

Infrared Sauna Therapy

New Hope for the Rising Number of Lyme Disease Cases

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by Randi Clausen

Lyme Disease is on the rise. The Centers for Disease Control and Prevention (CDC) have confirmed that Lyme disease cases in the U.S. have increased over 50 percent from 2000 to 2009. One reason for this significant increase may be greater tick densities due to human development into rural and suburban areas where forests are cut down to isolated patches, known as fragmented forests. With fewer predators in these environments, mice and deer, the main carriers of the Lyme Disease causing bacterium (*Borrelia burgdorferia*), multiply. In turn, the ticks that feed off of these animals and can transmit Lyme Disease to humans thrive. It looks likely that cases will continue to increase. Growing up in a wooded area of Northern New Jersey, where white-tailed deer abound, this comes as no surprise. I've seen neighbors and friends suffer from the debilitating aches and fatigue of Lyme Disease, and if I knew then what I know now, I would have told them to seek infrared sauna therapy.

Lyme Disease is conventionally treated with antibiotics, which frequently come with unwanted side effects such as diarrhea, nausea and vomiting. However, infrared sauna therapy offers a safe alternative that can even be used in conjunction with regular treatment to accelerate the healing process. Infrared heat penetrates deep into the body's organs and tissues, creating a powerfully, direct detoxifying effect. And detoxification is key when it comes to treating Lyme Disease.

RAISING THE HEAT ON LYME

A rise in core temperature is vital to achieving the deepest detoxifying sweat, which carries toxins out of the body and pushes them through the pores of the skin, the body's largest organ and detoxification pathway. Neurotoxins—toxins that act specifically on nerve cells—released from Lyme Disease are fat-soluble and remain in the body for a long time. These toxins create a wide range of symptoms including fever, fatigue, depression, and if left untreated, later symptoms may involve the joints, heart, and central nervous system, which can last months to years after treatment with antibiotics.

According to *Sauna Therapy*, authored by Dr. Lawrence Wilson, an expert in detoxification, the deep penetration of infrared heat removes these neurotoxins, flushing them from the body more quickly and speeding the healing process. Detoxification directly through the skin also hastens the healing process by allowing neurotoxins to bypass the liver and kidneys, which become stressed by the overload of toxins. What's more, infrared heat's ability to increase blood circulation by penetrating deeper into the body's joints, muscles and tissues allows more oxygen to reach injured areas of the body and reduces inflammation, helping to reduce pain associated with Lyme Disease.