

# DR. BEN LYNCH

## How-To Sauna Guide

### STEP 1: ONE WEEK PRIOR TO SAUNA

1. Obtain approval from your doctor to sauna, and always consult your healthcare team before adding any dietary supplements to your regimen.
2. Ensure proper hydration for the week prior to your sauna. This requires reduction in caffeine ideally and restoration of electrolytes. Drink filtered water when you wake up and throughout the day. If you wait until you are thirsty, you are already dehydrated. A couple liters a day of water is a good estimate. This amount varies tremendously depending where you live and your lifestyle.
3. Ensure proper sleep for at least a few nights prior to your first sauna. If you're exhausted, you will only get worse from the sauna.
4. Healthy oils. Get some healthy oils in you – cold-water fish oil, primrose oil, olive oil, coconut oil, and ghee are all great. These are needed to protect and build your cell membranes and protect your brain.
5. Eat well. If you're eating terribly and you know it, change it – at least for a few days prior to sauna. If you don't, you'll suffer.
6. Consider taking Optimal Electrolyte – one serving per day – to support your healthy hydration.\*
7. Consider taking Optimal Liposomal Glutathione daily to support your detoxification system.\* Start with a few drops once a day, and work your way up to 1/4 teaspoon taken twice daily – once in the morning and once in the afternoon.
8. Consider taking Optimal Liposomal Vitamin C – one serving per day – to support your immune system.\*
9. If you are fatigued, consider taking the following supplements as suggested:
  - Adrenal Cortex – one serving with breakfast for a few days – cease use if experiencing increased irritability.
  - NADH + CoQ10 – if you cannot get up out of bed in the morning, consider 1/2 to 1 serving taken while still in bed (best taken immediately upon waking while still laying down). If taken, do not take with food and do not eat for two hours after using.



Optimal Liposomal Glutathione	NADH + CoQ10	Optimal Electrolyte	Adrenal Cortex	Optimal Liposomal Vitamin C
Supports healthy detoxification*	Supports healthy cellular energy production*	Supports healthy hydration*	Supports healthy energy levels*	Supports healthy immune system*

[Click here for more information on the supplements referenced in this guide.](#)

### STEP 2: DAY OF SAUNA

1. Upon waking, have a glass of filtered water with one serving of Optimal Electrolyte.
2. Take one serving of Optimal Liposomal Vitamin C.
3. Have a healthy breakfast with protein, fat, and some carbs. A protein smoothie is great – with some veggies and/or fruits, seeds, and healthy oils.
4. Try to skip your caffeine. If you're tired, then consider using NADH + CoQ10 or Adrenal Cortex. Both of these will truly help you in the morning.\*
5. Make sure you get some good quality oils in you – in the smoothie as explained above or if not, then olive oil on your salad. Healthy fats are needed to protect your cell membranes and brain during a sauna.
6. It's best to sauna anytime prior to a few hours of bedtime. If you sauna too late, it may keep you up at night. For others, it may help you sleep. Take a mental note of how you sleep after a sauna and make adjustments if needed.

### STEP 3: THIRTY TO SIXTY MINUTES BEFORE SAUNA

1. Eat a solid snack – but not a full meal. Eat until about 75% full. A blend of protein, fats, and carbs is great.
2. If you own the sauna, turn it on. Start out with a low, dry temperature – around 120 degrees Fahrenheit. Steam, wet, humid saunas are more difficult to tolerate for some.

### STEP 4: JUST BEFORE SAUNA

1. Prepare a liter or more of filtered water. Ideally prepare it in a glass jar with a lid. Have a few gulps.
2. Take a few drops or whatever amount you tolerate of [Optimal Liposomal Glutathione](#) immediately before the sauna.
3. Wear a cotton T-shirt and cotton shorts. This helps absorb some of the sweat which prevents you from reabsorbing chemicals back through your skin. If you like, you may wear a long sleeve T-shirt and light sweat pants.
4. Consider a sauna hat. This keeps the heat off of your head.
5. Weigh yourself. Write it down. You need to weigh the same amount after you are finished with your sauna. If you don't weigh the same, you are dehydrated. You need to drink enough water with electrolytes to get back to your pre-sauna weight.
6. If you don't sweat easily or just don't sweat period, then you need to start sweating. Get on an exercise bike, treadmill, go for a jog, or somehow start sweating. Wearing some warm clothes while exercising will help trigger the sweating. If you still don't sweat, then your autonomic nervous system is not working right – due to toxicity and/or chemical burden. In time, as you sauna, you will start sweating.

### STEP 5: WHILE IN SAUNA

1. Drink before getting thirsty.
2. Either lay down or sit. Try to keep your feet off the floor – especially if it is cold – the contrast while in the sauna is not good.
3. Keep the light on. Do not sauna in the dark as it will trigger the parasympathetic nervous system – and make you more likely to feel faint – especially upon standing.
4. Focus on breathing. Do belly breathing – full breaths.
5. Watch for any sign of feeling 'off' and GET OUT when this feeling comes on.
6. When standing up, be aware that you may be light-headed and dizzy. Stand up slowly and near a wall or railing.
7. The first couple times, only sauna for a maximum of 20 minutes.

### STEP 6: CONTRAST HOT TO COLD

1. Contrast is simply shocking your body from the heat of the sauna to cold. This is a very powerful technique and quite effective.
2. I do not recommend contrast for those just starting out.
3. Contrast is also not recommended for those with asthma, as the fast contrast can trigger an event.
4. I recommend starting to use contrast after two or three sauna sessions – over a period of a few weeks.
5. Full body plunges into a very cold bath is most effective. (Spas typically have these.)
6. The next most effective option is close access to a shower – set it to very cold. Just close your eyes, put in your full body, and imagine the tropics while doing it!
7. Using a bucket of cold water is also pretty effective.
8. If you cannot do any strong contrast, then just do local contrast on your head. Get your head under some cold water.
9. Doing contrast up to three times is great during one sauna session.
10. Only do contrast if you are feeling strong. Do not do them if you feel weak or tired. Only do as many contrast sessions as you feel you can handle. There is no MACHO in who can do more contrasts or stay in the sauna longer. There is STUPID though.



[Click here to watch this fun and informative video tutorial with Dr. Lynch: Sauna Contrast Hydrotherapy.](#)

## STEP 7: AFTER SAUNA

1. Shower with soap and water.
2. Wash your hair.
3. Brush your teeth and tongue.
4. Weigh yourself. If lost weight, drink up the difference with water and electrolytes.
5. Dress warmly and comfortably.
6. Wear socks and a warm hat.
7. Eat a light snack – no dried or cold foods – soups, broths, and/or steamed veggies are great. Don't burden your liver with a high protein, high fat meal after a sauna.
8. Take the rest of the day easy. No more physical activity. Just read, relax, listen to music, or even better – sleep.
9. You likely will continue sweating. If you do, change your clothes before you go to sleep – and ideally take a rinse in the shower before bed.

## TYPES OF SAUNA TO USE

- The most critical points to consider are:
  - no solvents or toxic glues used for construction
  - low volatile oil woods ideally
  - ventilation – vent or fan in ceiling and gaps in door to allow air in and out
  - low EMF for those sensitive
  - light inside
  - no insulation unless natural
- The sauna I currently use: Infrared Saunas by High Tech Health
  - **Massive savings: receive \$500 off** any sauna by High Tech Health when you use code 'drbenlynch'
  - You must call for discount, mention 'Dr. Ben Lynch' when purchasing
  - Choose between the 1, 2 and 3 person saunas (pictured below)



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\*These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure, or prevent any disease.