



SUNLIGHT SAUNAS

## TESTIMONIAL

### HEART CONDITION

29 July 2004

Dear Mark,

As you know, in December 2000 I had a heart attack which required two stents to be put in. Unfortunately, my body rejected the stents and in September 2001 (September 11th, to be precise) I had to have a double bypass operation in order to head off the risk of a further heart attack. (The irony of my waking up to televised pictures of the attack on the Twin Towers seems to have been lost on the medical staff of the hospital's ICU :-))

When it became necessary for me to have a further two arteries stented in February of this year, I started to focus on the fact that treating the symptoms was probably not going to present a long term solution to my problem.

After some research into possible alternative means of addressing the causes of the problem, I eventually focussed my attention on two possible options:

1. **Chelation** - which has been known for many years, but which is the subject of some scepticism on the part of the mainstream Medical fraternity due to lack of conclusive evidence from appropriately conducted clinical trials. Amusingly, one cardiac nurse made the indignant statement that no one can expect chelation to work "like brillo" inside the artery. She clearly was just as ignorant of chelation as she was accusing the proponents of chelation to be of the workings of the human body; and (at least to me) made a great case for the presence of emotion and absence of scientific objectivity on BOTH sides of the table.

2. **Far Infra Red Saunas** - which is relatively new and unknown from the perspective of the mainstream Medical fraternity.

Both of these technologies claim to have the effect of leaching the system of heavy metals and surplus calcium (the latter of which is apparently the ultimate cause of both hardening and narrowing of the arteries in which the cholesterol deposits beneath the membrane; and which causes further congestion of the blood traffic flow). Importantly, the proponents of far infra red sauna technology make the additional claim that it may also facilitate a dilation the arteries significantly below the skin's surface; and you did provide me with one clinical trial out of Japan (admittedly based on a small test sample) which seems to verify the positive effects on heart patients of far infra red saunas. There was apparently a lower build up of harmful cholesterol amongst users of the far infra red sauna.

Because chelation is invasive (but my mind is still open to this option) I decided to go down the far infra red sauna route as an initial step. Out of a sense of caution, I approached both my cardiologist and my lipidologist with the request that they support my efforts by applying a disciplined assessment of my body's key performance indicators on a before and after basis. The results were as follows:

Sunlight Saunas Pty Ltd

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1. **Cardiologist:** Stress Test performed in April (before I commenced trialling the Cool Sauna\*\*). Walked for 11.5 minutes at increasing speeds and inclinations, with a peak speed of around 8 km/hour. My heart rate at culmination of the test was 167 beats per minute (BPM). Between April and July I did very little exercise flowing from the fact that my body appears not to like foreign objects, and I have been having some trouble with my sternum - where there are metal wires still present. Stress test performed in July - after I had been using your sauna for approximately three months. The test was extended from 11.5 minutes to 13 minutes, and the peak speed was somewhat higher (I think possibly 9km/hr). Heart rate at culmination was 144 BPM (i.e. **23 BPM lower**)

2. **Lipidologist:** As a layman, I am not familiar with several of the tests that he ordered done, but the overall result was that there was virtually no change in blood chemistry. This in itself was probably an improvement in that my diet had deteriorated during the period when I had been unable to exercise and I had gained about 2-3 kg. Although the harmful cholesterol had increased from around 2.4 to 2.6, the beneficial cholesterol had also increased from 1.0 to 1.2. On balance, the lipidologist was of the view that these changes were not particularly significant. What I found significant, however, was the fact that the mineral levels also appeared to remain constant, and my magnesium level was on the upper boundary of normal. This was counter intuitive but neither surprising nor worrying to me.

On balance, it appears that the infra red sauna cannot be expected to replace my medication, but it seems that it is a significantly beneficial adjunct to it. Indeed, some of my friends are even commenting on how well I have been looking. I have certainly been feeling better, and I now find myself drinking a litre of water during my regular sauna sessions (3-4 times a week). Clearly, the act of drinking this water (facilitated by the sauna) is having the additional beneficial effect of washing out my system, and I can unequivocally commend the Sunlight Sauna to anyone who is congenitally predisposed to heart problems and would like to do something about it (under the supervision of the doctors) that goes beyond merely "surrendering" to the dictates of the medical practitioners.

Whilst both my cardiologist and my lipidologist remain politely supportive - bordering on sceptical - neither has been able to explain why my fitness level appears to have improved notwithstanding my lack of exercise and the deterioration in my diet.

Neither appears to be predisposed to accept that perhaps my arteries have dilated - thereby making it easier for the same volume of blood to flow through them with more ease and speed.

From my perspective, the burden of proof now lies in their camp. It is a fact that I am fitter than I was, and my feeling of wellbeing cannot be explained away with a wave of the hand and a shrug of the shoulders.

I wish you the best of luck in your endeavours.

Kind Regards,

Brian Bloom, Sydney

*\*\* (Cool Saunas was the former business name of Sunlight Saunas P/L Australia, however the product remains the same – Sunlight Far Infrared Saunas)*

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