Heat Therapy
Effects on Insulin Sensitivity

1 in 10 adults in the US have been diagnosed with insulin resistance, better known as type II diabetes.

CURRENT TREATMENTS OF INSULIN RESISTANCE INCLUDE...

what if you could be doing this...

Instead of this

STUDIES COMPARING HEAT-THERAPY INTERVENTION WITH EXERCISE
Has been shown to

- lower insulin resistance
- increase blood flow and vascular function
- have similar health benefits as light exercise

*It should be noted that while heating can have beneficial effects, moderate to vigorous exercise still has greater effects.

Talk with your healthcare provider about incorporating heat therapy with your current treatment(s). It can be as easy as taking a warm bath a few times a week or spend some time in a sauna. With your healthcare provider, monitor your symptoms and progress for any improvement!