

Nurturing you through to health and happiness

SARI YOUNG

BNSc (hons); AdDip Naturopathy;
AdDip Western Herbal Medicine; AdDip Nutritional Science.

NATUROPATH AND REGISTERED NURSE

NEAR INFRARED SAUNA BASIC INSTRUCTIONS

Warning and disclaimer: Information provided are not intended as diagnosis, treatment or prescription for any disease or condition. Always seek professional guidance for any health condition before undertaking a sauna therapy program. The information provided is for educational purposes only.

When to use a sauna:

Wait one or two hours after a meal before a sauna session. Best times are in the morning and the last thing at night.

How often to use a sauna:

Once or twice a day is recommended. Begin with fewer session per week and shorter sessions if very debilitated. If very frail, one can begin with a milder infrared experience by keeping the door open.

How long to remain in a sauna:

Most people should begin with 5-10 minutes in the sauna. Limit the first few weeks to a maximum of 30 minutes per session. After several weeks, the duration of a sauna session can increase up to 60 minutes depending on your health status. **Please refer to your NB Program instructions.** The length of time you should work up to remaining in the sauna depends on your chronic health status. If you have an acute infection such as a cold or flu it is best to do more frequent and shorter sauna sessions.

Maximum duration in the sauna:

One can safely use a near infrared lamp sauna up to two hours per day (only 60 minutes at a time with at least a few hours break in between) provided one replaces water and electrolytes.

Sauna danger signals:

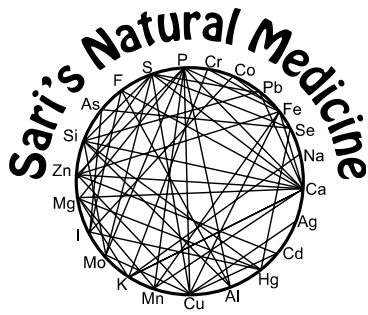
Many people do not sweat properly. As a result one can overheat. If this occurs, one may turn red, and/or have difficulty breathing. End the session.

Before a sauna session:

Wait 1-2 hours after eating before entering the sauna. Drink 240ml of spring water. No clothing is usually worn in the sauna. One can enter the sauna as soon as it is turned on or preheat for 10-20 minutes to achieve a slightly higher temperature. The maximum temperature you should let the near infrared sauna heat to is 46C. Open the door to let out heat if temperature is too high.

During and after the sauna:

Make sure the distance from the body to the lamps is 60-75cm. While sitting in the sauna make sure to **rotate the body 90 degrees every 2-3 minutes**. Wipe off sweat with a small towel. Set down a towel on the stool to sit on. Turn 90 degrees every few minutes or sooner, to expose all sides of the body to the infrared lamps. When a sauna session is finished, shower with warm water to remove any toxins on the skin. Drink 250-500ml of spring water. Rest lying down or sitting down for at least 10 minutes before resuming daily activity.



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Overdoing sauna therapy:

Many people believe that if 20-30 minutes in a sauna is excellent, more must be better. It is important to begin with a sauna session no longer than 10 minutes. Within a few weeks to a few months, the length of the session may be increased. Sauna therapy is powerful and must be approached with common sense and caution, especially when beginning.

Cautions and Contraindications:

Children under 6 years should avoid sauna use. Their sweat glands are less developed than adults.

Jewellery: wearing jewellery is not advisable. It might become hot and cause a burn.

Alcohol: saunas and alcohol do not mix.

One should have an attendant when doing sauna therapy if one is very heat-sensitive, has Multiple Sclerosis, diabetes, a heart condition or has used psychotropic drugs in the past.

High blood pressure: Sauna use generally does not raise blood pressure. However, begin with shorter sessions and check blood pressure every ten minutes if you are concerned.

Past use of LSD or other psychedelic drugs: flashbacks can occur, as stored drugs are mobilised from tissue storage sites. Have an attendant present during sauna use.

Multiple Sclerosis patients may be extremely heat sensitive. Begin with shorter sessions and have an attendant present in case extreme weakness should occur.

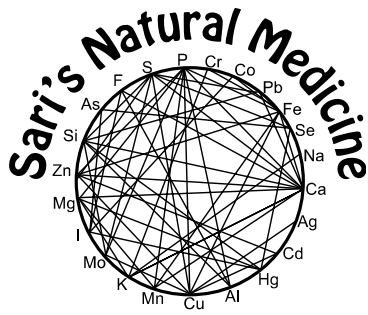
Respiratory conditions: some experience breathing difficulty in saunas. Often this will improve as one acclimatises to sweating. Be sure to sit up comfortably and breathe slowly and deeply. If uncomfortable, open the door.

Where to get a near infrared sauna:

Go to www.drwilson.com. Dr Wilson offers free plans on making a near infrared sauna. He also offers a canvas sauna and has listed other suppliers on his website that make saunas according to his standards. He also sells a single red heat lamp. You can ask lighting shops to order the heat lamps for you. Phillips is the brand I recommend. See Dr. Wilson's website for exact details on what to purchase. "Sauna Therapy" is written by Dr. Wilson and is an excellent book. It provides details on everything you could want to know about saunas, including detailed plans on how to build one yourself.

References:

Wilson, L., Sauna Therapy, LD Wilson Consultants, INC 2003.



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SAUNA INFORMATION:

'THE DRAGON- THE HOT FIREY BREATH OF PURIFICATION!!'

- During the day:
 - ½ teaspoon sea salt daily. Plus 2 tbsp kelp granules daily (or kelp tablets prescribed).
 - Dandelion root tea, nettle, parsley all good to drink throughout day for kidneys.
- Time:
 - Max 2 hours (1 hour plus 1 hour)
 - Start with 10 minutes 1 x second daily
 - Then 10 minutes 1 x daily
 - Then 10 minutes 2 x daily
 - Slowly increase over several weeks- months
- Before- drink 250-500ml water.
- In sauna:
 - 43.3-46.1C
 - Open door 1/4inch so temperature remains at this level
 - Sit 60-75cm from lamp (60cm ideal)
 - Naked
 - Expose palms of hands
 - Deep breathing
 - Maintain good posture
 - Don't stare at lamps directly, but keep eyes open
 - Rotate every few minutes to heat body evenly
 - Towel for seat; small towel for sweat; large towel for floor
- Other- in sauna:
 - Set timer for 10 minutes
 - Pulse can increase up to 50% above resting pulse
 - Over heating- turn red, tachycardia, temperature increase quickly
 - Temperature increase up to 2.2 C is safe. Take temp on entering, then every 5 mins or so if desired
 - Body temperature should reach no more than 39.4 C
- After sauna
 - Warm shower (no soap or shampoo etc)
 - Ring 2 small towels to clean in shower- hang for next time.
 - Brush skin with loofa/ brush in shower- scalp and face too.
 - Drink 250-500ml water
 - Then REST lying down for at least 10 minutes