

Infrared Sauna Therapy & Nitric Oxide Notes

Infrared light is part of the electromagnetic spectrum between visible red and microwave. It is body friendly and can penetrate into the body's tissues several inches. It stimulates metabolic changes including the production of Nitric Oxide. Infrared is used in baby incubators for keeping newborns warm and healthy. It is also used for Alzheimer's. These two vulnerable age groups speak to the safety of infrared therapy.

Immune System Empowered

Importantly infrared stimulates Nitric Oxide production in the body which helps the blood and blood systems to be more healthy and work better. This one fact alone explains why so many people experience a vast array of improvement when doing infrared sauna therapy regularly.

Regular infrared sauna therapy offers similar benefits to light exercise and is often a viable alternative for people that are too sick or injured to exercise.

<https://www.edskilling.com/Infrared-Light-Therapy-Science.pdf>

How Infrared Light Helps the Body

<https://www.youtube.com/watch?v=CZpbxFo27NM>

Dr. Nathan S. Bryan, PhD:

"Infrared Sauna & Nitric Oxide, the body's 'miracle molecule'"

<https://www.youtube.com/watch?v=Bvb7tNSteh8>

Nitric Oxide, Named the “Miracle Molecule” by Modern Science, Plays A Key Role With Alzheimer’s, Mental Disorders, Diabetes, Infections, Cancers, Pain, Healing, much more.

*"From diabetes to hypertension, cancer to drug addiction, stroke to intestinal motility, mental, 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 curative role.**"*

*Only recently discovered (within the last 25 years) as a product of enzymatic synthesis in mammals, there are more than **114,000 scientific studies** dealing with this remarkable molecule with most of these published only within the last eight years." <http://nitricoxidesociety.org>*

Book: "NO More Heart Disease"

Dr. Louis J. Ignarro, author of the book titled, NO More Heart Disease, ("NO" for Nitric Oxide) was one of three scientists awarded a Nobel Prize for work with Nitric Oxide. His book documents that Heart Disease can be prevented and reversed with increased production of Nitric Oxide.

<https://us.macmillan.com/books/9780312335823/no-more-heart-disease>

Nitric Oxide Helps Our Cells Live Longer:

"Nitric oxide plays a key role in communication among all our cells.

For example, it activates telomerase, the enzyme that promotes the growth of telomeres, the tiny cellular 'time clocks' that determine how long we will live.

In other words, **nitric oxide helps our cells (including blood cells) live longer.** And when nitric oxide production is slowed, inhibited or blocked, telomeres become shorter, and cells die earlier.

As a dementia-fighter, nitric oxide causes blood vessels to dilate.

In the brain, these dilated blood vessels save cells from starving to death by delivering oxygen and nutrients. The blood vessels also help carry away toxic byproducts like ammonia."

--Dr. Al Sears, MD, CNS

<https://web.archive.org/web/20170313144326/http://www.alsearsmd.com/2015/05/save-your-brain/>

Nitric Oxide Activates Telomerase and Delays Endothelial Cell Senescence

<https://www.ahajournals.org/doi/10.1161/01.RES.87.7.540>

Sauna use linked to longer life, fewer fatal heart problems (Harvard)

<https://www.health.harvard.edu/blog/sauna-use-linked-longer-life-fewer-fatal-heart-problems-201502257755>

Association Between Sauna Bathing and Fatal Cardiovascular and All-Cause Mortality Events: Increased frequency of sauna bathing is associated with a reduced risk of sudden cardiac death, chronic heart disease, cardiovascular disease, and all-cause mortality.

<https://jamanetwork.com/journals/jamainternalmedicine/fullarticle/2130724>

<https://edskilling.com/sauna-therapy-summary.pdf>

Book: "The Cardiovascular Cure: How to Strengthen Your Self-Defense Against Heart Attack and Stroke" by John P. Cooke, M.D., Ph.D. (*Head of Stanford Medical School's vascular unit*)

"You are only as old as your endothelium."

--PAUL VANHOUTTE, *Mayo Clinic* (1983)

THERE IS magic within us. It is a magic that arises from the genetic code, taking form within the complex interaction between cells and tissue. It is a magic that can lengthen your life, a magic that can be strengthened or weakened depending on how you nourish it. What you do with the magic is up to you.

This book will introduce you to the magic that is inside your blood vessels. It comes in the shape of a molecule, one of the simplest molecules found in nature. **This molecule is nitric oxide, or NO, a substance so powerful that it can actually protect you from heart attack and stroke. Best of all, your body can make it on its own. NO is your body's own built-in, natural protection against heart disease.**

Today, thanks to new research in cardiovascular medicine, we know much more about blood vessels than we did just a few years ago. In fact, we now know that cardiovascular disease affects not only the heart, but also the miles of blood vessels throughout the body. We know that blood vessels are more than passive pipes that get blocked. We also know much more about atherosclerosis, or hardening of the arteries, the disease of the blood vessels that results in heart attack and stroke and is the number one cause of death in this country...

Healthy blood has nonstick surfaces that enhances the flow of blood.

Unhealthy blood and blood systems is like "Velcro" causing white blood cells and platelets to stick to it.

Most Americans are not producing enough 'NO' in their blood vessels.

<http://www.erasedisease.com/resource/CardiovascularCureExcerpts.pdf>

Infrared Is An Actual Physiological Intervention For Dementia Professional Researcher Dr. Berman discovers:

"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

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

<https://edskilling.com/super-sauna-brain-health.pdf>

Sauna bathing is inversely associated with dementia and Alzheimer's disease in middle-aged Finnish men. In this male population, moderate to high frequency of sauna bathing was associated with lowered risks of dementia and Alzheimer's disease. <https://pubmed.ncbi.nlm.nih.gov/27932366/>

Type 3 Diabetes and Its Role and Implications in Alzheimer's Disease
<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC7246646/>

NITRIC OXIDE (NO) IS A KEY DEFENSE AND SOLUTION

“In the healthy, athletic body, nitric oxide occurs naturally in nominal amounts. It helps the “repair cells” move out of the bone marrow where they are made, and it opens blood vessels and improves the uptake of oxygen.

People with diabetes, however, commonly have low levels of nitric oxide.”

“Both Type I and Type II diabetic patients have a reduced ability to generate NO from L-arginine, reflected in part by direct measurements of plasma nitrate and nitrite levels. Several factors influence natural nitric oxide production and metabolism.”

<https://edskilling.com/diabetes-report.pdf>

Sauna Therapy & Benefits of Exercise

Infrared sauna also energizes and exercises the cardiovascular system and helps improve cardiovascular capacity the same as exercise without any impact, trauma, or stress to muscles, joints and weaknesses of the body. **This is a great advantage for people that are too sick, too injured, too weak, or too tired to do normal exercise.**

Infrared Sauna Session is Like Exercise which helps: (Health Ingredients)

- Oxygenation
- Circulation
- Blood Flow

<https://edskilling.com/super-sauna-exercise-benefits.pdf>

<https://www.edskilling.com/obesity-nitric-oxide.pdf>

Infrared Sauna Therapy And Its Role In Detoxification

Prescription Drugs in the Body (Remains in the body for 30 years, or more) – (Infrared Saunas Help The Body Detoxify; Cleans the blood)

“It is important to note that medical prescriptions and over-the-counter drugs may remain in the body for 30 years, or more.” (page 41, Dr. Wilson "Sauna Therapy")

<https://www.drnorthrup.com/infrared-sauna-sweat-toxins/>

<https://www.healthydirections.com/articles/dr-whitaker-articles/health-benefits-of-a-sauna>

More references on detoxification, infrared therapy and the effects of toxins on the human body: Detoxification of Environmental Toxins and Drug Residues
https://www.edskilling.com/ResourceDocs/15.1_refs-1.pdf

Nitric Oxide & Cardiovascular / Heart article links:
<https://www.edskilling.com/heart-nitric-oxide-links.pdf>

American Heart Association: Far Infrared Therapy Inhibits Vascular Endothelial Inflammation
https://photongenius.com/wp-content/uploads/2016/05/6_Arteriosclerosis_AmHeartAssoc_739.pdf

American Heart Association: Effects of Heat Stress on Thermoregulatory Responses
https://photongenius.com/wp-content/uploads/2016/05/1-Circulation_2286.pdf

Research on Far Infrared Rays by Dr. Aaron M. Glickstein
https://photongenius.com/wp-content/uploads/2016/05/1-dr_aaron1.pdf

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

**Steps to Avoid Illness from Infectious Diseases:
Nitric Oxide May Be The Key** by Dr. Nathan S. Bryan, Ph.D.
"Use an infrared sauna. Infrared light is healing and provides the body with voltage and energy. It also generates heat so that your body heats up and sweats."
<https://www.prnewswire.com/news-releases/steps-to-avoid-illness-from-infectious-diseases-by-dr-nathan-s-bryan-nitric-oxide-may-be-the-key-301048147.html>

<https://www.edskilling.com/nitric-oxide-viral-infections.pdf>

Excerpts from "Sauna Therapy" - by Dr. Wilson:

- 1) <https://edskilling.com/sauna-therapy-excerpt-infections.pdf>
- 2) <https://www.edskilling.com/SaunaTherapy-Cancer-Excerpt.pdf>

**Serious Infection Changed with Super Sauna sessions:
Diabetic's Foot Saved From Amputation!**
<https://www.youtube.com/watch?v=tf8RIT-KkJI>

Benefits of Heat Shock Proteins from Sauna Therapy:
<https://edskilling.com/heat-shock-proteins.pdf>

Pain Relief Report:
<https://edskilling.com/pain-relief-report.pdf>

Furry Friends Benefit Too!

<https://www.edskilling.com/animal-pics.pdf>

Resource Info & User Feedback:

<https://edskilling.com/photon-genius-resource-info.pdf>

Photon Genius Super Sauna: (Transmits Infrared with 72 infrared energy transmitters direct to the body, head to toe!)

The Photon Genius Super Sauna is a stand-up open infrared sauna for easy, flexible, and sanitary use. It transmits infrared from 72 infrared transmitters to maximize infrared transmission directly to all parts of the body. This feature encourages the richest production of nitric oxide and most Super Sauna users do not go back to wooden box saunas once they experience this super powerful open design format which is more powerful, flexible, and sanitary than a wooden box sauna!

Super Sauna Summary:

<https://www.edskilling.com/super-sauna-super-powers.pdf>

<https://edskilling.com/Super-Sauna-Summary.pdf>

<https://edskilling.com/skilling-flyer.pdf>

Call or email with questions

Do Super, Feel Super, Be Super!

Best Regards,

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www.EdSkilling.com

www.PhotonGenius.com

www.SuperSauna.com

www.NitricOxideEffects.com

"The only known 'cure' for anything is your own God-given immune system. All I did is figure out how to communicate with it and power it up." - Ed Skilling

Online Store: <https://www.edskilling.com/shop>

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