



SUNLIGHT SAUNAS™

SWEAT FOR LIFE

HEALTH EXPERTS RECOMMEND



Dr. Mark Hyman

Dr. Hyman, New York Times Best Selling author, is a contributing Medical Editor to Alternative Medicine Magazine, and Editor-in-Chief of the peer-reviewed journal, Alternative Therapies in Health & Medicine.

Dr. Mark Hyman's newest book, Ultrametabolism, addresses the use of saunas as a means of practicing active relaxation to reduce stress and lose weight. For home use, he recommends purchasing an infrared sauna from Sunlight Saunas™. Dr. Hyman currently owns a Sunlight Sauna and recommends Sunlight Saunas™ to his patients.



Dr. Rachel West

Dr. Rachel West is an Osteopath and Family Practice Physician with offices in Santa Monica, California. Dr. West's practice integrates conventional medicine with alternative therapies such as homeopathy, cranial-sacral work, Iyengar yoga and biodynamic osteopathic manipulation. As a family practitioner, Dr. West specializes in chronic disease, chronic pain states, women's health and childhood Autism.

"In today's world where we are all exposed to toxins in the air and water, as well as through medications, vaccines and dental work, it is vital to integrate a detoxification regimen into one's daily life. Sunlight Saunas™ are a non-toxic, no side-effect way of ridding the body of harmful pollutants, especially heavy metals. Detoxification is important because it strengthens the body's immune system and helps the body's biochemical processes function efficiently. Detoxification has also been proven to be helpful with colitis, chronic fatigue, fibromyalgia, auto-immune disease, immune deficiency states, autism, ADD and ADHD."



Jorge Cruise

Jorge Cruise is the New York Times Bestselling Author of The 3-Hour Diet and 8 Minutes in the Morning book series, the diet coach for AOL's 23 million users, the diet and fitness editor for Good Housekeeping magazine and USA Weekend Magazine.

"If you want to live well, you need to use a Sunlight Sauna. It will help you maximize your metabolism, remove toxins, and reduce inflammation and soreness. It's a great secret to extraordinary physical health."



Jordan Rubin

Jordan Rubin, founder of Garden of Life, owns and recommends Sunlight Saunas for a healthier lifestyle. Jordan S. Rubin founded Garden of Life, Inc. in 2000 after overcoming an incurable disease - one that nearly ended his life. When both conventional and alternative medicines failed, he took matters into his own hands. Today, he credits his survival and vibrant health to an enduring faith in God and a revolutionary health program he calls The Maker's Diet.



Jeffrey A. Spencer

Jeff Spencer, D.C., 2004 Sports Chiropractor of the Year and former Olympic Athlete works with premier athletes to minimize injury downtime and expedite recovery after competition. Dr. Spencer works with high performance athletes including Tiger Woods, Lance Armstrong, Chad Reed, and Troy Glaus. He believes that the regular use of a Far-Infrared Sunlight Sauna is essential in promoting muscle recovery, reducing tension and eliminating performance inhibiting toxic burdens from the body.