



The Wellness Clinic Dedicated to Enhancing Your Life

76 Main Street
Andover, MA 01810
(978) 475-7676

www.advancedhealthonline.com

Full Spectrum Infrared Heat Therapy Sauna

To prepare for your initial appointment please read the enclosed paperwork and bring the following items with you:

- Completed Paperwork
- Bathing Suit or shorts and tank top to wear in the sauna
- Bottled water (8-16 ounces)
- One large towel
- Book/CD/DVD (optional)
- A change of clothing to wear after the sauna (optional)

Initial appointments will be provided for \$45 and include a brief health history, medication review and a 20-30 minute sauna session to evaluate your tolerance to heat. Advanced Health & Wellness staff will also take some time to show you the features of the Full Spectrum Infrared Sauna and help you decide which clinical program most fits your needs.

We offer six clinically proven Full Spectrum Infrared Heat Therapy programs:

Program	Benefits	Packages
Detoxification	Eliminate more toxins through sweat to amplify your current detox	3 sessions for \$110 6 sessions for \$200
Relaxation	Stimulates the relaxation response in your nervous system	1 session for \$45 3 sessions for \$120
Weight Loss	Burn 200-600 calories per session Boost metabolism to burn fat	6 sessions for \$180
Pain Relief	Reduces pain transmission in nerves Increases flexibility	3 sessions for \$100 6 sessions for \$180
Cardiovascular Health	Lowers blood pressure Improves elasticity of arteries	16 sessions for \$720
Skin Health	Reduces cellulite Improves skin elasticity	6 sessions for \$180

Guidelines for Safe Use of the Full Spectrum Infrared Heat Therapy Sauna

Attire: Wear a bathing suit or loose-fitting cotton shorts and tank top. Remove all jewelry, including body piercing before entering the sauna.

Food: It is best not to use the sauna on a full stomach, but avoid being overly hungry or having low blood sugar upon entering. If more than 3 hours have gone since your last meal, it is advisable to eat a small snack 45-minutes to one hour before using the sauna. Do not eat a large meal within 2 hours of entering the sauna.

Water: On days you are using the sauna, be sure to drink plenty of water to help the body remove waste products as well as remain hydrated.

- Drink 8-16 oz of water before entering sauna.
- Drink 8-16 oz of water while in sauna.
- Drink an additional 8 oz of water or electrolyte beverage within the first half hour after completing your sauna session and continue to drink plenty of water several hours after your sauna session.

Towels: A warm towel will be provided for you to wipe off body lotion and oils before entering the sauna and a cool lavender towel will be provided for your use to remove sweat after leaving the sauna.

Please bring the following towels with you to use:

- One large bath or beach towel to place on the seat of the sauna
- 2 hand towels (optional): One to wipe off the sweat during your session and one to dry off after your session.

Entertainment: The sauna is equipped with a radio, CD player, MP3 player input and a DVD player. You are welcome to bring your own CD, book, MP3 player or e-Reader at your own risk. Advanced Health & Wellness is not responsible for any damage to personal electronics as a result of infrared exposure.

Be aware that we all want the sauna clean and hygienic, so please be conscientious about putting towels down as needed while you are using the sauna.

What to expect

Many individuals may not feel any effects during the first few sessions because of their toxic burden and differences in metabolism. You may not experience profuse perspiration until the third or fourth session.

If you feel ANY negative symptoms or side effects, REPORT them to the staff of Advanced Health & Wellness immediately. Negative symptoms are not limited to but may include feeling weak, dizzy, nauseated, exhausted, muscle cramps, spasms, cardiac arrhythmia (irregular heartbeat) or headache. In the rare event that you experience pain and/or discomfort, immediately discontinue sauna use.

As you are in the sauna, wipe off excess sweat with a hand towel. Do not put any lotions or oils on the body or face when using the sauna, as this may block the pores and hinder perspiration. To help relieve sore and tense muscles, massage the affected areas while in the sauna.

PLEASE READ AND SIGN BELOW

I, the undersigned, have read and understand the guidelines for safe use of the Full Spectrum Infrared Heat Therapy Sauna and agree to follow the exact recommendations regarding time, temperature, and frequency of the sauna.

Signature of Client

Date

Contraindications

Saunas are not for everyone. If you have the following conditions, we recommend that you do not use the infrared sauna. Do not attempt to self treat any disease with infrared sauna without direct supervision by a licensed physician. If you have a disease, be sure to verify with your primary care physician if infrared sauna is appropriate for you.

Fever

An individual that has a fever should not use a sauna.

Insensitivity to Heat

An individual that has insensitivity to heat should not use a sauna.

Medications

Individuals who are using prescription drugs should seek the advice of their prescribing physician or a pharmacist for possible changes in the drugs' effects when the body is exposed to infrared waves or elevated body temperature. Diuretics, barbiturates, and beta-blockers may impair the body's natural heat loss mechanisms. Some over-the-counter drugs such as antihistamines may also cause the body to be more prone to heat stroke. Medications delivered through a dermal patch may be affected by infrared.

Cardiovascular Conditions

Individuals with cardiovascular conditions (high or low blood pressure, irregular heartbeat, congestive heart failure, or impaired coronary circulation) or those who are taking medications which might affect blood pressure should exercise extreme caution when exposed to prolonged heat. Heat stress increases cardiac output and blood flow due to the body's effort to transfer internal body heat to the outside environment via the skin (perspiration) and respiratory system. This takes place primarily due to major changes in the heart rate, which has the potential to increase by 30 beats per minute for each degree of increase in core body temperature.

Joint Injury

Recent acute joint injuries should not be heated for the first 48 hours or until the hot and swollen symptoms subside. If you have a joint or joints that are chronically hot and swollen, these joints may respond poorly to vigorous heating of any kind.

Enclosed Infections and Open Wounds

Vigorous heating is strictly contraindicated in cases of enclosed infections, be they dental, in joints, or in any other tissues. Individuals with open wounds should not use the sauna.

Implants

Metal pins, rods, artificial joints, or any other surgical implants generally reflect infrared waves and thus are not heated by this system. Nevertheless, you should consult your surgeon prior to using an infrared sauna. Certainly the usage of an infrared sauna must be discontinued if you experience pain near any such implants. Silicone does absorb infrared energy. Implanted silicone or silicone prostheses for nose or ear replacement may be warmed by the infrared waves. Because silicone melts at over 200°C (392°F), it should not be adversely affected by the usage of an infrared sauna. It is still advised that you check with your surgeon and possibly a representative from the implant manufacturer to be certain.

Pacemaker/Defibrillator

The magnets used in the construction of our sauna unit may interfere with the output of pacemakers. Please discuss the possible risks this may cause with your physician.

Alcohol / Alcohol Abuse

Contrary to popular belief, it is not advisable to attempt to "sweat out" a hangover. Alcohol intoxication decreases a person's judgment. Therefore this person may not realize it when the body has a negative reaction to high heat. Alcohol also increases the heart rate, which may be further increased by heat stress.

Chronic Conditions / Diseases Associated with a Reduced Ability to Perspire

Parkinson's Disease, Multiple Sclerosis, central nervous system tumors, and Diabetes with neuropathy are conditions that are associated with impaired sweating.

Hemophiliacs / Individuals Prone to Bleeding

The use of infrared should be avoided by anyone who is predisposed to bleeding.

Pregnancy

Pregnant women should not use the sauna because fetal damage can occur with elevated body temperature.

Menstruation

Heating of the lower back area of women during the menstrual period may temporarily increase their menstrual flow. Some women endure this process to gain the pain relief commonly associated with their cycle, whereas others simply choose to avoid sauna use during that time of the month.

Children

The core body temperature of children rises much faster than adults. This occurs due to a higher metabolic rate per body mass, limited circulatory adaptation to increased cardiac demands, and the inability to regulate body temperature by sweating. Advanced Health & Wellness does not permit children to use the sauna.

The Elderly

The ability to maintain core body temperature decreases with age. This is primarily due to circulatory conditions and decreased sweat gland function. The body must be able to activate its natural cooling processes in order to maintain core body temperature.

PLEASE READ AND SIGN BELOW

I, the undersigned, understand the Full Spectrum Infrared Heat Therapy Sauna is not a replacement for medical care and that no diagnosis will be made. I understand that if I have any question as to the appropriateness of Full Spectrum Infrared Sauna for myself it is up to me to consult my physician. I am not pregnant now and do not intend to conceive until after full sauna use is complete.

Signature of Client

Date

PRESCRIPTION MEDICATIONS: Please list all prescriptions you are currently taking

OVER THE COUNTER MEDICATIONS: Please list other medicines you take on a regular basis

What is the primary reason for your interest in Full Spectrum Infrared Sauna therapy? Circle one:

Detoxification Weight Loss Pain Relief Relaxation Cardiovascular Health Skin Health

Name (Printed): _____

Email (for coupons and special offers): _____