

GET STARTED



Super Sauna

Instructions and Use Guidelines

LET'S BEGIN...

Enjoy the Super Sauna everyday to feel and look noticeably more energetic, younger and healthier. Learn how to use the Super Sauna for maximum benefits. Our guide answers many of the most commonly asked questions. Begin living life to its fullest with the Super Sauna, today!

A woman with dark hair and purple eye makeup is floating in water, wearing a red one-piece swimsuit. Her arms are raised above her head, and she has a gold watch on her left wrist. The scene is dramatically lit with bright, swirling red and orange light effects that resemble energy or steam, creating a high-energy, futuristic atmosphere. The background is dark, making the vibrant colors of the light and the woman's suit stand out.

Super Sauna

CONTROLS & OPERATION

Facing the Super Sauna, the controls are on the right-hand side with five (5) dials:

Top Dial: On/Off Main Switch

The large top dial turns the Super Sauna power on [ALL ON] or lights only [LIGHTS] or heat only [HEAT].

Energy Sauna Controls:

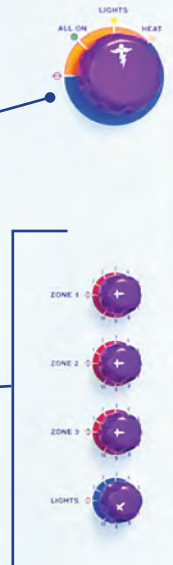
There are three energy sauna zones controlled by the top three (3) smaller dials:

- 1] First small dial is to control the energy sauna for the *Top Zone*.
- 2] Second small dial is to control the energy sauna for the *Middle Zone*.
- 3] Third small dial is to control the energy sauna for the *Lower Zone*.

Note: Varying therapeutic effects are created by varying energy sauna intensity. A higher heat intensity creates a *Hyperthermia* effect. The Super Sauna is designed to "target" different parts of the body with different Energy Sauna intensities.

- 4] Fourth small dial controls the lights/lamps for the *Light Control*.

Experiment for the best combination that works for you. Use lights only or heat only, or both at the same time in any number of combinations.



LIGHT/HEAT



THE BASICS

BEGIN CONSERVATIVELY

Generally, begin conservatively and progress slowly with the length of Super Sauna sessions and the frequency of sessions according to an individual's overall condition, specific symptoms, medical history, current conditions and advice from consulting Health Care Practitioner.

WHEN?

For best results and therapeutic effects, wait two to four hours after eating before a Super Sauna session. The heavier the meal, the more time recommended before a Super Sauna session. During this period of time in preparation before a Super Sauna session drink eight ounces of water and sip slowly every 5 minutes. (One mouthful every 5 minutes is best.)

For best results, use the Super Sauna without clothing or with a swimsuit or shorts with the most surface of skin of the body exposed to the dynamics of transmission from the Super Sauna. The Super Sauna can be used either standing or sitting while slowly rotating from side to side gradually and periodically. When the infrared sauna heat is on and charged up, you will experience sweating, which is normal.

HOW LONG?

The average time for using the Super Sauna alone or together with the light technology is approximately 30 minutes, but will vary by the condition or preferences of each individual. The light technologies can be used without the heat safely for longer periods of time.

HOW OFTEN?

With professional supervision most people can easily and safely use the Super Sauna once, and up to three times a day. For a variety of therapeutic purposes, daily sessions are recommended for a period of weeks, months, and even years for ultimate long-term conditioning benefits.

TIMING?

When the Super Sauna is prepared for use (warmed up), the average (good condition) person may begin with 10 to 20 minute sessions. The more fragile, toxic, acidic, acute, or chronic individuals may begin with 5 to 10 minute sessions. This will allow the Practitioner and/or individual to better evaluate their current situation and tolerance levels to determine an appropriate program of sessions both as to length of session and frequency of sessions.



DURING SESSIONS

During a session, we recommend standing or sitting on a towel. There should be another small towel nearby (may be damp and cooled by room temperature) to wipe sweat from the face during a session. There should be another dry towel to use to dry off after a session.

Odors or sensations may occur during a session. Most will pass quickly. Most bodily sensations are completely benign and normal to this process. Any skin redness will clear and change within minutes to hours after a session.

It is safe to expose all parts of the body and some practitioners recommend exposing the palms of the hands periodically directly in front of the Super Sauna as this will enhance the effects of the session. Many other acupuncture and reflex points are close to the surface of the body and may be targeted.

HEART RATE: Due to the infrared heat, the pulse rate will increase. This is not generally noticeable to the individual experiencing the session due to the fact that they are not making any exertion (physical exercise), or sympathetic response as in exercise. An increase of up to 50% above the resting pulse is safe unless a heart condition necessitates keeping it lower.

BODY TEMPERATURE: The basal temperature will usually rise a few degrees. An increase of up to 4° F is safe for most people and excellent for conditioning, cleansing and healing. Generally, the core temperature will remain close to normal.

AFTER SESSIONS

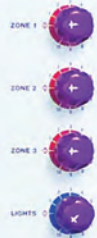
After a Super Sauna session, we suggest showering to further cleanse toxins from the body and prevent re-absorption. Alternatively, using a wet towel to towel off, followed by a dry towel to completely dry, works as well. If possible, avoid using soap, shampoo, or any topical products after sessions.

Next, we recommend walking (if safely possible) for 10 to 30 minutes while exhaling deeply and regularly. One may sip 8-16 ounces of structured, purified, or spring water slowly during this period and thereafter. When possible, it is good to rest lying down or sitting down for at least 10 minutes before resuming daily activities.

Between sessions, resting is very important! Resting facilitates detoxification by reducing sympathetic nervous system activity, supporting the body's natural process to normalize, detox, balance, and heal. You may eat after resting and always wait 2-4 hours after eating to do another session with the Super Sauna.



Sauna



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PRECAUTIONS & RECOMMENDATIONS

(From Dr. Wilson, *Sauna Therapy*)

SUPERVISION: One should have an attendant or friend nearby when doing Super Sauna session if one is very heat-sensitive, has multiple sclerosis, diabetes, a heart condition, or has used psychotropic drugs in the past. The following conditions require extra care when using any type of sauna:

Medication. RARELY, heating the body may alter the properties or effects of a medication. This could occur with corticosteroids, for example. Consult the prescribing physician if this is a concern.

High Blood Pressure. The Super Sauna in general does not raise blood pressure. However, begin with shorter sessions and check blood pressure every ten minutes if you have a history of high blood pressure, and/or, are concerned.

Past Use of LSD or other Psychedelic Drugs. Flashbacks can occur, including full-blown LSD trips, as stored drugs are mobilized from tissue storage sites. If at all possible, have an attendant or friend present during sauna use.

Multiple Sclerosis. These patients may be extremely heat sensitive. Begin with shorter sessions and have an attendant present in case extreme weakness should occur. However, some doctors report saunas can be very useful and beneficial for multiple sclerosis.

Respiratory Conditions. Some experience breathing difficulty in saunas. Often this will improve as one acclimates to sweating. Be sure to sit up or stand comfortably and breathe slowly and deeply concentrating on exhaling fully.

Lymph Node Removal. If one has had lymph nodes removed, for example during breast cancer surgery, circulation in the arms will be slightly impaired. In our experience, Energy Sauna sessions are still excellent. Begin with short sessions in the Photon-Genius to see if there is any problem with circulation and proceed gently and gradually.

Diabetes. Begin with less time in the Energy Sauna and observe any unusual changes in blood sugar. Saunas do not significantly increase the metabolic rate. Nor do they tend to increase the blood sugar level or utilization of glucose. A decrease in blood sugar in a sauna is possible as sympathetic nervous system activity is inhibited.

Sensory Nerve Damage. Exercise caution if you have had an injury, illness or skin graft that caused sensory nerve damage so you do not feel heat.

PRECAUTIONS & RECOMMENDATIONS [continued]

Pregnancy. Consult your doctor and proceed conservatively under the guidance of your healthcare professional. We suggest spending no more than 10 minutes at a time and have a maximum of four sessions per week. Exposure to intense heat during the first trimester of pregnancy may slightly increase the risk of birth defects. However, in a 1988 paper, Dr. K. Vaha-Eskeli and R. Ekkola of the Department of Obstetrics and Gynecology at the University of Turku reported that:

"Up to 90% of pregnant women in Finland regularly visit the sauna until the expected time of delivery... Finnish women are confident that the sauna and pregnancy are compatible, a view that contrasts with many opinions abroad."

Note: This statement refers to traditional hot air saunas. I am unaware of studies of pregnancy and infrared saunas.)

Saunas and Breastfeeding. While it is probably safe, we are unaware of studies of whether toxins released during a sauna therapy program could find their way into breast milk. Until good studies are performed, it would be prudent to reduce or avoid intense sauna therapy while one is breastfeeding a baby. The only exception would be if it is a matter of dire importance to the mother, such as in a case of cancer or another serious condition. In this instance, the risk of releasing some toxins into the breast milk may be worthwhile, if the baby does not show signs or symptoms of colic or other distress due to breastfeeding in this situation.

Menstruation. Menstruating women may experience a temporary increase in menstrual flow due to heating the low back. One need not avoid sauna use, but be aware that it may occur.

Children. In general, using only the Super Sauna Light Technology is safe for children to use with the supervision of an adult.

Children under ten years old should not use the Super Sauna with the Energy Infrared Heat turned on without Professional evaluation, consultation and supervision.

Note: children's sweat glands are less developed than adults.



PRECAUTIONS & RECOMMENDATIONS [continued] (From Dr. Wilson, *Sauna Therapy*)

Adult Men. Testicles may remain cooler than the rest of the body. Technically, it may be best to avoid direct infrared irradiation to testicles if you are concerned about fertility, due to heat sensitive. A 1988 paper from Finland reported no evidence that hot air sauna use decreases sperm count in men. However, infrared may have a more powerful effect due to deep tissue heating.

Seniors. Age, per se, is not a contraindication for sauna use. One's health status is far more important. In Finland, nearly 90% of those over age 80 are reported to be using saunas regularly. Dr. Jonathan Halperin, professor of internal medicine at Mount Sinai Medical Center in New York wrote: "Moderate sauna use is safe for most older people, but diabetics and anyone being treated for heart or circulatory conditions should check with their doctor, particularly if they are taking medications." (reported by Dorothy Bernstein, *Good Housekeeping Magazine*)

Prostheses, Silicone Implants or Metallic Pins or Rods in the Body. Always consult the Medical Practitioner that performed these procedures and installations prior to using infrared saunas. These could heat up in an infrared sauna. It has not been documented that metal is affected by infrared heat like convection heat. Begin with short sessions in the Super Sauna, becoming aware of any unusual sensations in the area(s) of the prostheses, implant(s) and/or pins.

Wheelchairs and Crutches. The Super Sauna may be used by those on crutches or in wheelchairs, as well as motorized wheelchairs and scooters.

Jewelry. We suggest removing your jewelry prior to beginning your Super Sauna session. Wearing jewelry is not advisable when the infrared is activated.

Dental Amalgams. You may use a sauna even if you have silver amalgam dental fillings or other dental metals in your mouth. Many practitioners recommend having amalgams replaced when possible with safer dental materials.

Maximum Duration of Sessions. One can safely use an infrared sauna up to two hours per day provided one replaces water and electrolytes and takes at least two breaks. Two to three shorter sessions are preferable, spread out through the day. If one is debilitated, begin a program with less time in the sauna.

Dangers of Mineral Imbalances. Some authorities recommend specific electrolyte replacement drinks. In our experience, consuming extra sea salt and kelp are usually sufficient to replace electrolytes. Drinking quality spring water also helps replace vital trace minerals. Use extra caution if one has very low hair tissue levels of calcium, magnesium, sodium or potassium until these levels improve.

Meals. It is recommended to use the sauna first thing in the morning. However, avoid using the sauna when very hungry. Anytime of the day is equally beneficial, allowing one hour before or after a light meal, and two to four hours after a heavy meal. It is okay to eat lightly 15 minutes after sauna therapy.

Elimination of Medications. During sauna therapy one will eliminate residues of prescription and over-the-counter medications, often taken years ago. These medications can include stimulants, sedatives, antibiotics, novocaine, chemotherapy and many others. Their release from storage can cause "temporary" effects similar to the action of the drug when first taken. For example, eliminating stored antibiotics might affect the intestinal flora temporarily, causing some diarrhea or constipation. Eliminating stored Novocaine can cause temporary numbness of the face or jaw. Usually these effects pass "quickly" as the residues are excreted.

Alcohol. Do not use alcohol before or during a Super Sauna session.

Burning From Heat. This is unlikely, as one will feel a burning sensation before an actual burn occurs. The burning feeling can be resolved by gently brushing the sensitive area with the hand briefly. This may be repeated as often as necessary to calm the sensitivity of the nerves of the skin. Some reddening of the skin normally occurs with using the Super Sauna and will go away within minutes to hours. One may also move slightly away from the Super Sauna and rotate slightly more often.

Danger Signals. While very rare, one could experience over heating, if one remains too long in front of the Super Sauna. Danger signals are a rapid elevation of body temperature, cessation of sweating, a racing heart, and feeling extremely faint. If any of these occur, end the session right away.



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WINNING



*When it comes to your health,
there is no finish line, only a deadline.*

– Cancers Answers, Volume I, page 513.

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