

Heat Therapy

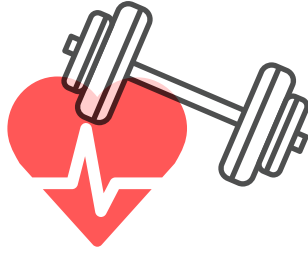
Effects on Insulin Sensitivity

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...

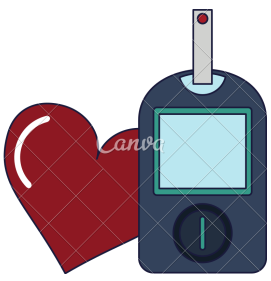


what if you could be doing this...

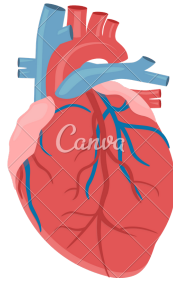


Instead of this

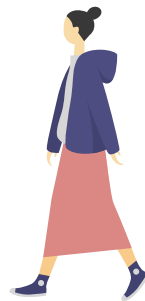
STUDIES COMPARING HEAT-THERAPY INTERVENTION WITH EXERCISE Has been shown to



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!