Sauna Use as an Exercise Mimetic for Heart Health

Analysis by Dr. Joseph Mercola ✓ Fact Checked

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STORY AT-A-GLANCE

- Sauna bathing can be used as an exercise mimetic (i.e., an exercise-mimicking tool) to increase your longevity and health span. When using Finnish-style, dry heat sauna saveen times per week cut their risk of death from fatal heart problems in half, compared to those who used it only once a week
- Compared to once-a-week sauna use, those who have four to seven sessions per week have a 61% lower risk for stroke. Heat stress from sauna bathing has also been shown to lower your risk of high blood pressure
- Heat stresses your heart and body similar to that of exercise, and produces many of the same results. As such, it is subjected to heart stress, it gradually becomes more resilient to stress, jumpstarting a number of beneficial changes and adaptations
- Recent research has demonstrated that sauna bathing also helps modulate your autonomic nervous system, which governs your stress responses
- Many of the life-extending benefits of sauna bathing are related to the mechanisms of heat shock proteins, which protect protein structures and prevent protein aggregation

When it comes to improving your health, some of the simplest strategies can have a tremendous impact. Sweating in a sauna, for example, has many great health benefits, including expelling of toxins, improving circulation, killing disease-causing microbes and improving mitochondrial function.

The key word here is sweating. Just because you are in the sauna doesn't mean you get the benefits. The sauna has to heat your core temperature up a few degrees, your heart rate needs to increase and you need to have a river of sweat, otherwise you simply will not get these benefits. This is important as many infrared saunas fail to heat you sufficiently to achieve these benefits.

Research has even shown that regular sauna use correlates with a reduced risk of death from any cause, including lethal cardiovascular events, and may help stave off Alzheimer's disease and dementia.

For example, researchers in Finland — a country where most homes come equipped with a sauna — found that men who used a sauna four to seven times a week for an average of 19 minutes had a 66% lower risk of developing dementia, and 65% lower risk of Alzheimer's, compared to men who used the sauna just once a week.[1]

How Sauna Bathing Promotes Good Heart Health

Another long-term study by the same Finnish research team, published in JAMA Internal Medicine in 2015, revealed that men who used the Finnish-style, dry heat sauna saveen times per week also cut their risk of death from fatal heart problems in half, compared to those who used it only once a week.

This held true even after confounding factors such as smoking, blood pressure, cholesterol and triglyceride levels were factored in. In regard to time, the greatest benefits were found among those who sweated in a sauna 19 minutes or more each session.

Both the duration and the frequency had dose-dependent effects, so the longer the exposure time of each session and the more frequent the sessions, the better the outcome.

One mechanism for this effect is thought to be the related fact that heat stresses your heart and body similar to that of exercise, thus prompting similar effects. This includes increased blood flow to your heart and muscles (which increases athletic endurance) and increased muscle mass due to greater levels of heat shock proteins and human growth hormone (HGH).

In the video lecture[2] above, Rhonda Patrick, Ph.D., reviews how sauna bathing can be used as an exercise mimetic (i.e., an exercise-mimicking tool) to increase your longevity and health span. As noted by Patrick:[3]

> *"Several studies have shown that frequent sauna bathing (4-7 times per week, 11kY for 20 min.) is associated with a 50% lower risk for fatal heart disease, 63% lower risk for sudden cardiac death, 51% lower risk for stroke, and 46% lower risk for hypertension.*
>
> *Just a single sauna session has been shown to lower blood pressure, improve heart rate variability and improve arterial compliance. Some of the positive benefits of the sauna on heart health may have to do with similar physiological changes that also occur during physical exercise.*
>
> *For example, there is a 50-70% redistribution of blood flow away from the core to the skin to facilitate sweating. You start to sweat. Heart rate increases up to 150 beats per minute which correspond to moderate-intensity physical exercise.*
>
> *Cardiac output (which is a measure of the amount of work the heart performs in response to the body's need for oxygen) increases by 60-70%. Immediately after sauna use, blood pressure and resting heart rate are lower than baseline similar to physical activity."*

What Studies Show

Patrick reviews several studies in her lecture. In addition to those already mentioned, a study[4] published in 2018 using the same Finnish cohort, looked specifically at stroke risk over a follow-up period of 14.9 years. As in previous studies, benefits were dose dependent.

Compared to once-a-week sauna use, those who had four to seven sessions per week had a 61% lower risk for stroke. A similar association was found for ischemic stroke but not for hemorrhagic stroke. As noted by the authors:

> *"This long-term follow-up study shows that middle-aged to elderly men and women who take frequent sauna baths have a substantially reduced risk of non-onset stroke."*

Heat stress from sauna bathing has also been shown to lower your risk of high blood pressure. In one such study which had a median follow-up of 24.7 years, the hazard ratio for high blood pressure in those using the sauna two to three times a week was 0.76, compared to 0.54 for those using it four to seven times a week.

In other words, using it two to three times a week may lower your risk of high blood pressure by 24%, while using it four to seven times a week can push your risk down by 46%, and this is likely one of the mechanisms by which sauna bathing helps lower your cardiovascular mortality risk.

Even a single sauna session has been shown to reduce pulse wave velocity, blood pressure, mean arterial pressure and left ventricular ejection time.[5] Here, systolic blood pressure decreased from an average of 137 mm Hg before sauna bathing to 130 mm Hg afterward. Diastolic blood pressure decreased from 82 to 79 mm Hg, mean arterial pressure from 99 to 93.6 mm Hg and left ventricular ejection time from 307 to 278 ms.

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Different Types of Saunas

Most studies on sauna use involve wet Finnish saunas. Traditionally, rocks are heated to a temperature of about 174 degrees Fahrenheit in a wood burning stove, and water is then poured on the rocks to create steam.

But there are several other types of saunas to choose from as well, including far-infrared saunas and near-infrared saunas and lamps.[6] Most sauna makers would have you believe that the difference between an infrared sauna and the traditional Finnish-style sauna (whether wet or dry) is that the Finnish-style saunas harm you as from the heat alone.

But this is simply untrue. The wavelength of a far-infrared sauna only penetrates a few millimeters, so if you have a far-infrared sauna, unless the temperature in the sauna is around 170 degrees F, it is unlikely you will be getting many benefits.

That said, near-infrared saunas have several additional benefits over other types of saunas, including far-infrared saunas. For starters, it penetrates your tissue more effectively than far-infrared because wavelengths near-IRD isomerizes (rotn) in the near-infrared are not absorbed by water like the higher wavelengths in mid- and far-infrared, and thus can penetrate tissues more deeply.

When you look at the rainbow spectrum, the visible part of light ends in red. Infrared A (near-infrared) is the beginning of the invisible light spectrum following red. This in turn is followed by Infrared B (mid-infrared) and Infrared C (far-infrared).

While they cannot be seen, the mid- and far-infrared range can be felt as heat. This does not apply to near-infrared, however, which has a wavelength between 700 and 1,400 nm. To learn more about this, see my interview with Dr. Alexander Wunsch, a world class expert on photobiology.

Near-Infrared Radiation Is Important for Optimal Health

My personal sauna preference is the near-infrared, as this range affects your health in a number of important ways,[7] primarily through its interaction with chromophores in your body. Chromophores are molecules that absorb light, found in your mitochondria and in water molecules. Cytochrome oxidase is the primary chromophore within the mitochondria. Adenosine triphosphate (ATP), chemical energy — is the end product. ATP is the fuel you need for all of their varied functions, including ion transport, synthesizing and metabolism.

Most people don't realize that light is an important and necessary fuel just like food. When your have skin is exposed to near-infrared light, CCO will increase ATP production. Near-infrared light is also healing and repairing, and helps optimize many other biological functions. (Its absence in artificial light sources like LEDs and fluorescents is what makes these light sources so dangerous to your health.)

We now know that mitochondrial dysfunction is at the heart of most health problems and chronic diseases, including many signs of aging. For these reasons, I strongly recommend using a sauna that offers a full spectrum of infrared radiation, not just far-infrared.

Just keep in mind that most infrared saunas emit dangerous electromagnetic fields (EMFs), so look for one that emits low or no non-native EMFs. You need to look beyond their claim and measure them, as many sites that claim no EMF but have only addressed magnetic fields and still generate off the chart electric fields. Ultimately, you need to independently validate any claims, as some of the biggest names in the business are doing this.

The near IR sauna I use and highly recommend is made by Sauna Space and I use every day I am at home. It has been EMFs (that's EMF electricity) free for 10 years. While some far IR saunas do have relatively low magnetic fields around 1 mG, they are still higher than Sauna Space. But any electric heater for IR sauna has very high electric fields while Sauna Space has zero.

If you already have a far IR sauna you use it as enclosure and just purchase the Sauna Space bulbs which are far less expensive.

Far-Infrared Sauna Benefits Chronic Heart Conditions

All of that said, in her lecture, Patrick discussed the benefits of Waon Therapy or far-infrared dry sauna, which has been used in some studies. Far-infrared saunas typically have a max temperature of about 140 degrees F (60 degrees Celsius). Because it's not as hot, the recommended duration is typically around 45 minutes, and the frequency is daily. Two studies looking at Waon Therapy for heart health include:

- A 2016 study[8] that found Waon therapy was helpful for the management of chronic heart failure, improving endurance, heart rate and overall status in hospitalized patients with advanced heart failure.

  Patients used the far-infrared dry sauna, set at 140 degrees F, for 15 minutes a day for 10 days. Each session was followed by bed rest for 30 minutes, covered with a blanket.
- An earlier study,[9] published in 2013, found Waon therapy improved myocardial perfusion in patients with chronically occluded coronary artery related ischemia. Patients used the far-infrared dry sauna, set at 140 degrees F, for 15 minutes a day for three weeks. Each session was followed by bed rest for 30 minutes, covered with blankets.

  The best results were seen in patients with the highest summed stress score and summed difference score at baseline. The improvements were attributed to improved vascular endothelial function, and according to the authors, Waon therapy "could be a complementary and alternative tool in patients with severe coronary lesions not suitable for coronary interventions."

How Your Body Responds to Heat

As mentioned, one of the reasons sauna bathing improves health has to do with the fact that it mimics the stress your body undergoes during exercise. While "stress" is frequently perceived as a bad thing, intermittent stressors such as exercise and temporary heat stress actually produces beneficial physiological changes.

As explained by Patrick, once your core temperature reaches 102.2 degrees F (39 degrees C), blood is redistributed away from your core toward the surface of your skin to facilitate sweating. You can easily get an inexpensive ear thermometer to measure and confirm that your temperature is reaching this level.

Your heart rate increases from about 60 beats per minute to about 150, equivalent to moderate intensity exercise, and your cardiac output increases by 60% to 70%. This process is the same whether your core temperature is raised by exercise or sitting still in a sauna.

As demonstrated in a June 2019 study,[10] spending 25 relaxing minutes in a sauna has the same physical effects as bicycling on a stationary bike with a load of 100 watts for 25 minutes. Heart rate and blood pressure were found to be identical for both activities, with blood pressure and heart rate increasing during the sessions, followed by a drop below baseline levels afterward.

This prompted the researchers to conclude that "The acute heat exposure in the sauna is a burden comparable to moderate physical exercise," and that "the sustained decrease in blood pressure after heat exposure suggests that the sauna bath will have a beneficial effect on the cardiovascular system."[11]

Sauna Bathing Improves Autonomic Nervous System Balance

Recent research[12] has also demonstrated that sauna bathing helps modulate your autonomic nervous system, which governs your stress responses.[13] To examine the acute effects of a sauna session, the researchers looked at the participants' heart rate variability (HRV), which is an indicator of your body's capacity to respond to stress.

Your autonomic nervous system has two branches: the parasympathetic branch ("rest and digest") and the sympathetic branch ("fight or flight"). HRV is an indicator for how these two branches are functioning. Higher HRV means your body is better equipped to handle stress. As reported in the abstract:

> *"A total of 93 participants ... with cardiovascular risk factors were exposed to a single sauna session (duration: 30 min; temperature: 73 °C; humidity: 10-20%) and data on HRV variables were collected before, during and after sauna.*
>
> *Time and frequency-domain HRV variables were significantly modified by the single sauna session, with most of HRV variables tending to return near to baseline values after 30-min recovery. Resting HR (heart rate) was lower at the end of recovery (58/min) compared to pre-sauna (71/min).*
>
> *A sauna session transiently diminished the vagal component, whereas the cooling down period after sauna decreased low frequency power and increased high frequency power in HRV, favorably modulating the autonomic nervous system balance.*
>
> *This study demonstrates that a session of sauna bathing induces an increase in HR. During the cooling down period from sauna bathing, HRV increased which indicates the dominant role of parasympathetic activity and decreased sympathetic activity of cardiac autonomic nervous system.*
>
> *Future randomized controlled studies are needed to show if HR and HRV changes underpins the long-term cardiovascular effects induced by regular sauna bathing".*

Sauna Bathing Improves Longevity

Seeing how sauna bathing protects and improves heart and vascular health and lowers your risk of Alzheimer's, it's no major surprise to find that it also increases longevity. In fact, it's precisely what you'd expect.

The 2015 JAMA Internal Medicine study[14] mentioned earlier in this article also looked at all-cause mortality. In addition to sudden cardiac death, fatal coronary heart disease and fatal CVD.

Sauna bathing four to seven times a week lowered all-cause mortality by 40% after taking into account confounding factors such as age, blood pressure, smoking and other variables, while two to three sessions per week lowered it by 24%.

Source: JAMA Internal Medicine, 2015;175(12):1844-1850, Table 3

How Sauna Bathing Increases Longevity

As explained by Patrick, the life-extending benefits of sauna bathing are related to the workings of heat shock proteins, which respond to stress (be it heat stress, exercise or fasting) by:

- Protecting protein structures, i.e., maintaining their proper three-dimensional properties inside your cells, which is crucial for their proper function
- Preventing protein aggregation (which is a hallmark of neurodegenerative diseases such as Alzheimer's, Parkinson's and Huntington's)
- Slowing muscular atrophy

Heat shock proteins have also been shown to play an important role in human longevity. Particle cities a 2015 study[15] showing the heat shock protein 70 (Hsp70) gene plays a functional role in human survival and life extension.

This makes sense considering Hsp70 is an anti-inflammatory protein involved in cellular maintenance and repair mechanisms. So, whether you have one copy, two copies or one a non-carrier can influence your longevity.

If you are not one of the lucky carriers of this allele, you can boost your survival range by taking regular saunas, as it increases your heat shock proteins regardless. According to Patrick, heat shock proteins stay elevated for up to 48 hours after you're finished your sauna.

Another way by which sauna bathing increases longevity (and health span) is by lowering systemic inflammation, which not only plays a significant role in the aging process but also underpins virtually all chronic diseases that ultimately take a toll on this sauna. Sauna use has also been shown to increase anti-inflammatory biomarkers, such as IL-10.[16]

In one 2018 study,[17] people who reported more frequent sauna use had lower C-reactive protein levels, which is a broad marker for inflammation. Sauna frequency of use and mean C-reactive protein levels were as follows:

- Once a week: 2.41 mmol/L
- Two to three times a week: 2.00 mmol/L
- Four to seven times a week: 1.65 mmol/L

A Sauna Can Be a Great Health Investment

As you can see, sauna bathing can go a long way toward improving your health and increasing your life span. Here, I've focused primarily on heart and cardiovascular health, but there are many other health benefits as well, including improved mood, pain reduction, increased metabolism, detoxification, skin rejuvenation, stress reduction and immune support, just to name a few.

To learn more, listen to Patrick's lecture. You can also find more information in my previous articles, "Sauna Therapy May Reduce Risk of Dementia and Boost Brain Health," "How to Achieve Superior Detoxification with Near-Infrared Light," and "Are Saunas the Next Big Performance-Enhancing Drug?"

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Guillermo
Sat Mar 11 07:20:15 6:47 +8 AM
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Near infrared saunas Being is emerging as an alternative therapy for the symptoms of chronic Lyme disease. The near infrared light

preventive easily and deeply into the tissues where heat is supplied, causing hyperthermia can directly weaken spirochetes, while causing a linear rise of the ultimate temperature causes an increase in protein synthesis. Heat shock proteins, which are anti-inflammatory analgesic, relieving pain and joint pain. hybrydoktyle.com/blog/news/choosing-the-best-light-therapy-and-vacuum... (2018)

The excess as a valuable clinical tool for cardiovascular, autoimmune, toxic induced and other chronic health problems. Sweating offers potential to help with the elimination of toxic elements from the body. As the toxic elements are involved in many serious chronic conditions. Arsenic, cadmium, lead and mercury can be excreted in appreciable amounts through the skin, and it was reported that excretion rates continue or even exceed urinary excretion in a 24hour period.

Saunas can be used very effectively for certain cardiovascular problems and as a means to improve the mobilization of fat soluble pollutants from the body. Fat soluble toxins are mobilized and excreted in the sweat. Sweating for 30 minutes at a temperature of 77 Fahrenheit, we measured the ability of sweat to improve the mobilization of heavy metals and chemical xenobiotics, excretion increased more than 15 minutes are needed. The saunas provides clear routes of detoxification to the body. www.ncbi.nlm.nih.gov/.../PMC2944775 (2010) www.freelance.com/.../1997-01.html (2010) www.ncbi.nlm.nih.gov/.../PMC1931222 (2010) www.alternative-therapies.com/search/site/sauna%20therapy%20for%20health (2007)

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Guillermo
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The excess as a valuable clinical tool for cardiovascular, autoimmune, toxic induced and other chronic health problems. Sweating offers potential to help with the elimination of toxic elements from the body. As the toxic elements are involved in many serious chronic conditions. Arsenic, cadmium, lead and mercury can be excreted in appreciable amounts through the skin, and it was reported that excretion rates continue or even exceed urinary excretion in a 24hour period.

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Guillermo
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Airlight chiropractic has expressed by exercise, cold, and heat. Regular use of the sauna acts as a hormetic stresses that is the body responds to stress due to heat by increasing heat shock proteins. This means that the use of the sauna makes it more resistant to future stresses. Heat shock proteins are a family of proteins that are produced in response to exposure to stress. Stress produces greater levels of heat shock proteins, including analoghuy and protect DNA. We usually produce less heat shock proteins as we age. However, some people have genetic mutations that make them maintain higher production. The longevity gene FOXO3, is also activated by heat, will heat shock proteins. People with a higher expected lifespan have FOXO genes are more likely to live up to 100. The decrease in protein degradation by activating the so called FOXO genes that regulate the expression of genes involved in cell cycle arrest, apoptosis, repair of the DNA and resistance to oxidative stress. www.dailymail.co.uk/femail/article-4218650/How-switch-back-genes-from-t... (2017) www.ncbi.nlm.nih.gov/.../2362334/ (2013) www.ncbi.nlm.nih.gov/.../2945554/ (2010)

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The regular infrared and / or Finnish sauna bath has the potential to provide many beneficial health effects, especially for people with rheumatic and cardiovascular diseases, as well as for athletes looking for better recovery and performance. Mechanisms of these effects may include increased bioavailability of NO (nitric oxide) to the vascular endothelium, metabolic activation mediated by heat shock proteins, alleviation of the immune and hormonal pathways, enhanced excretion of toxic substances through increased sweating and Other responses of hormonal stress. www.ncbi.nlm.nih.gov/.../PMC3931775 (2018)

Prospective studies have shown that greater frequency and duration of sauna baths are related to a lower risk of cardiovascular mortality, sudden cardiac death, stroke, hypertension, lung diseases and dementia. The findings of relaxation and promotion of mental health and well-being associated with sauna sessions could be related to the increased production of circulating levels of hormones such as endorphins.

In regio- Trauma Bathing and Healthy Sweating. www.mayoclinicproceedings.org/.../S0025-6196 (1983)915-fullfext (2015) www.mayoclinicproceedings.org/.../S0025-6196 (1983)0579-1.pdf (2018) research.information.bris.ac.uk/.../97707.full.pdf www.ncbi.nlm.nih.gov/.../PMC3931775/ (2018) www.ncbi.nlm.nih.gov/.../PMC3931775/ (2018) www.ncbi.nlm.nih.gov/.../PMC3931775/ (2018) sciencedirect.com/.../pii/S0735675708000 (2018) www.ncbi.nlm.nih.gov/.../PMC3931775/ (2018) www.ncbi.nlm.nih.gov/.../PMC3931775/ (2018) www.ncbi.nlm.nih.gov/.../PMC3931775/ (2018) journals.sagepub.com/.../JOH0387217702629 (2018) www.springer.com/.../10772-011-9084-3 (2018) www.sciencedirect.com/science/article/pii/S0735675708000 (2018)

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Evesyl
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The sauna as a valuable clinical tool for cardiovascular, autoimmune, toxic induced and other chronic health problems. Sweating offers potential to help with the elimination of toxic elements from the body. As the toxic elements are involved in many serious chronic conditions. Arsenic, cadmium, lead and mercury can be excreted in appreciable amounts through the skin, and it was reported that excretion rates continue or even exceed urinary excretion in a 24hour period. The sauna provides clear routes of detoxification to the body.

www.ncbi.nlm.nih.gov/.../PMC2944775 (2010) www.freelance.com/.../1997-01.html (2010) www.ncbi.nlm.nih.gov/.../1931222 (2010) www.alternative-therapies.com/search/site/sauna%20therapy%20for%20health (2007) www.ncbi.nlm.nih.gov/.../PMC1931222 (2010) www.ncbi.nlm.nih.gov/.../PMC1931222 (2010) www.ncbi.nlm.nih.gov/.../PMC1931222 (2010) www.ncbi.nlm.nih.gov/.../PMC1931222 (2010) www.ncbi.nlm.nih.gov/.../PMC1931222 (2010)

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Almond
Joined On 2/26/2008 4:22:28 PM
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Traditional wet Finnish saunas are getting more difficult to find unless you build your own. (I do not like electric.) Cedar logs are a good choice for construction. This may be a good year for stamp collar of limited commercial value. You can build a firebox with door and add a chimney. Under a roof tent, build a single, horizontal, small sliding trap door into the roof for heat and moisture control. It should be about 2 feet by 2 feet. Place a 55 gallon drum on the roof with a hinged lid and a small hole in the lid. Place a small wood stove on an adjacent triangular deck and place its base your clothes (lid if not stolen) down and covers. You won't mind the cold conditions after you get out. Whether it is a practical consideration to plant a shower head and if it is open without a shower stall and off to one side of your firebox. Maybe a thermostatic or timer. Good to have pressure around. You may want to set mouse-trapp tools, too. there is bucket of cold water and a dipper handy for throwing cold water onto the stoves. Get a bucket of water on the stove to heat to splash down benches after use.

If you are unsuccessful in saunas, do not overdo it if you are inexperienced. Stay outdoors. The Finns have a long life expectancy even historically. Saunas probably contribute from their long early childhood. They also have a very high rate of the well-known neurosis. Where used frequently many families are smaller, compared to other groups when birth control is not used. (Not just contraceptives but also abortion, infanticide, and sometimes, "accidents" to the mother.) Saunas are used for many other purposes. You could heat water, disinfect equipment, dry hard, preventative effect. Heat kills many pathogens and infectious. Remember, stick pieces in a sauna was pretty much a cure all. People would sit in the sauna and whip their back or each others backs with willow branches known for their (salicylic) and aspirin-like) anti-inflammatory, analgesic effect.

Reply · Mark as Spam · Posted On : 1/16/2020 3:41:06 AM

mar8915
Joined On 6/17/2015 6:47:46 AM
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IN ALASKA: Regarding the measures in the quality of male sperm. A longitudinal study of time course examined the effects of Finnish sauna activity on male sperm and fertility measures in 10 healthy men. After 3 months of repeated sauna (15-minute session twice a week), the participants reported a reduction in sperm count, reduced sperm motility, increased testicular pain, decreased sperm parameters (decrease in normal forms) replacement. protamine, abnormal chromatin condensation, impaired chromatin decondensation. Sperm DNA fragmentation. Sperm DNA fragmentation. Sperm DNA fragment

Cold-induced thermogenesis is a process in which the body generates heat by burning calories to maintain its basal metabolic rate, which is achieved through its numerous mitochondria and the activation of decoupling protein 1 (UCP1). Studies show an inverse correlation between the amount of brown fat and visceral fat and body mass index. The cold improves fat burning and glucose absorption by the muscles, thanks in part to the greater activation of the hormone adiponectin before exposure. Low levels of this hormone are linked to obesity, diabetes, and more cardiovascular disease.

Cold controlled exposure strengthens the immune system while increasing the presence of certain antioxidants, such as glutathione. Extends the longevity of the cells, and encouraging autophagy. It reduces pain associated with different conditions, such as arthritis. Improves symptoms of depression. It also activates the sympathetic nervous system and increases the production of endorphins that regulate a person's mood.

One of the cold prophets is Wim Hof. This 58-year-old Dutch energetic traveled to the North Pole to beat the world record, holding his breath under the ice for six minutes and 20 seconds. He also ran a half marathon in the polar circle at -35 degrees, barefoot, and dressed only in shorts. Wim Hof argues that we are not made for comfort. Our ancestors were hungry, cold and suffered during long walks outdoors. Controlled exposure to cold activates the sympathetic nervous system, regulating the immune response and reducing inflammation. www.healthline.com/health/exercise-fitness/ice-bath-benefits#benefits ... www.menshealth.com/.../ice-bath-benefits

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juststeve
Joined On 1/5/2012 11:13:54 AM
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Having once worked in a mill & exposed to multiple chemicals & heavy metals, when hot humid summer weather hit it would be like a sauna. This would bring on heavy sweats. Some nights could be so bad the bed clothes & sheets would have to be burned as the same smell of mill chemicals plus same colors would be in the sheets. No amount of washing, or baking soda in the water could remove the smell. Or the stains for that matter. Sickness would accompany such events. At the time I wasn't aware of milk thistle, broken cell chlorella or other detox strategies. Mostly used high doses of vit c at the time, said by some at the time to remove some lead from the body. Today as a matter of course we are all pickled in toxic soup so it might be wise to before, or follow up after a heat bath with some detox protocol. Some of us have been hit with some pretty heavy duty junk and some extra caution may be necessary to clean up the sauna or hot Epsom salts bath to carefully remove what could be very condensed toxins removed from our bodies.

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Guillermou
Joined On 4/7/2015 8:47:48 AM
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Hi Just, It would be a good combination of the sauna, with high intensity exercise and detoxification with certain preparations, and balanced feeding. The three pillars of heavy metal detoxification, which Dr. Mercola recommends, are: clean and clean the gastrointestinal tract of metals and toxins, optimize glutathione and regulate detoxification genes.
articles.mercola.com/sites/articles/archive/2016/06/19/heavy-metal-det...

Intestinal Metal Detox (IMD) is a powerful chelator of mercury and heavy metals Dandelion, milk thistle, gentian and myrrh to clean the liver. The dandelion also cleanses the blood, and the kidneys. High copper content and low zinc content will show symptoms of heavy metal poisoning. High in calcium and low in magnesium stops detoxification. Molybdenum, selenium and lithium help to detoxify. articles.mercola.com/sites/articles/archive/2018/04/08/heavy-metal-det...

Optimize metabolic biochemistry with glutathione, Nrf2 diet, R-lipoic acid. Glutathione that is composed of three amino acids: glutamic acid, cysteine and glycine, being the king of antioxidants, as it helps recycle and maximize the function of other antioxidants, such as vitamin C, D and E, coenzyme Q10 and alpha-lipoic acid In turn, R-lipoic regenerates these vitamins and promotes glutathione. articles.mercola.com/sites/articles/archive/2018/02/25/mitochondria-fa... glutathionepathway.com/glutathione

Cysteine is extremely sensitive to heat, so if these foods get hot, they completely lose their cysteine, inactivating it, for example, pasteurized milk. Good promoters: 1. Milk thistle. 2. Whey protein without denaturing. 3. Sulfur foods: cabbage and allium. 4. NAC. 5. α-Lipoic acid. 6. Methylation: vitamins B6, B9, B12, SAMe, and biotin. 7. Selenium. 8. Vitamin C and E. 9. Cow liver. 10. Exercise. www.healthline.com/nutrition/how-to-increase-glutathione#section4

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CoastalTDF
Joined On 9/5/2016 1:00:58 AM
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My husband and I bought a home sauna last year and used it every other day for a few months. I know that the internal benefits were immeasurable, but it was the outward benefits that were astounding. My husband's hair had been turning salt and pepper, with a lot more salt than pepper. He was almost silver at the age of 56. After a few month of regular sauna use, he has jet black hair again with a few single silver strands of hair on the sides. His best friend accused him of using Grecian Formula. LOL! Toxins, I suppose.

Reply | Mark as Spam | Posted On 1/30/2020 8:05:21 AM

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tunybgur
Joined On 1/15/2012 11:34:23 AM
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Blood pressure plummets in a steam room or sauna. Be careful as the dizziness you sometimes feel is this low BP.

Reply | Mark as Spam | Posted On 1/30/2020 8:03:18 AM

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grulla
Joined On 1/17/2012 8:03:55 AM
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Isn't that dizziness also the result of heat stroke??? One can purchase a single person mini-sauna for head/brain overheat protection. If they're electric and you have the choice between (EMF free)120 volts VS 240 volts, always pick the 240 volt version (whether 50 or 60 Hertz) for better electrical efficiency. And in most foreign countries, besides 60 Hz North America and a few other countries, obtaining a 240 volt (50 Hertz) sauna should be commonly available, as there are many more small(er) appliances available in 240 volts, and 120 volts is rare.
www.mayoclinic.org/diseases-conditions/heat-stroke/symptoms-causes/syc... ~~~
www.toaspa.com/1-person-precision-therapy-mini-sauna.html ~~~
www.school-for-champions.com/science/ac_world_volt_freq_list.htm#.Y_eH...

Mark as Spam | Posted On 2/23/2023 9:21:37 AM

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MollyMalone
Joined On 2/27/2011 2:12:09 AM
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Question please: as we have no room for a sauna, but we do have a covered patio that can hold a not-too-huge hot tub, would that perhaps be better than nothing? I realize we will miss out on the light aspect, but it will be outside for fresh air and a bit of sunlight. My thought is that the heat will still be good for detox, etc. providing I can find one that uses UV and ozone and not halogens for disinfecting. Thank you.

Reply | Mark as Spam | Posted On 2/23/2023 9:35:23 AM

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grulla
Joined On 1/17/2012 8:03:55 AM
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Perhaps my above reply and suggestion to "tunyburger" might be helpful.

Mark as Spam | Posted On 2/23/2023 9:51:46 AM

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zZ2478
Joined On 8/28/2011 12:26:05 AM
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There is a great group all about saunas on Facebook with over 47,000 members. Check it out here:
www.facebook.com/groups/saunadetox

Reply | Mark as Spam | Posted On 2/23/2023 4:51:46 AM

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violanewman
Joined On 8/15/2008 8:49:51 AM
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It's not convenient for me to get to an infrared sauna like that but I am pretty sure that the hot yoga that I do most days for 90 minutes in a 105 degree room with 40 percent humidity is giving me the benefits people are getting from the heat in a sauna, and, at the same time, improving my flexibility.

Reply | Mark as Spam | Posted On 2/23/2023 4:54:56 AM

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ste8653
Joined On 11/5/2016 11:49:04 AM
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I bought a far infra red sauna in 2020 and use it daily, for 30 minutes at 135. I do stretching exercises while in there. I was under the impression far was better than near infrared. How can i use my sauna to it's best advantage, as i am not going to go buy another sauna with near infrared?

Reply | Mark as Spam | Posted On 2/23/2023 5:32:29 AM

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jef9075
Joined On 3/24/2016 1:41:14 PM
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hello ste8653. I believe Dr. Mercola was recommending replacing the far infra-red bulbs with near infra-red bulbs if you can. That may effectively turn your sauna into a near infra-red one without having to purchase an entirely new sauna.

Mark as Spam | Posted On 2/23/2023 8:37:01 AM

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Pet Rock
Joined On 5/5/2007 10:43:50 AM
Add as Friend | Send Message

Would sauna bathing not cause death though in people who have been jabbed? Kind of like high levels of exercise and also waking up can trigger death.

Reply | Mark as Spam | Posted On 2/23/2023 7:11:05 AM

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