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Clearlight Infrared Saunas

CAN RELAXING IN A CLEARLIGHT INFRARED SAUNA REALLY HELP YOU LOSE WEIGHT?

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In short, the answer is **YES!**
How is that possible?

First of all, weight gain and the inability to lose weight can be attributed to a build-up of toxins. Often times these toxins are stored in fat cells making it impossible to lose fat and thus lose weight. By detoxing your body through sessions in a [Clearlight Infrared Sauna](#), your body has the ability to then shed fat that results in weight loss.

Second, the warm radiant heat stimulates your cardiovascular system and increases circulation. Your heart rate is raised and blood flow improves which pushes blood to capillaries and extremities. This of course burns calories resulting in weight loss. Burning calories combined with the elimination of toxins in fat cells can also result in a reduction in cellulite.

So you will look thinner and toned as you are achieving your **weight loss** goals!

Finally, relaxing in your sauna is excellent for reducing stress levels. High stress levels cause cortisol production and that is associated with excess fat around the hips, thighs and belly. By ending this cycle of cortisol production, your body has the opportunity to shed that excess weight caused by stress.

Many studies show that a 30-40 minute session in your infrared sauna have been documented to burn 600+ calories! How many other ways can you sit and relax, watch your favorite show, meditate or read a book and still shed unwanted pounds?

A recent **study at Binghamton University State University of New York** showed conclusively that people using a Clearlight Infrared Sauna three times a week can eliminate an average of 4% body fat over a four month period. For a 175 lb man, that represents a reduction of seven pounds of unneeded weight. Control groups that did not use the Clearlight Sauna in the study showed no weight loss. ⁱ

A healthy diet and proper hydration are key to good health as well, but a Clearlight Infrared Sauna can help you achieve your weight loss goals much quicker and easier!

See the Complete Study At: <http://infraredsauna.com/weightlossstudy.pdf>