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# If It's On, It's In! Pt. III

## Getting It Out

BY KEVIN THOMAS POSAVETZ

In Part I and II, I discussed how your skin is like a giant sponge and absorbing the harmful chemicals/toxins it comes into contact with. I would now like to share with you how far-infrared saunas can help in removing toxins from your system. I had the opportunity to interview Ed Brown, CEO of East Coast Saunas, and we discussed far-infrared sauna's health benefits.

**KP: Who invented far-infrared technology and how long have these saunas been around?**

EB: The Japanese invented the technology, and these saunas have been around since the '70s. The reason they are just coming into the limelight is that the original saunas used ceramic technology. They worked, but only at a fraction of what the newer carbon heaters do. To give you an example, our original sauna, The Malibu, when made with ceramic heaters basically put out 300 to 400 square inches of far infrared. But with the carbon technology, that

same sauna puts out around 4000 square inches of far-infrared. As for the benefits from far-infrared saunas like weight loss, detoxifying of heavy metals and the overall therapeutic effects of getting toxins out of the body, [before] people were getting results over time, but now the results are a lot faster. In the last five or six years people are hearing about far-infrared more often because it's a lot more therapeutic than the older technology.

**KP: Is this type of sauna safe?**

EB: People often wonder if they are safe. It is used in hospitals all over the world. After babies are born they are put in incubators and the light that sits on top is actually infrared light. The reason for this is it's the closest way possible to mimic the mother's own natural heat. It's definitely safe technology.

**KP: What is the difference between a far-infrared and a steam/traditional sauna?**

EB: Well, there are a lot of differences. In traditional saunas you are heating the air around you, whereas in far-infrared saunas you are heating the body. With the far-infrared sauna 80% of the heat is penetrating into the body and only 20% is heating the air. So a couple of things happen. First of all, some people can condition themselves to stay in a traditional sauna longer, but the majority of people after 15-20 minutes struggle with their breathing and need to get out. With far infrared, only 20% of the heat is in the air so it's very warm and comfortable, and you are able to sweat at much lower and safer temperatures without that overwhelming feeling of heat.

In a traditional sauna [for a detoxifying sweat] you need a temperature between 170-180°, whereas with the far-infrared sauna you will be sweating anywhere between 110-130°, a much safer temperature. Traditional saunas, after about 20 minutes, can actually raise your blood pressure, whereas far-infrared saunas can dilate the blood vessels and get more blood circulation through the body. It has been proven to lower blood pressure, so it's a lot more beneficial in that sense.

A traditional sauna will only penetrate the skin about a ¼ of an inch [as far as getting toxins out]. Far-infrared, depending on which doctor you ask, will penetrate from ½ to 3 inches deep into the body. So heavy metals, PCB's and other toxins we are exposed to on an everyday basis can be shoveled out because of the depth these saunas are able to get into the body. The far-infrared gets into the



fat layer, into the water molecules and cells that contain toxins and vibrates to shake them loose. Some of the toxins the body will have to process, but a good majority of them will bypass going throughout the body [when your detoxifying] and go right out through the skin. Using far-infrared saunas is a great way not to reactivate the symptoms that these toxins caused [when you absorbed them] in the first place. Even people who eat organically and healthy are still exposed to unavoidable things in the environment and will benefit from them.

**KP: I have heard that people who are trying to kick a drug habit have had success using far-infrared saunas?**

EB: Exactly, far-infrared saunas are great for detoxifying from drug use as they help cut down the withdrawal process. This is due to the fact [that] the saunas get a good portion of the toxins out through the skin [unlike traditional detox methods] instead of putting them back through the body's systems—especially synthetic drugs like Oxycotton, which take longer to get out of the fat layer.

**KP: So if a musician is sweating onstage, or an athlete is sweating while playing a sport will it give them the same benefits as using a far-infrared sauna?**

EB: No, sweating is great for detoxifying but it is not the same thing. Not to get too technical, but our heaters put out heat that is measured in microns. It [micron ratings] goes from 0 to 14: 0 to 6.99 is considered near infrared, and 7 to 14 is far infrared. This range of 7 to 14 microns is the same as the safe rays from the sun and [are] not the dangerous UV type. And when you are in the 7 to 14 micron range it is very detoxifying for the body. Our sauna's heating elements are also within 95% of what the body is putting out itself naturally. So the sauna is actually giving you all the concentrated good rays from the sun without any of the bad ones, and this allows a much deeper detoxification than you could get on your own from sweating.

**KP: Do you have a lot of doctors and holistic health practitioners that order your product?**

EB: Absolutely. One of the things they like about our saunas is that we have proven technology. It's not just heat coming out; it's the proper far-infrared range that gives you the health benefits. Without the panels calibrated in the far-infrared range you will not achieve the desired results. Ours are in the range of 8 to 10 microns and do not fluctuate—this gives far more benefits over [most saunas that] just briefly going through the correct range.

**KP: I did a lot of research on several different sauna companies before I decided to go with East Coast Saunas. What I quickly noticed was that everyone claimed on their websites they made the best product and you need to purchase their sauna to get any results. Can you set the record straight?**

EB: Just go to our website, [www.eastcoastsaunas.com](http://www.eastcoastsaunas.com), and look at our testimonials from real clients who sent us emails asking to be on our website. Because of the way we have our saunas calibrated you will get really good health benefits. People are going to swear that you need this and that but you can't really get yourself too dizzy with all their claims. The major thing is that you want a pure carbon panel and you want it to be calibrated in the 7 to 14 micron range. Also, far-infrared works best with a direct line to your body. We call our panels CarbonWave 360; this revolutionary technology offers a broad-heat distribution and the heater's total surface area far exceeds our competitors. A lot of companies just have the heaters on the back and sidewalls. We do the back, the sides, up from the floor (behind the lower legs) and also on the floor (under your feet). Additionally, when you walk through the front door, there are heating elements on either side of the front panel. So there is no need to rotisserie your body around in one of our saunas. As far as the benefits go, far-infrared saunas assist with and/or alleviate: pain relief, weight loss, increase

extensibility of collagen tissue, joint stiffness, increase blood flow, menopausal symptoms, detoxification of the body, skin (clogged pores, poor skin tone, acne, etc), stress relief, relaxation, eczema, menstruation pain, asthma, sore throat, sunburns and much more.

**KP: How did you actually get into the sauna business?**

EB: I was dating a girl who came down with polymyositis, a muscle disease. It was really bad and the doctors had her on Prednisone; she experienced rapid weight gain, had to stop horseback riding, water skiing—basically, she was not able to do anything. When we were trying to find natural alternatives to help her, we came across the far-infrared sauna. When you have polymyositis the doctor's judge how bad you are by testing your CPK [creatinine phosphokinase, an enzyme found mainly in the heart, brain, and skeletal muscle] levels; even if they get you down 50 points and you still have elevated levels, they are ecstatic. With the far-infrared sauna, in about a month and a half, we were able to get her levels down 275 points—back in the normal range, and, knock on wood, she is still doing great. I was so blown away by what it did for her that after that I wanted to own a sauna company. And it's been going great ever since.

Although these articles are intended to highlight the fact that chemicals/toxins enter the body through the skin, don't forget they are now in our food and water supply and even the air we breathe. Any drummer/musician who has spent years in smoke filled venues should try using a far-infrared sauna. I cannot think of an easier way to detox:

As an added bonus, they cost less than a high-end drum kit.

Note: You should check with your physician before using far-infrared saunas. ✨

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