

## Psoriasis and Sauna

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(Mr. Pope is a SaunaRay customer)

Lloyd Pope had struggled with psoriasis most of his adult life. The 41 year old from Markham suffered acute attacks of cracked and painful skin, many times at night, since he was a teenager.

Regular visits to the doctor and years of trying harmful cortisone based creams did nothing to relieve his pain.

Then he bought a portable far infrared sauna for his basement and tried using it regularly to sweat and detoxify. He learned from his doctors over the years that psoriasis triggers severe skin disruptions when the liver is overloaded and cannot detoxify. He reasoned that he could relieve the stress on his liver by sweating out the toxins.

“The results were dramatic,” says Pope. “I’d even tried regular sauna before but this was different.” Traditional Scandinavian saunas which utilize a high heat of 80-90C are known to dry out skin by exposing it to such high temperatures.

The Far Infrared sauna employs a lower heat of 45-50C which allows people to stay in longer and sweat three times more than in a traditional sauna.

“My scalp and hands are better and they were very bad,” says Pope. “And my elbows are even clear now, they were the worst.”

Far Infrared saunas have been used by medical doctors to detoxify patients suffering from chronic pain, pesticide exposure, and even heart disease. Until recently the improvements to skin were considered to be a happy “side effect”.

Naturopath Rahim Habib swears by far infrared sauna therapy in his practices in Toronto and Simcoe. At a recent lecture on how FIR sauna has relieved the symptoms of fibromyalgia Habib remarked, “I have the healthiest looking sick people in my practice.”

That’s because sweating, which the FIR sauna promotes, turns out to be the ultimate skin cleanse. Thirty minutes in a far infrared sauna causes patients to sweat as though they were running a marathon. This cleanses the pores and removes toxins that clog the skin.

The result is a new glow. In addition to the improved circulation, the skin takes on a radiance that can’t be beat by the best beauty parlors.

In fact even beauty spas are now offering the “urban skin cleanse” in a FIR sauna. They detoxify and clean out skin that is tired and clogged from city pollution.

Dr. Sherry Rogers MD, author of several books including *Detoxify or Die*, has called far infrared sauna “a fountain of youth.” Dr. Rogers who is in her sixties draws crowds at her many lectures as she beams from the podium looking like a vibrant young woman in her thirties. She credits her remarkably youthful appearance to regular sessions in her FIR sauna.

It isn't a miracle cure. Rather it expels toxins, which allows the body to heal itself. “I have no doubt that if I stop using the sauna and juicing everyday that the psoriasis will come back,” says Pope. “But right now I feel better than I have in twenty years.”