



SUNLIGHT SAUNAS™

I want to get updated info and pricing for myself and to share with friends who are interested. I never bought the pad for my sauna, and I hope to do that sometime when I can.

I still use my sauna every day and absolutely LOVE IT. As long as I sauna regularly, I have no pain or symptoms of arthritis in my knees. Last year during the holiday season, I stored the sauna and didn't use it for a couple of months. Of course, my arthritis came back, but resuming the daily use of my sauna quickly eliminated it again.

Last year I developed Diabetes, and that really slowed my weight loss efforts down for a while. (I've lost 30 lbs. so far.) It took me a while to sift through many schools of thought about treatment and diet, but I now have a plan that is working. Not for even one second did I believe that I would have Diabetes and be on medication the rest of my life. From day one, I have said that I would beat this, and I am getting better all the time. I've already been able to eliminate the twice daily injections of Byetta and am down to just one Metformin pill in the evening. By the end of this year I expect to be off all medication and have no symptoms of Diabetes. I will be "healed" if not "cured", just like my arthritis.

In order to accomplish this, I have chosen a fairly low carb (not to the Atkins level) and low fat diet that has really helped me start losing weight again. I expect to be back to a size 8 by the end of this year, and this alone will help me eliminate the insulin resistance portion of Diabetes. Using the sauna every day is such a wonderful help with the weight loss because it burns calories, naturally boosts metabolism, and releases the nasty toxins trapped in fat cells.

I look forward to my sauna time because the soothing heat is so relaxing, and it is the perfect time to pray and meditate. In today's hectic world, there is almost no quiet time for reflection ... we have gotten used to playing the radio while driving and have the TV on while we are at home. Using the sauna is the perfect opportunity to press the "pause" button for 30 minutes. In the silence, as I pray and meditate, I am blessed with insights and wisdom.

The far infrared sauna is the best investment I have ever made for my health. I feel so blessed to have this wonderful sauna, and I appreciate knowing that your lifetime guarantee will enable me to enjoy its benefits from now on.

Sincerely yours,

--

Jeri Callan
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