



Spokane Holistic
Healing

Spokane Holistic Healing Client Handout

Pain Relief

Infrared Sauna Therapy

Infrared saunas can help with pain relief in several ways:

1. **Increased Blood Flow:** Infrared heat penetrates the skin and increases blood circulation in the muscles and tissues. This enhanced circulation can help reduce pain by bringing more oxygen and nutrients to the area, promoting healing and easing inflammation.
2. **Muscle Relaxation:** The heat from an infrared sauna helps to relax tight muscles, which can relieve stiffness and reduce pain. This is especially beneficial for people with muscle spasms, joint pain, or chronic conditions like arthritis.
3. **Reduction of Inflammation:** The soothing heat can reduce inflammation in joints and muscles, which is a common source of pain in conditions like arthritis, fibromyalgia, or general muscle soreness.
4. **Endorphin Release:** As you relax in the sauna, your body releases endorphins, which are natural painkillers that improve mood and decrease pain perception.
5. **Detoxification:** Sweating in an infrared sauna can help expel toxins from the body. By removing these toxins, you may feel better overall, and this could indirectly reduce pain, especially if it's related to toxin buildup or inflammation.
6. **Relaxation and Stress Reduction:** Chronic pain is often aggravated by stress, and infrared saunas can help promote deep relaxation, which can reduce the perception of pain.

Overall, infrared saunas are considered beneficial for individuals seeking relief from chronic pain, muscle soreness, joint issues, or even conditions like fibromyalgia. However, it's always a good idea to check with a healthcare provider before using infrared saunas, especially for those with certain health conditions.

Red Light Therapy (RLT)

Red light therapy (RLT) can help with pain relief. Research suggests that red and near-infrared light therapy can reduce inflammation, improve blood circulation, and promote cellular repair, which may help alleviate pain from conditions like arthritis, muscle soreness, joint pain, and nerve-related pain.

Many people use RLT for:

- **Chronic pain conditions** (e.g., arthritis, fibromyalgia)
- **Muscle recovery** (e.g., post-exercise soreness)
- **Joint pain** (e.g., osteoarthritis, tendonitis)



- **Neuropathic pain** (e.g., nerve damage, diabetic neuropathy)

While studies show promising results, effectiveness can vary by individual, and it's best used as a complementary treatment rather than a sole therapy.

Red light therapy (RLT) helps with pain by using low-level wavelengths of red and near-infrared light to penetrate the skin and stimulate cellular processes. Here's how it works:

1. Reduces Inflammation

RLT helps decrease pro-inflammatory cytokines and oxidative stress, which are key contributors to chronic pain conditions like arthritis and tendonitis.

2. Enhances Cellular Repair & Energy Production

Red and near-infrared light stimulate mitochondria (the powerhouse of cells) to produce more ATP (adenosine triphosphate), which accelerates healing and reduces pain.

3. Improves Blood Circulation

By stimulating nitric oxide production, RLT increases blood flow to damaged tissues, which helps deliver oxygen and nutrients while removing waste products that contribute to pain.

4. Promotes Collagen & Tissue Repair

Collagen is essential for healthy joints, tendons, and muscles. RLT stimulates collagen production, helping repair damaged tissues and reducing stiffness.

5. Reduces Nerve Pain & Sensitivity

Studies suggest that red light therapy can help with neuropathic pain (such as diabetic neuropathy or sciatica) by promoting nerve regeneration and reducing inflammation around nerves.

6. Relaxes Muscles & Reduces Spasms

By reducing oxidative stress and increasing circulation, RLT helps relieve muscle tension and spasms, making it useful for conditions like fibromyalgia and post-exercise soreness.

7. Supports Joint Health

For arthritis sufferers, RLT may slow cartilage degeneration and reduce stiffness, improving joint mobility and reducing discomfort.



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While RLT is not a cure-all, it can be a great non-invasive and drug-free option for managing pain.