

NITRIC OXIDE AND INFRARED SAUNA THERAPY NOTES:

Dr. Louis Ignarro, Ph.D. is the co-recipient of the 1998 Nobel Prize in Medicine for his work with nitric oxide (NO) and he wrote a book called:

[NO More Heart Disease: How Nitric Oxide Can Prevent--Even Reverse--Heart Disease and Strokes](#) by Dr. Louis J. Ignarro

"From diabetes to hypertension, cancer to drug addiction, stroke to intestinal motility, memory and learning disorders to septic shock, sunburn to anorexia, male impotence to tuberculosis, there is probably no pathological condition where nitric oxide does not play an important role. Only recently (within the last 25 years) discovered as a product of enzymatic synthesis in mammals, there are more than 114,000 scientific papers dealing with this remarkable molecule with most of these published within the last eight years. " <http://nitricoxidesociety.org/>

Far-infrared radiation acutely increases nitric oxide production:

<https://www.ncbi.nlm.nih.gov/pubmed/23756809>

<https://www.ncbi.nlm.nih.gov/pubmed/23334615>

<https://www.worldscientific.com/doi/10.4015/S1016237209001404>

Additional links:

1. American Heart Association: Far Infrared Therapy Inhibits Vascular Endothelial Inflammation
http://photongenius.com/wp-content/uploads/2016/05/6_Arteriosclerosis_AmHeartAssoc_739.pdf
2. Circulation - American Heart Association: Effects of Heat Stress on Thermoregulatory Responses
http://photongenius.com/wp-content/uploads/2016/05/1-Circulation_2286.pdf
3. Research on Far Infrared Rays by Dr. Aaron M. Flickstein
http://photongenius.com/wp-content/uploads/2016/05/1-dr_aaron1.pdf
4. Oxford Journals: Changes of Blood Flow Volume in the Superior Mesenteric Artery and Brachial Artery with Abdominal Thermal Stimulation
http://photongenius.com/wp-content/uploads/2016/05/8_BloodFlow_nep110v1.pdf
5. Science Direct - Neurobiology of Learning and Memory: Effects of Low Infrared Light on Emotional Responses and Memory Performance of Mice
<http://photongenius.com/wp-content/uploads/2016/05/1-105712081-Original-1072-IR-Mouse-Study.pdf>

SAUNA NEWS ARTICLES:

Sweating Helps Brain - Finnish Study

<https://www.reuters.com/article/us-finland-health-sauna/sweating-in-sauna-might-help-keep-brain-healthy-finnish-study-idUSKBN1532D2>

Sauna May Reduce Risk of Stroke - Dr. Mercola

<https://fitness.mercola.com/sites/fitness/archive/2018/05/18/sauna-use-may-reduce-stroke-risk.aspx>

Regular Use Decreases Disease - Dr. Mercola

<https://fitness.mercola.com/sites/fitness/archive/2018/08/24/regular-sauna-use-decreases-disease.aspx>

Sauna Use Helps Body Manage Toxins - Dr. Sinatra

<https://www.drsinatra.com/one-of-the-biggest-health-benefits-of-saunas-is-removing-toxins->

Sauna May Be As Good As Exercise - WEBMD

<https://www.webmd.com/heart/news/20180116/sauna-may-be-as-good-as-exercise-for-the-heart#1>

Far-infrared therapy for cardiovascular, autoimmune, and other chronic health problems: A systematic review:

<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC4935255/>

Sports Illustrated - Infrared Sauna Explaining Latest Trend in Recovery

<https://sports.yahoo.com/far-infrared-saunas-explaining-latest-165641008.html>

"The academic research on FIR's application for athletes and in sports performance is still very limited. But a 2015 study from the Journal of Athletic Enhancement, which sought to test the effectiveness of far infrared therapy with a group of 10 male athletes from track and field, gymnastics and baseball, found that the use of FIR heat for 40 minutes improves muscle recovery after intense training as compared to passive recovery methods."

Brain Health (Dementia, Alzheimer's):

"Using infrared significantly alters the slope and course of dementia..." - Dr. Berman

"Infrared actually facilitates changes in basic molecular function and removal of toxic proteins and advances the promotion and regeneration of new cells. It's an actual physiological intervention." - Dr. Berman

"People are verifying things like, 'He hasn't done that in three years,' or 'I have my husband back,' Berman says."

"Using infrared significantly alters the slope and course of dementia, Parkinson's disease, and traumatic brain injury. We are seeing significant changes in the functional, behavioral, emotional, and cognitive behaviors of people after one six-minute treatment with infrared, Berman says."

According to Dr. Berman, after intensive treatment people show significant reversals in their symptoms, lasting as long as they continue to receive the treatment.

Article: "Combating Dementia With Infrared?" - by Maura Keller, Aging Well, Vol. 5 No. 1 P. 6

Link: <http://www.todaygeriatricmedicine.com/archive/012312p6.shtml>

SAUNA STUDY UPDATES:

Reduces Risk of Fatal Heart Attacks: (Heart)

From: 2015. A recent medical study involving 2,315 Finnish men indicates that regular use of a sauna reduces the risk of fatal heart attacks and reduces death from all causes. See Laukkanen, T. et al, Association Between Sauna Bathing And Fatal Cardiovascular And All-Cause Mortality Events, JAMA Internal Medicine, 2015;175(4):542-548.

Reduces Dementia and Alzheimer's Disease (Brain)

From: 3/2017. A continuation of the Finnish men's medical study indicates that regular sauna use reduces dementia and Alzheimer's disease. - Laukkanen, T. et al., Sauna bathing is inversely associated with dementia and Alzheimer's disease in middle-aged Finnish men, Age Aging, December 7, 2016. "As a Dementia-Fighter, Nitric Oxide causes blood vessels to dilate."

<http://www.alsearsmd.com/2015/05/save-your-brain/>

Additional links Nitric Oxide & Alzheimer's:

- http://www.acnr.co.uk/ND09/ACNRND09_nitric_acid.pdf
- <http://www.ncbi.nlm.nih.gov/pubmed/15265275>
- <http://www.ncbi.nlm.nih.gov/pubmed/20817920>
- <https://drnibber.com/nitric-oxide-alzheimers-disease/>
- <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC5459322/>
- <http://www.tmc.edu/news/2018/03/shining-new-light-halting-progression-alzheimersdisease/>

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Each individual's success depends on his or her health and environmental history, background, dedication, desire and motivation, attitude, and continued cooperation. As all health issues have inherent risk, our information and testimonials are not intended to infer or guarantee that anyone will achieve any result with any/all health issue(s), symptom(s), or diagnosis.