

INFRARED SAUNA

MEDICAL STUDIES AND ARTICLES

- [Arsenic, Cadmium, Lead, and Mercury in Sweat.](#)
Journal of Environmental and Public Health. (opens in new window)
- [Atomic Absorption Spectrometry of Nickel, Copper, Zinc, And Lead In Sweat Collected From Healthy Subjects During Sauna Bathing.](#)
Clinical Chemistry. (opens in new window)
- [Kaiser Permenante Article On The Health Benefits Of Saunas.](#)
(opens in new window)
- [Detoxification Through The Skin.](#)
By Mark Sircus Ac., OMD March 6th, 2005. (opens in new window)
- [Journal Of The American College Of Cardiology Study On Repeated Far Infrared Sauna Treatments.](#)
- [Circulation Journal.](#)
December 2004 study on infrared sauna use in patients with chronic heart failure. (PDF)
- [Saunas Improve Results For Heart Patients.](#)
By author Patricia Palmer. (opens in new window)
- [Repeated Thermal Therapy Improves Impaired Vascular Endothelial Function In Patients With Coronary Risk Factors.](#)
By Imamura M, Biro S, Kihara T, Yoshifuku S, Takasaki K, Otsuji Y, Minagoe S, Toyama Y, Tei C. October, 2001. (opens in new window)
- [Repeated Sauna Therapy Reduces Urinary 8-Epi-Prostaglandin F\(2alpha\).](#)
Masuda A, Miyata M, Kihara T, Minagoe S, Tei C. Department of Cardiology, Respiratory and Metabolic Medicine, Kagoshima University, Kagoshima, Japan March, 2004. (opens in new window)
- [The Polution Within.](#)
By David Ewing Duncan October 2006. (opens in new window)
- [How Heat Helps Kill Cancer.](#)
By Megan Scudellari May 2011. (opens in new window)
- [Heat In The Treatment Of Patients With Anorexia Nervosa.](#)
By Gutierrez E, Vazquez R. March 2001. (opens in new window)
- [The Effects Of Repeated Thermal Therapy For Patients With Chronic Pain.](#)
By Akinori Masuda, Yasuyuki Koga, Masato Hattanmaru, Shinichi Minagoe, Chuwa Tei 2005. (opens in new window)
- [The Effects Of Repeated Thermal Therapy For Two Patients With Chronic Fatigue Syndrome.](#)
By Masuda A, Kihara T, Fukudome T, Shinsato T, Minagoe S, Tei C, April 2005. (opens in new window)
- [Thermal Therapy Benefits Depressed Patients.](#)
2005 (opens in new window)
- [Clinical Implications Of Thermal Therapy In Lifestyle-Related Diseases.](#)
By Sadatoshi Biro, Akinori Masuda, Takashi Kihara and Chuwa Tei 2003. Obesity And

Diabetes: Pathophysiological Mechanisms And Therapeutic Approaches. (opens in new window)

- [Repeated Thermal Therapy Diminishes Appetite Loss And Subjective Complaints In Mildly Depressed Patients.](#)
By Akinori Masuda, MD, PhD, Masamitsu Nakazato, MD, PhD, Takashi Kihara, MD, PhD, Shinichi Minagoe, MD, PhD and Chuwa Tei, MD, PhD 2005. From the Psychosomatic Medicine, Respiratory and Stress Care Center, Kagoshima University Hospital, Kagoshima, Japan (A.M.); the Department of Internal Medicine, Faculty of Medicine, Miyazaki University, Miyazaki, Japan (M.N.); and Cardiovascular, Respiratory and Metabolic Medicine, Kagoshima University, Kagoshima, Japan (T.K., S.M., C.T.) (opens in new window)
- [Sitting In Sauna May Prevent Cancer.](#)
Dr. Jason Allen. (opens in new window)
[View the video clip from KTVB – click here.](#)
- [Components Of Practical Clinical Detox Programs–Sauna As A Therapeutic Tool.](#)
By Crinnion W. Environmental Medicine Center of Excellence, Southwest College of Naturopathic Medicine in Tempe, Arizona, USA. (opens in new window)
- [Benefits And Risks Of Sauna Bathing.](#)
By Hannuksela ML, Ellahham S. Source Department of Internal Medicine and Biocenter Oulu (MLH), University of Oulu, Oulu, Finland. (opens in new window)
- [Is Your Family Toxic?](#)
By James Ferguson. Published in the London Daily Mail May 22, 2007. Extracted from The Vitamin Murders: Who Killed Healthy Eating in Britain, By James Ferguson, published By Atlantic Books. (opens in new window)
- [Bringing Devon Back... A Family's Crusade.](#)
October 24, 2004; A couple says mercury agent in vaccines caused son's autism. (opens in new window)
- [Toxins Are All Around Us... In The Air, Drinking Water, Etc.](#)
Read a recent Washington Post article about the toxins in our drinking water. (opens in new window)
- [Read An Interview With Actor Jeremy Davies In The New York Times Describing How He Lost 33 Lbs For The Movie "Rescue Dawn" Using An Infrared Sauna.](#)

Sauna use is contraindicated for certain conditions and there are certain conditions you should contact your physician about before using an infrared sauna. [Please click here for more information on sauna contraindications.](#)