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Chronic Fatigue, Fibromyalgia and the FIR Sauna

Excerpted from: Michael R. Lyon, MD, The Cline Medical Center
Hyperthermic Detoxification Program Using the Far-InfraRed

“The Far-InfraRed sauna has been very beneficial in treating Fibromyalgia and Chronic Fatigue Syndrome (CFS). A number of doctors now believe that the ‘toxic load’ of these patients is very high and their detoxification pathways are often compromised. When one is able to reduce the toxins in those with Fibromyalgia and CFS, their symptoms often greatly improve. A number of these patients are unknowingly suffering from heavy metal poisoning (i.e. mercury, lead and arsenic). In combination with chelation therapy, or just on its own, the Far-InfraRed sauna has been invaluable in accelerating the removal of these toxic metals. By raising the core temperature and creating a ‘Hyperthermic’ effect, the sauna also improves a number of parameters in the immune system.”
Randy Gomm, BSc.

“ For the Chronic Fatigue or Fibromyalgia patient, Hyperthermic [Far-InfraRed sauna] therapy helps to restore normal autonomic nervous system functioning. This is the part of the nervous system, which governs unconscious functions such as muscle tension, sweating, blood pressure, digestion and balance. Autonomic dysregulation is the term used to describe changes in the nervous system, which result in many of the symptoms of chronic fatigue and Fibromyalgia. Muscle pain, excessive body odor, digestive complaints, visual disturbances and dizziness are some of the many manifestations of autonomic dysregulation. Repeated sessions of Hyperthermic therapy can greatly assist in the restoration of normal autonomic nervous system functioning.”