

# How To Lose Weight & Control That Cellulite

Studies have shown that a 30 minute Infrared Sauna session can **burn from 300 to 600 calories** in just one session! While the far-reaching rays heat our body, our internal body works to keep itself cool. Hence we start to sweat. Our heart pumps more blood and our metabolic rate increases. Normal blood flow is estimated to be approximately 5-7 quarts per minute. In an Infrared Sauna this can increase to as much as **13 quarts per minute**.

You already know that our body responds to heat with perspiration. It is our natural way of cooling the body temperature down. You may not have known that we **expend energy when we sweat**; 1 gram of sweat requires 0.586 calories. Just one Infrared session can burn the same amount of calories you would if you ran 10 kilometres.

Even after you re-hydrate the liquid you lost through all that sweating, those 300-600 calories have been **burned off for good**. It all comes down to basic physics: at 42 degrees Celsius our body fat becomes water soluble, so not only will we sweat out those nasty toxins, we also sweat out some of our fat! *Pretty cool, don't you think?*

## Getting A Grip On Cellulite

Almost everyone thinks dimples are cute, especially on the smiling face of a baby. But ask any woman whether she thinks her dimply skin is 'cute' and you will probably get quite a different answer.

To be fair, almost **everyone, including men, has cellulite**. The problem is Mother Nature decided women should have the lion's share of it! Cellulite is the body's natural way of storing fat in post-adolescent women to ensure they have enough calories available for pregnancy and lactation. That was necessary way back when women's life expectancy was so short that the end of her childbearing years and the end of life were usually not far apart.

Today, with the average life expectancy of Canadians at just over 80 years, most women will outgrow the need for their **extra storage of fat**. So what can we do to turn those dimples on our *thighs into smooth skin*? Well, you know there are tons of topical creams out there. But really, if they worked as well as they claim to, wouldn't all women's bodies be declared **cellulite free zones** by now? The truth is, most of what makes these creams seem to work is not the actual lotion, but the increased circulation that is promoted while it is being massaged in! *Now that's clever marketing for you.*

## Want Some Good News?

As you read earlier, an Infrared Sauna session can **increase your blood flow** from the normal 5-7 quarts per minute to as many as 13 quarts per minute! Here's how it works: the heat of the Infrared Sauna rays cause increased sweat-gland activity and **dilation in capillaries**, this promotes a substantial increase in your blood circulation. The more circulation, the less chance your fat has to settle in and make a permanent home.

And that's not all. Because the Infrared heat penetrates your body as deeply as 3 inches, your body will **liquefy your subcutaneous fat** (cellulite) so it is released through your perspiration.

Regular activity, drinking lots of water and massage have all been cited as helping to reduce the appearance of cellulite, but only the *Infrared Sauna can literally melt your cellulite away!*

# Is Your Body TOXIC?

*Here is a quick questionnaire to help you decide if you have toxins in your body:*

- Do you eat fast food or processed food?
- Do you eat non-organic fruits, vegetables and meats?
- Do you use artificial sweeteners? (they are in all diet drinks)
- Do you drink pop?
- Do you consume foods that contain preservatives, additives or dyes?
- Do you drink alcohol or smoke?
- Do you take medication?
- Do you use non-organic make-up, creams or colognes?

If you answered **"YES"** to any of the above, it is no surprise. There are over 3000 chemicals added to our food supply in the form of fertilizer, pesticides & herbicides. Over 10,000 chemicals, in the form of solvents, emulsifiers, and preservatives are used to produce those overly packaged processed foods you are encouraged to buy. These foods are not only **nutritionally bankrupt** *they are toxic*. And here's something you may not have considered: over 5,000 chemicals are used in non-organic cosmetics alone; this includes perfumes, colognes and creams. Worse than that, an estimated **2,000 new chemicals** are developed and quietly introduced to us and this fragile planet each year!

Here's what's really scary. If you passed the above questionnaire with flying colours, your body most likely contains a higher than normal level of toxins anyway. That's because of the many pollutants that now exist in the air we breathe. Every time you inhale you take in toxins.

## What Went Wrong?

Back in the days when our food chain and environment were not saturated with toxic chemicals, our *body was well equipped* to eliminate the small amount of toxins we were exposed to through elimination, exhaling and perspiration. Those days are gone; our body is no longer capable of ridding itself of all the daily pollutants it encounters. When these **toxins can't be released**, they hide in our organs and our fat. This causes our system to become *sluggish and lose efficiency*. As a result, our metabolism slows down, **so we put on more weight**, and the more weight we put on, the more fat we have for the toxins to be stored in! It really sounds like a vicious cycle with no way out, doesn't it?

## Take Heart, There Is A Solution

*So what can you do?* Well, you know exercise is good to get the blood moving and to burn calories. You also know if you drink water it helps move impurities out, but what you may not know is that sweating is one of the best ways to get those darn **toxins out of your system fast!** And that's where the Infrared Saunas comes in. In a regular sauna 1 litre of sweat contains approximately 3% toxins, not too shabby, but listen to this. In an Infrared Sauna the level of **toxins you get rid of jumps to 20%**. *Now that's showin' those nasty toxins who's boss!*

The reason for these amazing results is actually quite simple: the warm energy rays that heat your body in our Infrared Sauna penetrate 1.5 to 3 inches into the tissue of your body. This **promotes sweating** out the toxins lodged at a deeper level. And just to be clear, there is no risk with using an Infrared Sauna. The energy produced matches the good energy we get from the sun and filters out all of the harmful rays!

So the good news about a session in an Infrared Sauna is that you'll get rid of loads of toxins. Oh, and did we mention you'll **burn anywhere from 300 to 600 calories as well?**

# Still Not Convinced?

In a nutshell, when fat leaves your body through transpiration, it takes heavy metals along on the way out. The deep penetration of infrared energy in your skin makes this happen. This does not occur in a traditional sauna. A routine of daily sweating can help **detoxify your body** as it rids itself of an accumulation of potentially carcinogenic heavy metals like lead, mercury, zinc, nickel, cadmium sodium, sulfuric acid and cholesterol, as well as alcohol. *Isn't it time you started taking a more proactive approach to your health and the health of your family?*

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**Lose Weight** by Burning up to 600 Calories in One Session. You'll burn ½ calorie with each gram of sweat. Your body will be burning calories while you sit back, relax and unwind from your day!

**Reduce Cellulite** by Substantially Increasing your Blood Circulation. The Infrared heat goes deeper than just the surface. It dilates your capillaries, liquefies that subcutaneous fat and melts it away!

**Detoxify Your Whole Body** just by sweating! An Infrared Sauna releases 20% toxins in one litre of perspiration. A regular sauna releases just 3%. There are toxins in our food, our air and our make-up & cologne!

**Improve Your Cardio Vascular Health** by pumping 13 quarts of blood per minute, instead of the usual 6. Stronger blood flow can prevent high blood pressure, high cholesterol and the blockages that lead to heart disease!

**Reduce Acne, Eczema and Psoriasis** by sweating the impurities out through clogged pores. The increased blood flow stimulates healing and promotes natural balance for your skin. You will notice fewer wrinkles and more elasticity as well.

**Relax and Rejuvenate On A Deeper Level** than a regular sauna. The rays of an Infrared Sauna actually penetrate your skin tissue up to 3 inches. You'll have all of the healing benefits of a warm sun minus all of the harmful rays.

# Other Benefits Of Owning An Infrared Sauna

**Far Infrared Ray energy** bathes you in a healing light that is absorbed by your body as heat. The heat of an Infrared Sauna can penetrate your body as deeply as 3 inches. You probably know that heat makes blood vessels dilate. So, far-reaching heat from Infrared rays go deeper, affecting more blood vessels, not just on your skin's surface, but below as well. In case you're wondering, **that's a good thing!**

The smaller your blood vessels are, the higher the risk of them becoming clogged. The bigger the blood vessels, the smoother your blood flows through them, and this translates into stronger and steadier circulation. When blood flow improves, it not only prevents blockages, it also **prevents high blood pressure** and heart disease. Strong blood flow leads to good elasticity in the blood vessel walls, reducing substantially the hardening that often leads to cardio-vascular disease.

## Sweating In An Infrared Sauna Will Improve Your Skin, Big Time!

Traditional wet and dry saunas heat the air first and then your body. As **Dr. Oz showed Oprah** on one of her recent programs, Infrared Sauna rays heat your body, and *not the air*. Your body starts feeling the heat right away, but your breathing never becomes compromised because it is "you" that is being heated, and not the air around you!

Because you begin heating up, you will start **sweating almost immediately**. You probably know that skin is the largest organ of the body, but did you know that your pores play a significant role in the detoxification process? The average person has 2.6 million sweat glands. So if your whole body is sweating, a lot of toxins are being pushed through your pores. This process, plus the increase in your blood flow has been shown to **reduce acne, eczema and psoriasis**, as well as other skin sensitivities. And an added bonus is that Infrared Saunas can also reduce wrinkles and make skin look more radiant, because it improves the skin's tone and elasticity!

## Other Important Health Benefits

Infrared Far Reaching rays have also been shown to reduce inflammation, improve cell health and aid your immune system. Hospitals have been using these *healing rays in incubators* for premature babies for years, but now there is research that shows that Far Infrared Heat has a very positive affect on **arthritis, chronic pain and even fibromyalgia**. Pain expert Peter Vicente, Ph.D. says, "Through new clinical research, we have found that heat activates complex neurological, vascular and metabolic mechanisms to mediate the transmission of pain signals and effectively provide relief for a variety of pain conditions."

Even if you are lucky enough not to suffer from chronic pain, your Infrared Saunas will melt away the **normal aches and pains** that come from physical activities like sports or running, or on the other end of the spectrum, the stiffness and fatigue that settle in from a sedentary life style. It doesn't matter where you fit in on the active lifestyle barometer, *an Infrared Sauna is guaranteed to add to your overall wellbeing!*

**[www.ottawainfraredsaunas.com](http://www.ottawainfraredsaunas.com) – Jason Harper, Owner – 613-884-5659**

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