

New studies show:

Sanarium helps patients with high blood pressure

In Germany, 12 to 15 million people have high blood pressure, which is the central risk factor for cardiovascular disease and continues to be an unsolved medical problem. Now, a surprisingly successful therapy promises these patients a reduction in blood pressure, sometimes to normal levels, without medication of any sort.

The results of a study at the Charité university clinic in Berlin provide conclusive confirmation of the positive effects on high blood pressure patients provided by a special variation of the sauna that is easy on the circulatory system: the Sanarium. The temperatures in the Sanarium, when used for medical therapy, are between 46°C and 60°C (115-140°F), and the relative humidity is between 40% and 55%.

Over the course of two years, Dr. Hans-Joachim Winterfeld observed cardiovascular behavior in high blood pressure patients who made regular use of the Sanarium. Between August 1996 and September 1998, the Charité study director reported documented results for over 40 patients not treated with medication. In over a third of the patients (38%), blood pressure levels returned to normal. Blood pressure at rest and pulse were often significantly reduced by the Sanarium treatment. The clear conclusions of the investigators: regular Sanarium use has a positive influence on reducing high blood pressure (at least two visits a week, two 8-10 minute sauna cycles per visit, sitting at the second level in the cabin).

Sanarium use also considerably improves peripheral microcirculation, the supplying of blood to the vessels in the arms and legs. It is important for any high blood pressure treatment to have patient acceptance. With the new Sanarium use, the results in this regard were excellent: all patients viewed the treatment as positive and demonstrated 100% acceptance of the therapy.

In addition to these exceptional results, Dr. Winterfeld noted a general performance improvement in 60% of the patients and furthermore an improvement in the quality of life (better sleep, increased alertness).

For the cool-down phase after leaving the cabin, the scientists recommend that patients with cardiovascular disorders use a conventional rain-like shower at temperatures between 12° and 14°C (54-57°F). Patients with high blood pressure thus need not avoid the Sanarium, provided they consult their doctors beforehand and adhere to the prescribed schedule. All in all, heat treatment in the Sanarium presents itself as an effective supplementary therapy for high blood pressure patients.

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