

Benefits of Sauna Bathing

Sweat Lodge | Thermotherapy

Detoxification

- Expelling of toxins, such as Arsenic, Cadmium, Lead, Mercury, etc.
- Killing disease-causing microbes
- ↓ markers of inflammation, such as CRP
- ↑ anti-inflammatory markers, such as IL-10

Contraindications

- Early or high risk pregnancy - some evidence suggests hyperthermia might be teratogenic
- Unstable angina pectoris, recent myocardial infarction (heart attack), severe aortic stenosis
- Fetal events, although uncommon have been linked to the use of alcohol
- Bathing alone

Recommendations

The effects of sauna differ with age, underlying medical condition and use of drugs. Medical supervision is recommended during initial sessions for children, the elderly, or those with compromised health and use of medication



Cardiovascular effects

- Lower risk for hypertension (high blood pressure; 46%)
- Lower blood pressure, mean arterial pressure and left ventricular ejection time
- Lower risk for fatal heart disease (50%)
- Lower risk for sudden cardiac death (60%)
- Improved blood circulation
- Reduced total cholesterol levels
- Exercise mimetic (heat “stresses” the heart and body similar to that of exercise)

Neurological effects

- Lower risk for stroke (61%)
- Lower risk of dementia (66%)
- Lower risk of Alzheimer’s disease (65%)
- Slowing muscular atrophy

Longevity (Lifespan)

- Lower all-cause mortality (reduced risk of death from any cause)
- Improving mitochondrial function (cellular engines)