



## Rejuvenate Your Entire Body Inside & Outside!

### **Infrared Sauna Detoxification**

*Sweating is good for you. Seriously, sweating is one of the body's safest and most natural ways to heal and maintain good health. And that's why every Sunlighten detox sauna is specifically designed to promote a deep, healthy and natural detoxifying sweat.*

Detoxification is important because it strengthens the body's immune system and helps the body's biochemical processes function efficiently so that we are better able to digest the nutrients in our foods. Detoxification has also been shown to be helpful with cholangitis, chronic fatigue, fibromyalgia, autoimmune disease, immune deficiency states, autism, ADD and ADHD.

*-Dr. Rachel West*

*Sauna detox helps you sweat the small stuff.*

Did you know that sauna detox has been widely embraced as a healthy treatment in alternative medicine? In fact, as the world moves toward more natural and self-directed treatments, sauna detoxification is getting more and more attention.

Why? Well, the leading principle of sauna detoxification states that the build-up of toxic substances can lead to a host of common illnesses. Ridding the body of these toxins through a natural sauna detox may help relieve symptoms, prevent future illness and increase overall health and vitality.

The United States Center for Disease Control estimates that the root causes of more than 80% of all illnesses are found in personal environments or lifestyles. In other words, the world around you can make you sick. It's in the air we breathe, and in the food we eat. There's very little we can do to reduce exposure. We can, however, use sauna detox as a treatment. Sweat the small stuff in our Sunlighten mPulse infrared sauna, and sweat yourself to better health and wellness.

*Detoxification isn't new. Just better.*

Researchers have long told us how the body sweats out toxic substances, including heavy metals. As long as you maintain proper hydration, the more you safely sweat, the more toxins you'll expel from your body. And what is one of the safest and most effective methods for inducing a detoxifying sweat? A sauna, of course. In sauna detox, your body sweats out numerous toxins through pores. But not all sweats are the same; and neither are all saunas.

It is believed that Sunlighten saunas are seven times more effective than a traditional sauna. It is commonly thought that sweat from traditional saunas is 95 to 97% water with salt making up a part of the rest. Dr. Dietrich Klinghardt combines the use of far infrared saunas with the chelating agent DMPS in a heavy metal detox protocol. Infrared saunas are believed to be more effective in moving toxins through the skin than traditional saunas because in an infrared sauna only 80 to 85% of the sweat is water with the non-water portion being cholesterol, fat-soluble toxins, toxic heavy metals, sulfuric acid, sodium, ammonia and uric acid.<sup>1</sup> Sunlighten saunas are highly effective detoxification because of our highly-efficient and patented Solocarbon infrared heating technology – the only technology proven to raise core body temperature by two-to-three degrees. Rather than simply heating the ambient air to draw out toxins, our sauna detox will heat your core to expel them. As a result, regular usage of our Sunlighten sauna detox will provide a truly deep, productive sweat where toxins reside, at the cellular level.

**Sunlighten mPulse Full Spectrum Infrared Sauna Service  
Is available at**

**The Lindsey Group Massage Therapists  
8588 Cordes Circle  
Germantown, TN 38139**

**For appointment: call 901-428-0197  
Or Book Online: [MindBody](#)**