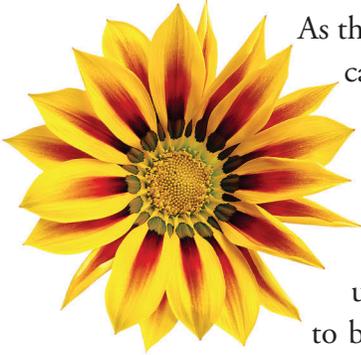


THE HEALTH BENEFITS OF STEAMING

Burn up to 600 Calories in a 30 Minute Steam!



As the body works to cool itself, there is a substantial increase in heart rate, cardiac output and metabolic rate. Blood flow during whole-body hyperthermia is reported to rise from a normal 5 to 7 quarts per minute to as much as 13 quarts per minute.

This benefit was recognized in the prestigious Journal of the American Medical Association as long ago as August 1981: Many of us who run do so to place a demand on our cardiovascular system, not to build big leg muscles. Regular use of steam therapy imparts a similar stress on the cardiovascular system, and its regular use may be as effective, a means of cardiovascular conditioning and burning of calories, as regular exercise.”

BENEFITS OF STEAM

Increased metabolism • Youthful, hydrated skin
Relief from congestion • Detoxification • Relaxed muscles
Improved circulation • Relief from muscle/joint pain

For most healthy people, as well as for most patients with stable coronary heart disease, steam bathing is well tolerated, safe, and has therapeutic value, according to a study published today in The American Journal of Medicine. A comprehensive review of the world's biomedical literature (1966 to the present) was carried out by investigators from the Department of Internal Medicine and Division of Cardiology, Washington Hospital Center, Washington D.C. The authors examine the benefits and risks of sauna bathing for healthy adults and children, as well as for patients with coronary heart disease, hypertension, and congestive heart failure. A moderately conditioned person can easily sweat off 500 grams of sweat in a sauna or steam bath—the equivalent of running three to four miles or 475 to 600 calories. While the weight of the water lost can be regained by rehydration with water, the calories will not be.

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