

## FAR Infrared (FIR) Sauna Therapy and Nitric Oxide (NO)

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### Important Therapeutic Benefits of a FIR Sauna

Using a far infrared (FIR) sauna is a powerful way to detoxify and has many therapeutic benefits on the body. What many do not know about is the connection between FIR and nitric oxide.

Nitric oxide (NO) helps preserve the elasticity of all the vessels in the body, because it is a "signaling molecule" that tells the blood vessels to increase in width or dilate. This has significant implications, because optimal blood circulation is a key factor in virtually all health issues.

Here is some research on the power of FIR sauna therapy and its ability to enhance the production of nitric oxide which addresses serious health challenges.

- "...sauna therapy increases mRNA and protein levels of endothelial nitric oxide synthase (eNOS)..."
- Another study indicates that far infrared sauna therapy may promote insulin sensitivity while boosting the expression of eNOS.
- Twice weekly sauna bathing for 3 months was associated with significant reductions in resting systolic and resting diastolic pressure averaging 20-23 mmHg and 14-18 mmHg respectively.
- "NO was first recognized for its tumoricidal and antimicrobial effects in vitro and in vivo. NO also has antiparasitic effects and in some instances, is absolutely necessary for clearance of certain infestations."
- "...When your body is manufacturing adequate and even excess nitric oxide, plaque formation and atherosclerosis are much less likely to occur and may be reversible."
- "Two of NO's critical functions - preventing the formation of blood clots and keeping the arteries free of plaque-work specifically against the occurrence of stroke."
- "NO is used by the immune system to stave off infections, bacteria, viruses & parasites and even curtails the proliferation of certain types of cancerous cells."
- "As an anti-inflammatory, NO is being studied for its apparent role in reducing the swelling and discomfort of arthritis."
- "In the brain, NO is manufactured in regions associated with improving memory and learning as well as influencing and modifying our behavior."
- And last, but not least, with boosted NO levels in the blood, similar to what taking Viagra products would, "...regular far infrared sauna therapy could improve male sexual function significantly, too."

This is but a small sampling of the research being done today that confirms the incredible broad base of benefits FIR sauna therapy.

