

INFRARED SAUNA THERAPY

LYME DISEASE

DETOXIFICATION



Lyme disease is the most commonly reported vector-borne illness in the U.S., according to the Centers for Disease Control and Prevention (CDC). Each year, more than 30,000 Americans contract Lyme disease, an illness that can have lifelong debilitating effects such as arthritis, fatigue and even neurological deficits.

Lyme disease is caused by the bacterium *Borrelia burgdorferi* and is transmitted to humans through the bite of infected blacklegged or deer ticks.

In general, the current therapy for Lyme disease consists of IV or oral antibiotics, often combined with an anti-protozoal medication. As pharmaceutical therapy is often not entirely effective and/or not covered by insurance, many Lyme sufferers seek out alternative treatments as well. These include supplements, probiotics and infrared sauna therapy.

DETOX

Sweating in the infrared sauna flushes fat-soluble toxins (including heavy metals) out of the body via the skin. This detoxification which occurs at the lower heat available in a far infrared sauna assists the immune system and the healing process while increasing circulation, invigorating the body and allowing the meds to reach all parts of the body in a more efficient manner. Infrared sauna therapy also relaxes the muscles and joints, giving the patient some relief from their pain.

Our friend Dietrich Klinghardt, MD, PhD of the Klinghardt Academy is considered an authority on the subject of metal toxicity and its connection with chronic infections, illness and pain. He conducted a study to find just how dramatic the difference in detoxification is between conventional and infrared saunas. Lab results showed that the sweat of people using a conventional sauna was 95-97 percent water while the sweat of those using an infrared thermal system was 80-85 percent water, the non-water portion being cholesterol, fat-soluble toxins,

toxic heavy metals, sulphuric acid, sodium, ammonia and uric acid.

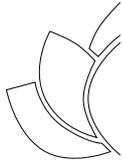
ASSIST ANTIBIOTICS

Researchers believe that increasing body temperature may be beneficial, helping prescribed antibiotics do their work in fighting *Borrelia burgdorferi* – the bacterium which causes Lyme disease.

In 1996, Austrian scientists published a study¹ which suggests that heat may help antibiotics in their tough battle against Bb bacterium. They cultured *Borrelia burgdorferi* at different temperatures, alone and in combination with antibiotics. Their data demonstrated that growth of two strains was impaired at 37°C and inhibited at 39°C and 40°C. Another strain grew well up to 39°C but did not multiply at all at 40°C. Two strains died at 41°C, all tested strains died at 42°C.

Now, we're not suggesting that you increase your core body temperature that high! But we were interested to read the scientists' conclusions about the effect of the elevated temperature on antibiotics.

They concluded the susceptibility of all strains to antibiotics penicillin and ceftriaxone was increased up to 16-fold by an elevation of temperature from 36°C to 38°C. These tests were done in vitro and not in humans or animals. But the scientists were confident that their data suggested that elevated body temperature "may be beneficial during antimicrobial treatment of Lyme disease. This may be particularly important in tissues where high concentrations of antibiotics are difficult to achieve."



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Some researchers and health care providers feel that **near** infrared heat is better suited to treat Lyme disease symptoms; others prefer the effects of **far** infrared heat.

With Sunlighten's exclusive custom full spectrum infrared sauna, the mPulse, Lyme disease sufferers can set up a regimen to take advantage of BOTH near infrared AND far infrared in the same unit.

HOW CAN SUNLIGHTEN HELP THOSE WITH LYME'S DISEASE?

IT IS IMPORTANT TO HAVE GUIDANCE OF A DOCTOR WHO IS FAMILIAR WITH LYME DISEASE.

YOUR NEEDS

OUR SOLUTIONS

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|---|---|
| 1. Removal of fat-soluble & heavy metal toxins | Most effective far infrared and full spectrum therapy for natural, non-invasive cellular detoxification – only saunas clinically shown to raise core temperature. Quickly expels toxins hidden in fat-soluble cells. Toxins are released through the skin before they reach major organs. |
| 2. Increased quality & duration of sleep | Our saunas' Acoustic Resonance Therapy (A.R.T.) provides a calming environment to reduce stimuli and induce relaxation for better sleep. In this case, take your sauna session before you go to bed. |
| 3. Pain relief | Far infrared heat increases blood circulation by penetrating deep into the body's joints, muscles and tissues to allow more oxygen to reach injured areas and reduce inflammation. |
| 4. Non-invasive, natural treatment | Offers a whole body treatment without surgery or injections. Studies show that infrared sauna sessions can help speed the effects of antibiotics to see faster results and relief of symptoms. |
| 5. Sensory & cognitive issues | Sunlighten's FIR technology in combination with A.R.T. will assist in increasing motor processing and enhance creativity and problem solving. Clearing of brain fog. |
| 6. Depression | The circulation, relaxation and detoxification that our saunas provide can be uplifting to your overall state of mind. Having downtime to relax and meditate, stretch or do yoga can reduce the side effects caused by Lyme's and the medications used to treat it. |
| 7. Confidence in therapy | 13 years experience with clinical testing and proven results, This is why many non-profit and medical groups choose us as well as numerous health experts, including Dr. Klinghardt and Dr. Oz. |
| 8. Boost immunity | Increased blood circulation allows more toxins to be released from the cellular level to the skin's surface to improve cell health, aid in recovery and boost immunity to help battle current symptoms of Lyme's disease. |
| 9. Cold intolerance | Proven 95-99% effective, our Solocarbon heaters increase the core body temperature to alleviate lower body temperature caused by spirochetes. |
| 10. Sound sensitivity | Sunlighten saunas provide a soothing atmosphere for those with Lyme-induced hyperacusis to find relief. A.R.T. balances brainwaves, bringing the body to a deeper state of relaxation. |

REFERENCES

- ¹ Antibiotics and increased temperature against *Borrelia burgdorferi* in vitro. Reisinger E, Wendelin I, Gasser R, Halwachs G, Wilders-Truschning M, Krejs G. Department of Medicine, Karl Franzens University, Graz, Austria. Scand J Infect Dis. 1996; 28 (2): 155-7