



HOT

Regular sauna's stress extends life

AND SWEATY

Getting hot and sweaty in an infrared sauna raises antioxidants that can fight premature aging, say Russian scientists in a new study.

Antioxidants can be obtained from the diet and are produced in the body. They stabilize free radical or oxidative processes in the body (likened to rusting) and quench inflammation at the heart of age-related diseases. High levels of antioxidant activity slow premature aging.

STRESS TO EXTEND LIFE

The clinical laboratory study evaluated antioxidant status before and after infrared saunas. The sauna effects created tolerable stress leading to long-lasting adaptive processes to extend life.

ANTI-AGING OFFENSE

Besides raising antioxidants, the body's anti-aging stimulated offense included an "increase of stability and restoration" of red blood cells. Blood vessel circulation increased.

TRANSPORT ANTIOXIDANTS

An article investigated sauna effect on blood oxygen/antioxidant delivery to tissues in 18 to 22 year-old males. Subjects being tested underwent sauna once per week over a period of 5 months (20 procedures). Sauna decreased hemoglobin binding capacity to venous blood oxygen "facilitating oxygen transport into body tissues."

DECREASE DEMENTIA INDICATORS

A study looked at how infrared sauna increased antioxidants to fight premature brain aging. Among 40 patients taking infrared saunas "concentrations of hydroperoxide and brain natriuretic peptide (BNP) decreased significantly." These are both indicators of dementia.

DROP OXIDATIVE STRESS

In animal experiments, expression of 4-hydroxy-2-nonenal, a marker of oxidative stress, decreased. Heat shock protein (HSP) 27, manganese superoxide dismutase and HSP32, all antioxidants, "were significantly upregulated." ■