

Exercise is Medicine for Cancer (and more!)

Regular Super Sauna sessions are an easy and effective way to help the body get in better shape and condition like exercise.

Improving the body's condition from the inside out makes using the Super Sauna a must for any one too sick or too injured to exercise.

The Super Sauna (Photon Genius) debuted in 2009 at the A4M Anti-Aging trade show in Las Vegas and was designed specifically to help cancer patients receive the most infrared energy directly to the whole body to receive benefits like exercise even if they are too sick to exercise.

Recent Exercise & Cancer Studies:

“Two new Finnish studies show that short bouts of light or moderate exercise can increase the number of immune cells in the bloodstream of cancer patients.”

<https://www.utu.fi/en/news/press-release/exercise-increases-the-number-of-cancer-destroying-immune-cells-in-cancer>

“Exercise is Medicine for Cancer and Every Dose Counts Even In Late Stages of the Disease”

<https://www.ecu.edu.au/newsroom/articles/research/exercise-is-medicine-for-cancer-and-every-dose-counts-even-in-late-stages-of-the-disease>

“Prostate Cancer: Single Bout of Aerobic Exercise Helps Suppress Tumor Growth”

<https://drfarrahmd.com/2022/12/prostate-cancer-single-bout-of-aerobic-exercise-helps-suppress-tumor-growth/>

“How Exercise Can Help Treat and Prevent Cancer”

<https://www.mskcc.org/videos/how-exercise-can-help-treat-and-prevent>

“New Research: This Activity Can Reduce the Risk of Metastatic Cancer by 72%”

<https://scitechdaily.com/new-research-this-activity-can-reduce-the-risk-of-metastatic-cancer-by-72/>

“Exercise Tackles Cardiovascular Disease”

<https://naturesrealhealth.blogspot.com/2022/12/exercise-tackles-cardiovascular-disease.html>

“Exercise before surgery? This cancer survivor is a believer.”

<https://ohfoundation.ca/be-inspired/exercise-before-surgery-this-cancer-survivor-is-a-believer/>

“Resistance Exercise Training Increases Muscle Mass and Strength in Prostate Cancer Patients on Androgen Deprivation Therapy”

<https://pubmed.ncbi.nlm.nih.gov/36534950/>

“A single session of exercise may help fight prostate cancer.”

<https://www.drweil.com/blog/bulletins/a-single-session-of-exercise-may-help-fight-prostate-cancer/>

"Exercise — A Panacea of Metabolic Dysregulation in Cancer: Physiological and Molecular Insights"

<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC8037630/>

Super Sauna additional information:

- 1) <https://edskilling.com/Super-Sauna-Summary.pdf>
- 2) <https://edskilling.com/skilling-flyer.pdf>

Call or email for more information.

Skilling Institute

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