

Turn Up the Heat, Relieve the Stress

Dr. Ginger and Dr. Regina Young share the benefits of low-EMF, far infrared saunas

You may not be a soldier in combat, but today we are all “warriors” in our own lives dealing with the stressors in our daily routine of bills, money, jobs, kids, pets and marriage. Additionally, the overload of technology—cell phones, computers, tablets, TVs and video games have contributed to our daily stress load and to modern disease.

A Classic Example

Dr. Regina Young of St. Louis, Missouri, contracted Epstein-Barr virus from a work-mandated vaccine that led to severe exhaustion, chronic fatigue and panic disorder. She explains it this way, “The symptoms would subside until I was under a lot of stress, and then the virus would get reactivated. It led to systemic yeast, which affected my thyroid, which led to Hashimoto’s Thyroiditis. I was so ill I became disabled and couldn’t work anymore. Earlier this year, I purchased a Clearlight Infrared Sauna and I love it! I feel so much better from using the sauna that I am now planning to return to work in the months ahead. I no longer feel that hopeless exhaustion. The sauna has given me hope because I’m getting real results.”

Dr. Young and so many others who suffer from a wide range of health issues, have found the sauna’s deep, penetrating, soothing, infrared heat to be very balancing for their nervous systems, promoting the “Rest and Relaxation” state that is required for true healing and recovery.

An Infrared Sauna Study

Exposure to thermal therapy has been known to

produce profound, stressbusting physiological effects. A Czechoslovakian study reported by Kaiser Permanente showed taking a sauna for 30 minutes doubled the blood’s beta-endorphin levels, reducing pain and producing a sense of euphoria, well-being and that “sauna-bather’s high.” The infrared sauna heat has a great effect in pacifying the “Fight or Flight” and stimulating the “Rest and Digest” by lowering blood pressure, relaxing the muscles and detoxing the body; yes with heat, but with a comfortable, breathable, therapeutic heat that allows a calm, unwinding relaxation to occur. Changes in the brain have also been noted in heat therapy, which has been found to diminish harmful stress hormones and increase the powerful relaxation hormone, serotonin. In addition, studies of brain waves have noted a deeper, more serene sleep.

Empowering You

Every year, millions of us spend small fortunes on treatments, products and doctor visits to help alleviate stress-related symptoms. At the same time, we scrimp and save to afford all-too-brief vacations during which we will hopefully enjoy a few fleeting moments sharing a pool, beach or hot tub with travelers every bit as anxious as we are to

escape the strains of our everyday lives.

Some of us, like Dr. Young, have discovered a better, more permanent daily solution to our stresses and aches and pains that also satisfies our periodic need to simply get away from it all and stimulate our parasympathetic nervous system. That solution: our very own low-EMF, far infrared sauna.

The best is that I can use my sauna in the privacy of my own home. I don’t have to go anywhere or depend on anyone, I just turn it on, warm it up, and say, “Let the healing begin!”

—Dr. Regina Young

Less expensive than you might think and an instant way to make an ordinary house feel like a vacation home, a Clearlight Infrared Sauna is a passport to greater health, better sleep, and many would say—a longer, happier, stress-free life. Clearlight Saunas come in a variety of sizes and shapes, all with a true Lifetime Warranty. Starting at just \$1995, with Interest-Free Financing available, Clearlight Saunas are an affordable investment in your health that can potentially save you \$1000s in medical bills in the long run. The saunas install easily in an hour and cost about 25¢ per session to operate. ✦



All these chronic stressors have turned our nervous system completely upside down. Where we should have the parasympathetic nervous system (the “Rest and Digest” side of the equation) operating most of the time, we now have the sympathetic nervous system, often called “Fight or Flight,” operating throughout most of our day. For many, chronic stress and anxiety have become an accepted way of life, so much so that many modern-day diseases and syndromes such as heart disease, chronic fatigue, fibromyalgia, adrenal fatigue, depression and even cancer find their roots in this constant sympathetic (Fight or Flight) stressed-out mode—not at all what Nature intended.”

— Dr. Ginger, Mind-Body and Nutrition Expert • www.DrGinger.com