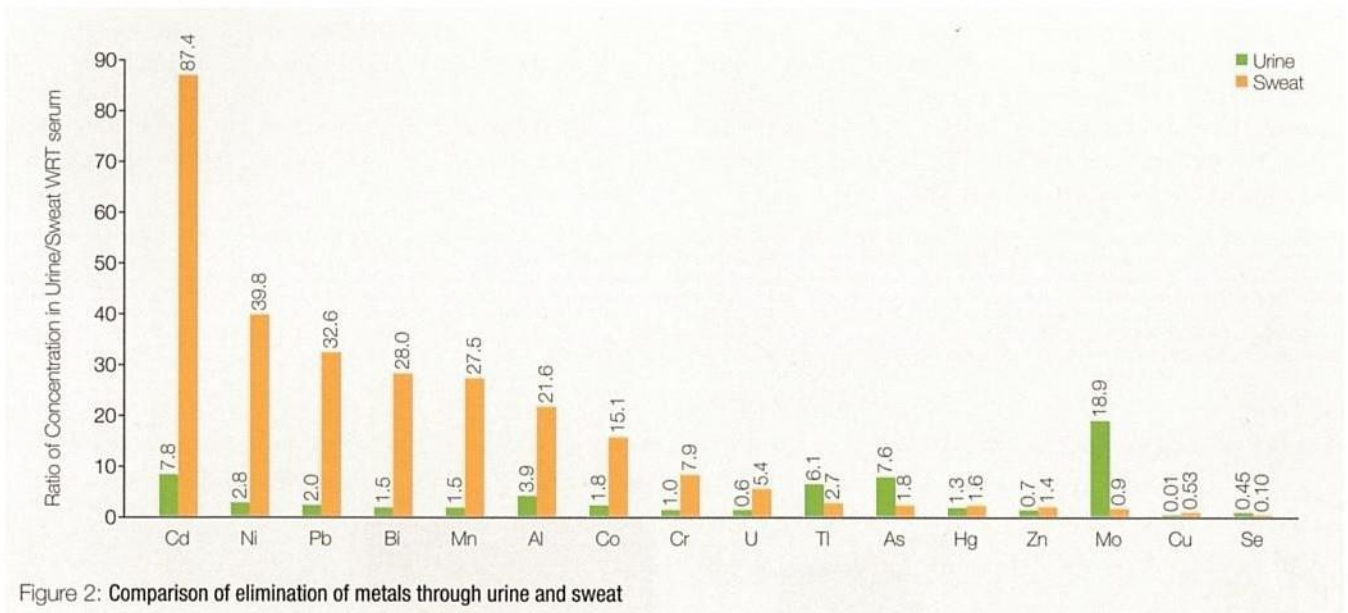


Figure 2: Comparison of elimination of metals through urine and sweat

## FIR Sauna for Relaxation and Rejuvenation

Stress can affect your body, thoughts, feelings, and behavior. If left unchecked, stress can contribute to health problems, such as depression, eating disorder, pain, and tension.<sup>18</sup>

depressed patients with general fatigue, appetite loss, as well as body and mental complaints, showed that FIR sauna therapy, 5 days a week for 4 weeks, significantly improved their conditions. These patients were also more relaxed due to the calming effect on the nervous system from the use of warm, comfortable temperature from the sauna therapy (Figure 3).<sup>19</sup>

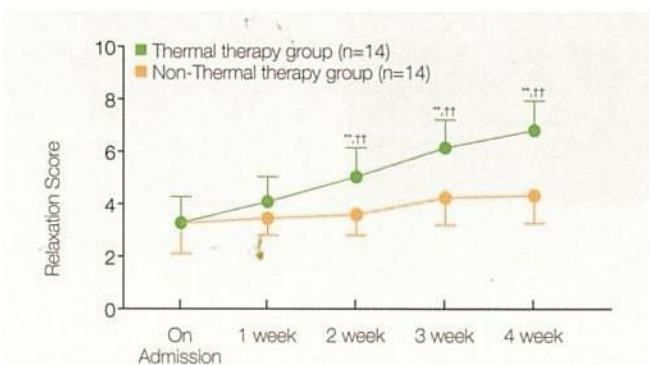


Figure 1: Relaxation scores on admission and 1-4 weeks after admission  
 \*p<0.0001 compared with on admission \*\*p<0.0001 compared with non-thermal group

Another study also showed that FIR sauna therapy, when combined with a multidisciplinary treatment of cognitive behavioral therapy, rehabilitation, and exercise, helps provide relief in patients with chronic pain. These patients not only experienced reduced pain, but also had lower anger score compared to those who had the multidisciplinary treatment but did not undergo sauna therapy.<sup>20</sup>

Patients with rheumatoid arthritis and ankylosing spondylitis may also benefit from infrared sauna as it has been shown to reduce pain, stiffness, and fatigue without any side effects in these patients.<sup>21</sup>

You may be able to find relief from effects of stress with regular FIR sauna therapy as it has been shown to improve general well-being and quality of life. A study on mildly

**Conclusion:**

Relaxation and rejuvenation of the body and mind are possible with FIR sauna therapy.



# Sehat dan cantik dengan terapi termal



dr. Gustav A SpKK  
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Sauna Schone adalah kamar sauna yang menggunakan panas radiasi yang lembut untuk tubuh, dengan far infrared (FIR) sebagai sumber panas. FIR dapat menembus kulit tubuh sehingga kedalaman sekitar 3,5 cm, dengan panas radiasi yang menghangatkan dan tidak memanaskan udara.

Menurut dr. Gustav, SpKK, FIR pada alat ini dapat memperbaiki sirkulasi pembuluh darah sehingga bermanfaat dalam meningkatkan kesehatan jantung dan pembuluh darah, memperbaiki tekstur kulit (lebih lembut, halus, menghilangkan keriput), mengurangi sakit pada tulang/sendi, merelaksasi dan meremajakan tubuh, meningkatkan anti aging, mengurangi rasa sakit, memperbaiki sistem hormon dan pembuluh limpa, serta membakar kalori.

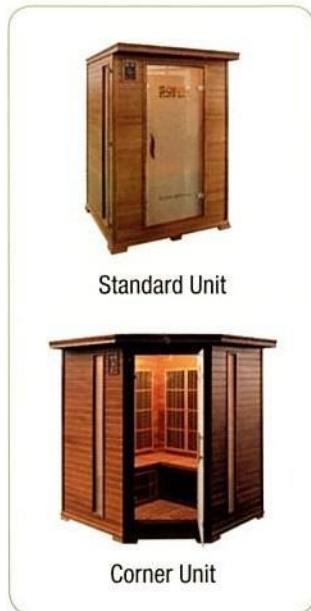
Kadmium dalam asap rokok/knalpot mobil, polutan dalam sayuran (misalnya nikel), aluminium dalam wadah makanan, dan BPA dalam wadah plastik merupakan sumber racun yang dapat menimbulkan efek negatif terhadap tubuh. Dengan pembentukan keringat yang lebih banyak, Schone membantu proses detoksifikasi atau pembuangan racun-racun tersebut dari tubuh sehingga mengurangi risiko kanker, kerusakan ginjal dan penurunan daya ingat/memori.

Schone tidak menimbulkan efek samping yang membahayakan dan dapat digunakan oleh seluruh anggota keluarga. Untuk ayah yang ingin menjalani program penurunan berat badan, untuk ibu yang ingin tetap awet muda dan sehat dengan kulit halus yang cerah dan bercahaya, maupun untuk anak-anak yang ingin meningkatkan kebugaran tubuh.

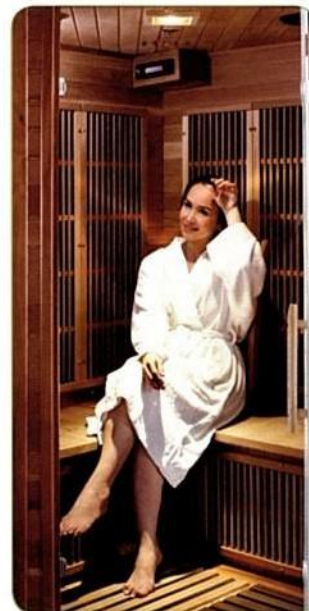
dr. Gustav menambahkan bahwa alat sauna ini juga baik untuk digunakan oleh anda yang memiliki risiko kardiovaskular seperti tekanan darah tinggi, diabetes, obesitas, dan merokok, atau ingin bersantai dan meremajakan diri dari stress setelah bekerja keras seharian.

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## Success Therapeutic Brands: The Models:



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