

Local & Entertainment

9 reasons to try infrared saunas



Wellness Watch
By Tonya Dias

Saunas have been around for centuries, are popular with nearly every culture, and are widely recognized for having health and wellness benefits. However, the newest sauna technology is a far cry from the steamy saunas of old.

Instead of using water poured over hot rocks to create steam, infrared saunas deliver infrared rays to excite water molecules in our bodies (70% water), causing them to vibrate and creating heat. This vibration reduces the ion bonds and the eventual breakdown of the water molecules causes encapsulated gases and other toxic materials to be released.

Infrared waves are described as being near, mid or far, and each of those lengths has its own set of benefits, which we will look at a little later.

Another difference between traditional steam saunas and infrared saunas is that steam saunas operate at temperatures between 180-220F, while infrared saunas typically are between 100-135F. The harshly hot air inside a traditional sauna can be very hard on a person's respiratory system. If you've ever been in a sauna, you may have noticed the air was very harsh to your mucous membranes and maybe you even found it hard to breathe. Since the infrared saunas use a much lower operating temperature, you still perspire, but don't have the breathing difficulty or uncomfortable feeling. In fact, since infrared technology is most like the sun's rays, your body responds positively to treatment and instead of feeling drained; you actu-

ally feel revitalized. Recently there's been a lot of talk in the health and wellness world about the benefits of using infrared saunas for weight loss, detoxification and more. According to Sunlighten Saunas, a brand of infrared sauna, there are nine health benefits to using an infrared sauna:

1. Detoxification. Since the skin is your body's largest organ, it is a very effective means of eliminating toxins from the body. However, in order to do that, you must sweat. Infrared saunas that use far infrared to heat the body directly, which causes a rise in core temperature and creates a deep, detoxifying sweat at the cellular level, where toxins are stored, which is very important to overall health.

2. Anti-Aging & Skin Purification. Using near infrared wavelengths helps to heal the skin as well as the layers beneath the skin by stimulating collagen production. This can reduce wrinkles and improve the overall appearance of the skin.

3. Pain Relief. Because infrared heat is deep penetrating, it can help relieve not only minor muscle and joint pain, but also chronic pain such as fibromyalgia.

4. Improved Circulation. The heating of the body increases blood flow. The mid infrared range has been shown to have effects similar to exercise with regular use.

5. Wound Healing. As with the anti-aging properties discussed previously, near infrared waves enhance healing by promoting faster cell regeneration and tissue growth, thus allowing wounds to heal faster and prevent infection.

6. Weight Loss. Studies suggest an infrared sauna session can burn up to 600 calories, while you are just sitting there! As the body gets heated by the infrared technology, it must work to cool itself by raising the heart rate, thus burning calories.

7. Lower Blood Pressure. Similar to the weight loss and increased circulation

benefits, the deep sweat induced increases the heart rate, which lowers blood pressure. Studies show using an infrared sauna at least two times per week helps lower blood pressure.

8. Relaxation. Since infrared saunas don't feel unbearably hot like traditional saunas, you can actually relax. When you leave the sauna, you feel relaxed and rejuvenated.

9. Cell Health. Because of the heat produced and the increased blood flow, toxins are released from the cells to the skin's surface via perspiration. Getting toxins out of your body helps heal you. Since we happen to have a local place to enjoy an infrared sauna treatment, I decided to see what the fuss was about and try it out.

I went to Barefoot Wellness in the Baker Towers and had a lovely detoxification session in Toni's Sunlighten Sauna. During the 35-minute session there was nice, relaxing music playing; the sauna wasn't unbearably hot (in fact, I thought it was perfect!); and after the session ended I felt relaxed, but energized. It certainly was a departure from the torturous steam sauna sessions of old!

I absolutely recommend seeing if the infrared sauna would work for you in your healthcare regime. Think of it as another tool you can use on your journey to wellness. It would probably be a good idea to consult with your doctor before using the sauna, especially if you have health concerns.

Happy Sweating!
Tonya Dias is a Certified Holistic Health Coach and the founder of Intuitive Nutrition. She received her training at the Institute For Integrative Nutrition in New York and her certification from the American Association of Drugless Practitioners. She teaches wellness workshops, as well as individual and group health coaching sessions. You may reach Tonya at intuitive.nutrition@hotmail.com.

Bebe's word search

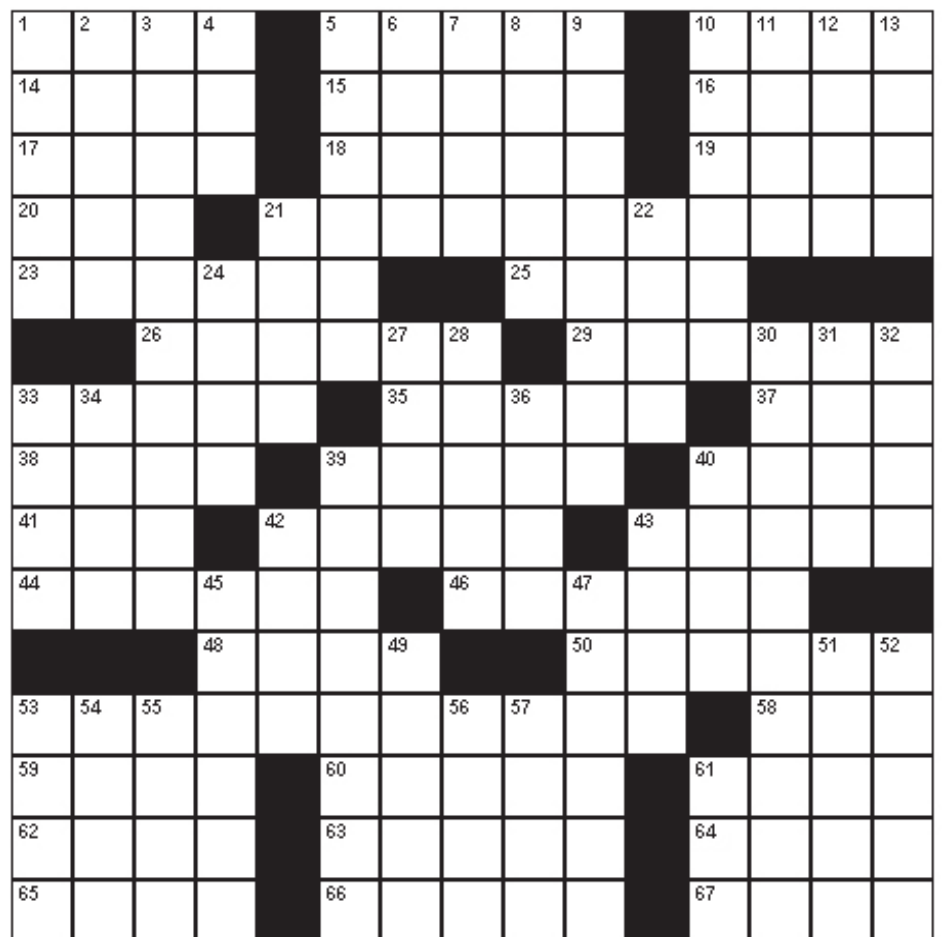
Breakfast

Find and circle all of the breakfast items that are hidden in the grid. The remaining letters spell a popular breakfast drink.

Y O G U R T O M E L E T S E
O S E G A S U A S Y L L E J
F A L O N A R G A E T F E R
C R O I S S A N T S F T O D
S H U M M L O R T O A L W O
L A A I U A A I C L L M A U
E S L S T F U E O S A E F G
G K E M H C F C R R B G F H
A D E K S B O I M E A D L N
B A T I A H R A N H C I E U
L E B O C C L O O S O R S T
H R G T A A N N W J N R N S
A B O G D S E A A N G O E J
M H U E S Y T M P I S P C E


- | | | | |
|------------|---------------|-----------|----------|
| BACON | EGGS | JELLY | ROLLS |
| BAGELS | FRUIT | MARMALADE | SAUSAGES |
| BISCUITS | GRANOLA | MILK | TEA |
| BREAD | HAM | MUFFINS | TOAST |
| CEREAL | HASH BROWNS | OATMEAL | WAFFLES |
| COFFEE | HONEY | OMELETS | YOGURT |
| CROISSANTS | HOT CHOCOLATE | PANCAKES | |
| DOUGHNUTS | JAM | PORRIDGE | |

This week's crossword puzzle



- Across**
- 1- Goad;
 - 5- Without ___ in the world;
 - 10- Furthermore;
 - 14- Impose, as a tax;
 - 15- Bottom line;
 - 16- Caucus state;
 - 17- Away from the wind;
 - 18- Connect with;
 - 19- Beat it!;
 - 20- Needlefish;
 - 21- Nomenclature;
 - 23- Immoderation;
 - 25- Fiend;
 - 26- Group of seven;
 - 29- Help;
 - 33- Scores;
 - 35- Very, to Verdi;
 - 37- Pitch;
 - 38- Grand Ole ___;
 - 39- Recipient;
 - 40- Bicycle;
 - 41- Implore;
 - 42- Roman goddess of the hearth;
 - 43- Have a feeling about;
 - 44- Refrigerator;
 - 46- One's husband or wife;
 - 48- After John in the NT;
 - 50- Diving seabird;
 - 53- Witches;
 - 58- Malt beverage;
 - 59- Actor Estrada;
 - 60- Body of salt water;
 - 61- Work without ___;
 - 62- Soccer legend;
 - 63- Inscribed pillar;
 - 64- ___ extra cost;
- Down**
- 1- Sandy bathing beach;
 - 2- Make less tense;
 - 3- Charge too high a price;
 - 4- Coloring material;
 - 5- Bear witness;
 - 6- Coconut-husk fiber;
 - 7- Up and ___!;
 - 8- Rate;
 - 9- Stretch;
 - 10- Bridal paths;
 - 11- Bananas;
 - 12- Festoon;
 - 13- Like Cheerios;
 - 21- Cookbook amts.;
 - 22- Estimator's phrase;
 - 24- Hard to hold;
 - 27- Old Testament book;
 - 28- No-nos;
 - 30- Travellers;
 - 31- Fifth Avenue store;
 - 32- It transforms carbon dioxide into oxygen;
 - 33- Mongolian desert;
 - 34- Crude cartel;
 - 36- Jump;
 - 39- Form of glucose;
 - 40- Of the highest quality;
 - 42- Sotto ___;
 - 43- Takes to court;
 - 45- Financed;
 - 47- Kitchen utensil;
 - 49- Religious offshoots;
 - 51- Actress Verdugo;
 - 52- Divulge;
 - 53- Equinox mo.;
 - 54- Sweet sandwich;
 - 55- Rub the wrong way;
 - 56- Go after;
 - 57- Cut-price retail event;
 - 61- Small battery size;





ANNUAL BANQUET
with Special Guest,
CONGRESSMAN GREG WALDEN

Others Attending:
State Rep. Greg Barreto
State Rep. Cliff Bentz
State Senator Ted Ferrioli

Saturday, March 21, 2015

Baker Elk's Lodge, 1896 Second St., Baker City
Prime Rib dinner - \$35.00 per person
6:00 PM Social Hour
7:00 PM Event Begins

Door Prizes – Silent Auction – Oral Auction w/Greg

Tickets for sale at Dunn & Associates at Main & Broadway

For more information & to purchase tickets, please call Suzan Ellis Jones at 541-519-5035

DEADLINE TO PURCHASE IS March 18th

Congressman Walden is appearing at the event only as a featured speaker. He is not asking for funds or donations for his own campaign.