



Infrared Sauna Supports Health of Diabetics

by the Health Experts at Healthy Living Magazine

With nearly 26 million children and adults in America living with diabetes, and another 79 million at high risk for developing type 2 diabetes, the disease is taking a devastating physical, emotional and financial toll on our country.

recent numbers by the Centers for Disease Control and Prevention paint a desperate situation of where we are at and where we are headed:

- Every 17 seconds, someone is diagnosed with diabetes.
- Recent estimates project that as many as 1 in 3 American adults will have diabetes in 2050.

BENEFITS OF INFRARED SAUNA

So what can we do to prevent diabetes or help persons with diabetes to maintain their health? For someone living with diabetes, infrared therapy might well be his or her best friend. It isn't that infrared saunas are a cure. Think of infrared sauna as a very beneficial means of supporting your health.

In a new study published in the June 2010 issue of the Journal of Alternative and Complementary Medicine, Dr. Richard Beever of the Department of Family Medicine at the University of British Columbia in Canada has found that infrared saunas help diabetics.

“Far-infrared sauna treatments improve the quality of life for those with chronic pain, chronic fatigue syndrome, depression and congestive heart failure. The objective of this study is to determine whether far-infrared saunas have a beneficial effect on quality of life in those with type II diabetes.”

At the Fraser Lake Community Health Center in rural British Columbia, all patients with type II diabetes were invited to participate in a study consisting of 20-minute infrared sauna sessions three times a week for

three months. The study used Sunlighten infrared saunas.

“Far-infrared sauna use may be associated with improved quality of life in people with type II diabetes mellitus,” the research concluded. “Uptake of infrared saunas use is greater than the uptake of other lifestyle interventions.”

More good news was published in the April 2010 issue of Acta Medica Okayama, where doctors from the Department of Physical Therapy at KIBI International University, in Takahashi, Okayama, Japan, studied the effect of infrared therapy on patients with type 2 diabetes. They examined the effect of leg hyperthermia on oxidative stress in bedridden subjects with type 2 diabetes mellitus using 15-minute sessions of infrared rays over a two-week period. (Oxidative stress is a measurement of physiological stress.)

Fasting markers of inflammation and oxidative stress were measured at the start and at two weeks after infrared therapy had begun. Results showed that markers for total oxidative stress levels “were decreased significantly.”

SUPPORTS FOR SYNDROME X

Some of the most far-reaching benefits of infrared therapy are for people who are prediabetic with a constellation of symptoms known as Syndrome X, which reflects a number of dysfunctions involving cholesterol, blood pressure, blood sugar and obesity. These underlying conditions all indicate a person who is at high risk for developing diabetes, yet all respond remarkably well to infrared sauna therapy.

An October 2001 study in the Journal of the American College of Cardiology found such positive results for people with Syndrome X. Researchers from Kagoshima University, Japan, sought to determine whether sauna therapy improves endothelial (blood vessel) function in patients with coronary risk factors such as hypercholesterolemia, hypertension, diabetes mellitus and smoking. Twenty-five men with at least one coronary risk factor and 10 healthy men without coronary risk factors were enrolled. Patients in the risk group were treated with a 60°C infrared dry sauna for 15 minutes and then kept in a bed covered with blankets for 30 minutes once a day for two weeks. Two weeks of sauna therapy significantly improved vasodilation, circulation and nourishment to all the tissues.

The evidence is becoming increasingly clear that infrared saunas will benefit people with diabetes or prediabetic conditions. Again, infrared

sauna is not a cure or treatment but simply supports your body, helping to maintain healthy function.