

Far Infrared Sauna and Detoxification

Have you detoxed lately?

No one on this planet is free from toxins as our bodies have become virtual dumping grounds for toxic compounds that invade our air, water and soil. Driving in traffic; drinking fluids out of plastic bottles; various trace medications like statin meds and birth control pill (BCP) found in our tap water ; consumption of inorganic fresh produce that contain pesticides/herbicides; and eating fish from our often times polluted oceans are just some of the ways we pollute our bodies. Even if you try and do all the right things from exercising routinely, eat organic, drink plenty of water, get plenty of sleep it is a struggle to keep clean so to speak.

Toxic heavy metals like lead, aluminum and mercury to name a few come to us from many different sources. They are in medications; adulterations of some over-the-counter vitamin or herbal supplements, breathed from car exhaust and from industrial smokestacks (for those of you in Denver CO area think Commerce city); used in dental fillings and many vaccines. Heavy metals when deposited in our bodies have been known to contribute to ADHD, autism, depression, dementia and congested heart failure. Lead contributes to depression, schizophrenia and lowers intelligence, mercury has been linked to ADHD, depression and dementia. Volatile organic compounds (VOC) from carpets, paints, fire retardants in children's bed clothes also increase the toxic load. Although many plastics represent themselves as safe because they are BPA free (Bis-phenol A) they still contain phthalates and other compounds never tested that add to the bodies burden.

Also consider other consumable compounds such as artificial sweeteners, preservatives and pesticides that can create a burden to our detoxification abilities. These include common compounds in foods like added nitrates and nitrites, benzoates, and sulfates. When the body is burdened and challenges the body's own mechanisms to detoxify through respiration, skin, elimination and the liver it can make it difficult to safely metabolize your own natural products such as hormones and neurotransmitters. Estrogens and other hormones when poorly metabolized can cause estrogenic type cancers especially when there is a genetic component such as family history. Having the increased risk of these types of

genetic predispositions combined with a body that is burdened can trigger an undesired genetic expression.

Other possible conditions caused from various toxins and a burdened detoxification system are autoimmune diseases such as multiple sclerosis, Guillain-Barre syndrome and lupus (SLE). When chemicals and heavy metals create the condition of chronic toxic overload, enzyme dysfunction, nutritional deficiencies, hormonal imbalances, and damaging brain chemistry can result. Common toxicity symptoms are: allergies, acne, anxiety, brain fog, chronic fatigue, chemical sensitivities, depression, eczema, frequent colds/flu or the "feeling of being sick all over", insomnia, loss of dexterity, low body temperature, cognition and personality issues, muscle and joint pain.

Congested heart failure has been linked to heavy metal toxicity. Read the article from Sherry Rogers, MD below for more on this. I have also supplied two links of many discussing a connection.

DETOXIFY OR DIE BY DR. SHERRY A. ROGERS, M.D. (Excerpts) The Superior Sauna -- -- --

F I R S (Far Infrared Sauna) pg 199

<http://betteryouspa.com/DETOXIFY-OR-DIE-SRODGERS-EXCERPT.pdf>

<http://ajpheart.physiology.org/content/286/2/H479.short>

<http://ajpheart.physiology.org/content/239/1/H22.short>

A good link for information on chemical toxicity is the Mount Sinai website detailing toxic burden especially on children. <http://www.mountsinai.org/patient-care/service-areas/children/areas-of-care/childrens-environmental-health-center/childrens-disease-and-the-environment/environmental-toxins>

Infrared Sauna is always best when combined with a healthy diet, clean and purified water and plenty of rest. Supplementation of some micronutrients especially minerals to support your detoxification pathways is recommended. Natural chelators that bind and pull out of the body through elimination are often used to support you during sauna therapy too.

Summary of Benefits for Infrared Sauna Therapy

- **Enhanced immune health:** A typical sauna session will cause a brief 1-3 degree increase in body temperature. This may not sound like much but is significant. Think about when you have a fever in response to a bacteria, microbes or some type of infection it is how your body boosts its immune defense. An increase in white blood cells is released signaling your immune response.
- **Improved cardiovascular health:** The body's natural response to heat is to cool itself by diverting blood from the internal organs to the extremities and the skin. This also increases heart rate, cardiac output and metabolic rate.
- **Lowers HBP (high blood pressure) and increases lymphatic flow and blood circulation.**
- **Relieves stress:** by facilitating expansion of capillary vessels and improving circulation and resulting in reduced autonomic nervous system demand reducing the bodies perceived stress levels.
- **Weight loss:** by effectively reducing heavy metals leading to metabolic imbalances in the body and poor digestion contributing to weight gain, decreasing fat stored toxins, and increasing metabolism potentially increasing as much as 600 extra calories burned in one short session.
- **Other benefits:** for men who experience ED (erectile dysfunction) the benefits of increase blood flow a

Sweat your way to a healthier heart - and a better sex life - in four weeks or less

By Jonathan V Wright, M D

http://sterlingheatsauna.com/doc/sauna_heart_wright.pdf