



Dr. Oz, Infrared Saunas & Life Extension As Featured On THE OPRAH WINFREY SHOW

by Kim Henderson

DPHL 13.4



Far infrared saunas are finally getting the mainstream media attention they deserve. Last month, medical expert Dr. Mehmet Oz introduced Americans to infrared saunas on *The Oprah Winfrey Show*. In a special segment titled “Extreme Life Extension,” Dr. Oz unveiled several technological marvels designed to enhance and extend life. He and Ms. Winfrey actually sat in the sauna while he talked very specifically about the unique health benefits far infrared saunas provide. In case you missed it, we want to fill you in on the highlights.

LOWERS BLOOD PRESSURE

Dr. Oz first pointed out that far infrared saunas are different than regular saunas. “Here’s the key: This infrared sauna works a little differently than a normal sauna because it makes the same rays that come from the sun and filters out the UV radiation leaving only infrared radiation, which is lightly absorbed into your skin. So without heating you up in the external environment too much, it heats the body up,” he explained. Dr. Oz noted why this feature of heating the body is significant, “The reason that’s important is that we’ve actually shown that people who take saunas a

couple times a week actually drop their blood pressure.” The environment is much more comfortable too. “The reason that infrared saunas work reasonably well is because they don’t hurt your lungs if you take a deep breath. People can be comfortable here,” Dr. Oz said. This is important news for anyone with blood pressure issues or who has trouble with traditional saunas.

But there’s more...

DETOXIFICATION

Sunlight Saunas are an excellent tool for detoxification in addition to being a great support to those who are not able to get the benefit of exercise—those with a disability, injury or difficulty being mobile. “So folks who can’t exercise, for example, can at least do saunas to raise their metabolism a little bit. And, of course, when they sweat, they sweat out toxins through the skin. So one thing you always want to do after you’ve been in an infrared sauna is to wash yourself to get whatever toxins are on your skin off,” Dr. Oz said.

WEIGHT LOSS

After sitting for a short while in the Sunlight Sauna unit, Ms. Winfrey was ready to get out—that was— until Dr. Oz told her and the audience about the potential weight loss benefits with regular use of an infrared sauna. Dr. Oz said, “It increases blood circulation. The reason that’s important is that it gets your heart to beat faster and it burns calories.” Ms. Winfrey smiled as she suddenly decided to stay seated, and playfully said, “Oh, so THIS is what you mean? You can burn 700 calories just by sitting here?” Yes, sitting and enjoying an infrared sauna can actually support your weight loss efforts!

EXTEND YOUR LIFE

DPHL has been reporting on the health benefits of far infrared sauna therapy for a long time. In addition to the life extension features Dr. Oz discussed on *The Oprah Winfrey Show*, we’ve covered how it helps support those who suffer from fibromyalgia, arthritis, chronic fatigue syndrome, and even autism. The circulatory and blood pressure lowering benefits are well documented. In fact, Sunlight Saunas is a partner with the American Heart Association. And let’s not forget that one of the best benefits of regular use of a Sunlight Sauna is relaxation. In today’s world with so many demands on the individual, stress reduction is more important than ever. Incorporating far infrared heat therapy into your health routine may not only extend your life, it can enhance its quality today.