

Saunas Improve Arthritis Symptoms

In past articles in *Healthy Living*, we've told readers that saunas are great for improving heart and coronary artery function, as well as for promoting skin health, environmental detoxification, and even for helping to kill errant tumor cells. But did you know that saunas are also excellent for arthritis treatment?

In one study, the direct effect of sauna treatment was assessed in 196 patients with rheumatoid arthritis in minimal or moderate activity stage. Sauna treatment produced a positive effect on mobility, well-being and alleviated pain, note the researchers.

More recently, researchers from the Department of Medicine, University Hospital Maastricht, The Netherlands, studied the effect of sauna treatment on patients with ankylosing spondylitis, a severe form of arthritis that fuses and immobilizes the spinal column, usually in men. When sauna was combined with spa-exercise therapy of three weeks duration, which consisted of group physical exercises, walking, correction therapy (lying supine on a bed), hydrotherapy, and sports, it was found to produce beneficial effects that lasted for at least 40 weeks.

KEY HEALTH TIP—Saunas such as those from Eze Products (see page 51) can be easily installed in homes and can now be purchased through health food store dealerships.

REFERENCES

- Matveikov, G.P. & Marushchak V.V. "[An evaluation of the effect of the sauna on the clinical, laboratory and psychological indices in rheumatoid arthritis]." *Ter Arkh*, 1993;65(12):48-51.
- van Tubergen A., et al. "Combined spa-exercise therapy is effective in patients with ankylosing spondylitis: a randomized controlled trial." *Arthritis Rheum*, 2001;45(5):430-438.

