

Far Infrared Sauna Agreement

I, _____, understand that Julie Matthews is not a physician and that she does not dispense medical advice nor prescribe treatment. Rather, she provides information to enhance my knowledge of how nutritious foods, herbs, supplements, and lifestyle affect health.

I verify that the following have been completed:

- I have read and understand the guidelines for safe use of the far infrared sauna.
- I agree to follow the exact recommendations regarding time, temperature, and frequency of the sauna.
- I verify that I have been medically evaluated and have received clearance to begin a sauna program.
- I have researched far infrared saunas and have decided on my own behalf to use the sauna.
- I agree to report any adverse reactions to Julie Matthews.
- I understand that I need to let Julie Matthews know prior to starting sauna use if I am a “non-sweator.” I understand that using a sauna if my sweating process is not working properly can lead to adverse reactions.
- I know that it is unsafe to use a sauna when pregnant. I am not pregnant now and do not intend to conceive until after full sauna use is complete.
- I understand that in addition to promoting detoxification, saunas deplete good nutrients. I agree to replenish nutrients as recommended. I have reviewed this nutrient list with my physician, nutrition consultant, or other healthcare practitioner to confirm these are the correct nutrients for my needs and do not interfere with any medications or supplements I may be taking.

I certify that I am here solely on my own behalf. I am not representing any other person, company, association, and/or on the behalf of any governmental agency.

I agree to hold Julie Matthews and Healthful Living Inc. harmless for claims or damages in connection with use of the sauna.

I understand there is a seven-day rescheduling policy for sauna use. If seven days notice is not given, I agree to forfeit that session(s).

Signature: _____
Client Name: _____
Date: _____

Client Contact Information

Name: _____
Address: _____

Phone Home: _____
Work _____
Cell: _____
E-mail: _____

Package Paid for:

- Monthly:
Start Date
End Date
- Weekly
- Individual sessions
- Initial session

Guidelines for Safe Use of the Far Infrared Sauna

Attire: Wear loose-fitting cotton shorts or bathing suit.

Food: It is best to use the sauna on an empty 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.

Water: On days you are using the sauna, be sure to drink plenty of water. Replace any lost water weight with equal amounts of water. Drink a full 8 oz glass of water before entering sauna. Drink 8-16 oz of water while in sauna. Drink an additional 8 oz within the first half hour after exiting the sauna and continue to drink plenty of water several hours after your sauna session. The water helps the body remove waste products as well as rehydrate.

Towels: You will need to bring the following towels with you to use:

- 2 large: One to place on the seat and on the floor of the sauna.
- 2-3 hand towels: One to wipe off the sweat during your session, one for when you are finished, one possibly to lean against in the sauna (if desired).
- This is a guideline as some people like additional or a different mix of towels. Be aware that we all want the sauna clean and hygienic, so please be conscientious about putting towels down as needed.

What to expect: Most individuals do not feel any effects during the first few sessions, since the time is brief and the temperature is low. You may not start perspiring for several sessions. You will be gradually increasing time and temperature so that you will not remove body burden(s) too rapidly. If you feel ANY symptoms or side effects, REPORT them immediately. You may be overdoing it. Too rapid detoxification is not healthy. Negative symptoms are not limited too but may include feeling lousy, weak, dizzy, nauseated, exhausted, muscle cramps, spasms, cardiac arrhythmia, headache.

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.

Pre sauna Prep: Vasodilation (dilation of blood vessels) improves the sweating and detoxification. However, it is not mandatory for the effectiveness of the sauna. The following are some ways to increase vasodilation:

- Exercise for 5-15 minutes immediately prior to get blood flowing– jogging, walking stairs, jumping rope, etc. However, do not use sauna immediately after strenuous exercise.
- Dry brush skin while in sauna
- Take niacin (not no-flush), 50-100 mg
- Take an enzyme like Wobenzym to clear stagnant “sludge” from lymphatics and blood.

Contraindications:

- Pregnant women should not use the sauna.
- Individuals with high blood pressure should not use a sauna unless there is medical clearance. Individuals with serious illness should be medically monitored.
- Individuals with obesity, a history of heart disease, high or low blood pressure, circulatory system problems, and diabetes should consult a physician prior to using sauna.

Setting temperature: It is imperative that you follow temperature guidelines. Far infrared saunas do not need to get as hot as conventional saunas. Generally, you will start at 100 degrees and gradually work up to 120 degrees – 130 degrees maximum.

Setting time: Start with 10-15 minutes per session. Increase time by increments of 2-3 minutes per session, if no ill effects are experienced. Report ANY symptoms you experience.

Tracking your progress: It's helpful to keep track of sauna use in a journal, along with supplements used, and any effects (positive or negative). Remember to report negative effects to Julie Matthews as well.

Supplements Replenishment Nutrients*

Before sauna, use the following nutrients (once every two sessions or when one hour of time is accumulated):

- Take a multi-mineral supplement
- 600 mg Calcium
- 1 tsp of Tri-Salts by AEHF
- 15 mg. Zinc
- 100-300 mg magnesium (*this is the most important)

After the sauna, take the following as soon as you come out:

- 1000-2000 mg vitamin C
- 200-600 mg alpha lipoic acid
- 400-800 mg Recancostat (Tyler) or reduced glutathione

*As recommended in *Detoxify or Die* by Sherry Rogers