

## Infrared Sauna : Another Detoxification Tool

*Recommendations made by Linda Nathanson-Lippitt, M.D.*

You are urged to go into the sauna with your child.

Have plenty of towels with you. Sweat should be blotted off promptly.

Have water to provide both of you with a glass every 5 minutes.

Have a favorite book or game available.

Plan to shower promptly.

Start with 5 minute sessions and build up to :

a) 30 minutes / 50 – 75lbs.

b) 45 minutes / over 75lbs.

Stop if child complains of feeling dizzy or uncomfortable.

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