



## **STEAM**

One of the oldest healing remedies in the world, steam baths have been used for centuries to promote health and vitality. Hippocrates, the father of medicine, encouraged the practice saying “Give me the power to create a fever, and I shall cure any disease.”

Hippocrates

As soon as you step inside a steam bath, relaxation becomes the theme. Within moments, the warmth penetrates your body from head to toe, easing tired muscles, and helping the cares and worries of the day drift away. Just as importantly, the warmth opens the pores of your skin, creating a flow of perspiration which lifts out the impurities of everyday living. Your skin will be deep cleansed like never before, leaving it soft, supple, and healthy.

Such benefits include tension relief through muscle relaxation, restoration of well-being, and the elimination of impurities through opened pores.

For starting the day, follow the steam bath by a cool bath or shower, and then a quick rubdown with a towel. It will make you feel like new. At day's end, a hot shower after steam bathing will encourage a good night's sleep. You'll feel rested, rejuvenated, and ready to get more out of life. Use your steam bath daily for that get up and go.

Heat is a therapeutic agent and has long been used for healing in many cultures. All of our body's functions depend on chemical reactions. And chemical reactions are directly affected by heat (either accelerating or slowing in direct proportion to available heat energy). This is bound to have an effect on our tissues and our health.

A state of hyperthermia exists when body temperature rises above its normal state of 98.6°F. Although often misunderstood as a symptom of disease, fever actually is a part of the body's natural healing response. Steam bath treatments elicit similar healing responses in the body, and consequently are often called “artificial fevers”.

During a fever, the functioning of the immune system is stimulated, while the growth of bacteria and viruses is forced to slow down. The production of white blood cells, the primary agents of the immune system, is increased, as is the rate of their release into the blood stream. The generation of anti-bodies speeds up, as does the production of interferon, an anti-viral protein that also has powerful cancer-fighting properties. A steam vapor raises your body core temperature to effective levels within just 10 minutes of use!

## STEAM BATHS ARE BEING USED FOR

- easing stress
- relieving muscle tensions and stiff joints
- boosting the immune system
- lymph detoxification
- stimulating circulation
- increasing body metabolism
- alleviating sinus congestion due to colds, asthma, or allergies, and
- keeping skin youthful.

## WHAT CAN STEAM HEAT DO FOR ME?

- Steam heat increases the **extensibility of tissues**.
- Steam heat decreases rigidity in **joints**.
- Steam heat reduces **muscle spasm**.
- Steam heat can decrease **muscular pain**.
- Steam heat **increases blood circulation** and irrigation, but not blood pressure.
- Steam heat enhances **total lymph system cleansing**.
- Steam heat has been recently used in therapies against **cancer and infectious diseases**.
- Steam baths are highly effective in removing **fat-stored toxins** from the body.
- Steam effectively washes toxins from the **surface of the skin** as you sweat.
- Steam treatment **improves vascular flow**, enhancing oxygen, nutrient, and lymph exchange at the cellular level.
- Steam baths are superior to body wraps in the **treatment of cellulite** due to much shorter time required to raise tissue temperature (1 hour in body wrap = 10 minute steam bath).

Heat also has an anecdotal record of success in the treatment of conditions such as:

- arthritis
- back pain
- diabetes
- menstrual cramps
- rheumatism
- sciatica
- hemorrhoids
- neuritis, and
- post operative edema.

In fact, it would be hard to find a chronic condition that at one time or another, with varying degrees of success, has not been treated with the application of heat.

Wet heat methods such as steam baths have a demonstrated therapeutic effect and have been time-tested and proven through the centuries in culture after culture. Perhaps the most interesting example of modern technology meeting ancient therapy is in the use of steam and essential oils together to create aromatherapy treatments for stress relief, increased energy, or respiratory decongestion.

## The Benefits of Steam Baths

The benefits of steam bathing have been recognized for thousands of years. Today, steam baths are considered an integral method for purifying and detoxifying the skin and body, increasing circulation, stimulating the immune system and encouraging complete physical and mental well-being.

Steam baths are relaxing and stress relieving. Those with muscle aches or arthritis may find that the heat relaxes muscles and relieves pain and inflammation. Asthma and allergy sufferers find that the heat dilates air passageways of the lung and facilitates breathing. Heat does not cure the common cold but may help to alleviate congestion and speed recovery time.

Steam baths are good for your skin as the blood flow to the skin increases and sweating occurs. Adults sweat about 2 lbs of water per hour on average while in the steam bath. A good sweat removes dirt and grime from pores and gives the skin a healthy glow. The loss of water weight is temporary as the body's physiological mechanisms will quickly restore proper volumes.

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For more reading about the therapeutic benefits of steam baths, the following books are recommended:

“Therapeutic Heat and Cold” by Ed. Justus, F. Lehman, MD

“Eight Weeks to Optimum Health” by Dr. Andrew Weil.



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