

## Heat Therapy

Now that you've frozen your proverbial's off we get to heat up.

Infrared saunas and traditional saunas are great at reducing inflammation. Infrared is essentially heat. We experience infrared every day from the sun. The heat energy from far-infrared saunas and traditional saunas use this skin penetrating heat to reduce inflammation.

### **Pain relief from inflammation.**

Inflammation can cause high levels of pain. Inflammation in the muscles is one form of pain that a sauna can relieve. The saunas increase circulation in the body which causes the stiff muscles to relax.

### **Inflammation in the joints can be relieved.**

The joints react in a similar way to muscles. The joints in your body may become inflamed from over stimulation or over use. The relaxing and penetrating heat from the sauna will cause the joints to relax. After a few short minutes the inflammation will be reduced, easing pain and stiffness.

### **How does the sauna help after a vigorous workout?**

Use the infrared sauna before your workout to stimulate blood flow to your muscles and joints. The heat from the sauna will increase your core temperature and increase your circulation. This will improve muscle recovery after your workout. After an intense workout, a sauna can be used to decrease pain and inflammation in the exercised muscles. The calming heat will relax the body completely after the workout is completed.

The sauna should be somewhere between 80 - 100 degrees. When starting it's important to start slowly and build up. If I do too much I feel wiped out for the entire day. I started at about 5-10 mins and am building up to 30 minutes. I would suggest no more than 3 sessions at a time. You can also combine this treatment with the cold water exposure by jumping in a cool shower or plunge pool in between sessions.

Now ok not all of us have access to a sauna but you can get a lot of benefits from simply having a hot shower. If you want to really get the benefits of temperature variation and all it's mitochondrial boosting benefits then switch your showers between 1 min hot, 30 seconds cold ending on cold.