

# Infrared Sauna and Detoxification

## Do you think you avoid toxins?

No one on this planet is free from toxins. Our bodies have become dumping grounds for toxic compounds that invade our air, water and soil. Even if you try and do all the right things; exercising routinely, eating organic, drinking plenty of water, getting quality sleep, keeping our bodies clean is a struggle. Infrared saunas are the super-hero's in detoxification.

Toxic heavy metals such as lead, aluminum and mercury, to name a few, hide in many sources. Found in medications; over-the-counter vitamin or herbal supplements, inhaled from car exhaust and industrial smokestacks (people familiar with Denver, CO know the refinery odor in Commerce City); concealed in dental fillings and many vaccines and leaching into our food from cans and non-stick coatings. Volatile organic compounds (VOC) from carpets, paints and fire retardants also increases the toxic load. Heavy metals such as lead and mercury in our bodies can contribute to ADHD, autism, depression, schizophrenia, dementia and congested heart failure. Spend some time in the infrared sauna to release those heavy metals.

Many plastics misrepresent themselves as safe, claiming they are BPA free (Bis-phenol A). However, they still contain toxic phthalate along with other compounds not even tested for yet. Heated plastic (such as water bottles left in the car) releases a toxin known to trigger cancer growth, especially in breast tissue. The infrared sauna can help purge those toxins.

When chemicals (artificial sweeteners, preservatives and pesticides) combined with heavy metals create chronic toxic overload it can result in; enzyme dysfunction, nutritional deficiencies, hormonal imbalances and damaging brain chemistry. An over-burdened detoxification system can also elicit autoimmune diseases such as multiple sclerosis, Guillain-Barre syndrome and lupus (SLE). Nitrates and nitrites, benzoates, and sulfates challenge the body's mechanisms to detoxify through respiration, skin, elimination and the liver. Estrogens and other hormones when poorly metabolized can trigger estrogenic-type cancers. Especially when there is a genetic predisposition.

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, clumsiness, low body temperature, cognition and personality issues, muscle and joint pain. Yet, so many don't realize the 'cure' is a simple matter of detoxification.

Infrared Sauna therapy is best combined with eating a healthy diet, drinking plenty of clean and purified water and maintaining consistent bedtimes for quality sleep. Supplementation with minerals and micronutrients to support detoxification pathways is recommended. Natural chelators that bind and assist toxin removal through elimination are also encouraged.

Step into an infrared sauna and step up to better health. Unlike conventional saunas, the infrared waves penetrate tissues up to three inches deep, encouraging the release of toxins. Regular sweat-inducing heat just releases toxins from the pores and through the sweat glands.

## Summary of Infrared Sauna Benefits

- **Speeds muscle** recovery after exercise and overuse.
- **Enhanced immune health:** A typical sauna session will cause a brief 1-3 degree increase in body temperature. Just like a brief fever it causes an immune response, increasing white blood cells to fight infection.
- **Improves cardiovascular health:** The body cools itself by diverting blood from the internal organs to the extremities and skin. Increasing heart rate and cardiac output.
- **Increase metabolism:** reduces heavy metals and fat-stored toxins leading to metabolic imbalances and poor digestion. One session burns an extra 600 calories.
- **Lowers high blood pressure** and increases lymphatic flow and blood circulation.
- **Relieves stress:** expands capillary vessels and improves circulation (resulting in reduced autonomic nervous system demand) reducing perceived stress levels.
- **Alleviate:** Allergies, acne, anxiety, brain fog, chills, chronic fatigue, chemical sensitivities, clumsiness, dementia, depression, eczema, frequent colds/flu, insomnia, muscle/joint pain. Improves ADHD, autism, and congestive heart failure.
- **Improve relationships:** for men who experience ED (erectile dysfunction) the increased blood flow and improved cardiovascular health should reap benefits in the bedroom, too.
- **Simple to Use:** Bring 3 towels (to protect the raw wood), a non-spillable glass or metal water bottle (stay hydrated), lightweight sweat clothes to wear in the sauna. You can wear headphones, read, meditate or chat with a friend until your time is up.

Helpful articles/links:

**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>

**Link from 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>

**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](http://sterlingheatsauna.com/doc/sauna_heart_wright.pdf)