



TESTIMONIAL

FIBROMYALGIA AND CHRONIC FATIGUE SYNDROME

2 Nov 2006

My name is Karen Stewart and I have suffered with Fibromyalgia and Chronic Fatigue for 9 ½ years.

I would like to testify as to a treatment that has helped me tremendously. This is Far-Infrared therapy from a Sunlight Sauna.

As Fibromyalgia is very painful and fatiguing, I would initially find it hard to muster enough motivation and energy to attend a session. However, after each treatment I was so glad I did!

I experienced increased energy, colour back in my face, clearer mind and better ability to concentrate. Plus – most of all - less pain! Also people would comment on how fantastic my skin complexion looked!

Sometimes during a relapse, when most of my “Activation/Trigger Points” were sore, the Far Infrared seemed to draw on the pain more. However, as it released my system, each time I would come out with less pain and more energy!

I can say that the better I feel is the more frequently I use it. Generally I attend a clinic to have a Sunlight Sauna about 3 times per week. If I miss any appointments over a period I certainly feel worse for it!

Recently I had ceased taking my medications and complementary therapies to detoxify my system. The Sunlight Sauna has helped tremendously to speed this process and alleviate the sometimes uncomfortable detoxing symptoms.

I would encourage anyone with Fibromyalgia or Chronic Fatigue Syndrome to commit to using a Sunlight Sauna. I know it can be very difficult to overcome pain and fatigue to attend appointments; therefore to help my mind and motivation, I would consider it as part of my health treatments, like a Doctor’s appointment. I highly encourage people that the benefits received will be worth it!

Yours sincerely,

Karen Stewart
Brisbane

Sunlight Saunas Pty Ltd

Cairns • Brisbane • Sydney • Canberra • Melbourne • Adelaide • Perth

Head Office PO Box 2030 Windsor QLD 4030 Tel: (07) 3861 1457 Fax: (07) 3861 1872 Email: sales@sunlightsaunas.com.au
Showroom and Therapies Treatment Rooms Level 1, 215 Park St, South Melbourne VIC 3205 Tel: (03) 9696 4603 Fax: (03) 9686 5654

ABN 65 106 358 338

www.sunlightsaunas.com.au