

# Thermal Therapy against Depression

Suffering from Arrhythmias? Go to Sauna People with chronic heart failure who repeatedly go to sauna experience significant decrease of ventricular arrhythmias. Ventricular arrhythmias are irregularities in contractions of the ventricles—the lower heart chambers that pump blood to the lungs and into the aorta to the rest of the body. Ventricular arrhythmias account for about half of all deaths in people with chronic heart failure...

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