



TESTIMONIAL

INJURY RECOVERY

2006

In June 2005 I had a serious motor cycle accident and six months after I was still suffering from fluid retention, inflammation and swelling, lethargy, headaches and pain. In December 2005 I purchased a Sunlight Sauna for my clinic in Noosaville, QLD and used it to help me recover and rehabilitate.

I had 12 broken bones seven of which were in my upper thoracic spine. One disc was crushed 50%, bruised lung, head injury & post trauma shock. I am a natural therapist and realised that my body became very toxic not only from the trauma of the accident but also from x-ray radiation, and auxiliary medicine taken as a consequence of injuries sustained in the accident such as pain killers, anti-inflammatories, antibiotics and drugs for subsequent constipation due to all the other drugs and lack of mobility. I had fluid retention, headaches, food intolerances, depression and residual pain and inflammation from injuries.

After my second sauna session, all the fluid retention I was carrying completely disappeared and my body actually started to look more like it did before the accident. I tried to have a least 2 -3 half hour sessions per week. My skin became radiant, where the right side of my face had dropped slightly due to head injury; muscle tone had actually improved remarkably by about April-May. My energy levels improved remarkably also and I always noticed that I felt energised after the sauna sessions. My head became much clearer and I started to feel much better within myself. I was healing, detoxing, reducing inflammation and my sense of well being was returning. I honestly feel that my recovery would have been a long haul with some possible permanent disabilities due to injuries sustained.

I love my Sunlight Sauna - without it I would not have been able to continue on with my job as a Remedial massage therapist, Homoeopath and Bowen therapist running a busy Noosa clinic. None of this would have been possible without the sauna, it was a 'God sent'.

My clients love the sauna, they use it for injury recovery & management, detoxification, chronic fatigue, fibromyalgia, weight loss, hypertension, depression and some just for the pure enjoyment of a really great sauna.

The Sunlight sauna has also enhanced my business, is very cost effective, requires minimal maintenance, easy to use, takes up little space yet is comfy enough to fit two people easily. I would never be without a Sunlight infra-red sauna and would like to purchase one for the convenience & privacy of my home.

I can be contacted on (07) 54497707 or 0414 508 313 for further information.

Julia Sims
Aloha Noosa Massage & Complementary Medicine

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