

## DETOXIFICATION

**Sweating is the body's safe and natural way to heal, stay healthy, and detox.**

- Sweat carries toxins out of the body and pushes it through the pores.
- Sweating helps the body release heat and keeps your internal core temperature as consistent as needed.
- The average person has 2.6 million sweat glands. Sweat glands are distributed over the majority of the human body.
- Skin is the largest organ in the body and it plays a significant part in the detox process.

Detox from a Far Infrared Sauna is 7 to 10 times greater than conventional saunas because it operates more effectively at temperatures 60 to 80 degrees lower than conventional saunas.

In a Far Infrared Sauna, the average person sweats out 20% toxins and 80% water! In conventional saunas the average person sweats out 3% toxins and 97% water.

—*Far-Infrared Technologies that Harness the Sun, Valerie Free*

*"The most important breakthrough today for **detox** and health is to do daily far infrared saunas. Heat therapy is probably the most important avenue for detox for abundant health today."*

—David Steinman, Publisher of *Healthy Living* and author of "*Safe Trip to Eden: Ten Steps to Save the Planet Earth from the Global Warming Meltdown*" and "*Diet for a Poisoned Planet – the 21st Century Edition*"

### **What is Detox?**

- **Detox** can be used as a tool to help relieve symptoms AND as a preventative tool to increase overall health, vitality, and resistance to disease.

- **Detox** is a widely used treatment and concept in alternative medicine. The leading detox principle is that illnesses can be caused by the build-up of toxic substances – or toxins - in the body.

## Why Detoxify?

Detox can be helpful for people suffering from diseases and conditions, including:

|           |                  |                     |
|-----------|------------------|---------------------|
| Allergies | Depression       | Low blood sugar     |
| Anxiety   | Headaches        | Digestive disorders |
| Arthritis | Heart disease    | Mental illness      |
| Asthma    | High cholesterol | Chronic infections  |
| Obesity   | Cellulite        | Muscle spasms       |

**Detox** therapy is also useful for those suffering from immune system problems that including chronic fatigue syndrome, environmental illness/multiple chemical sensitivity, and fibromyalgia.

The United States Centers for Disease Control estimate that over 80% of all illnesses have environmental and lifestyle causes.

Therefore, **detox** has also become a prominent treatment as people have become more aware of environmental pollution.

For example, it is estimated that one in every four Americans suffers from some level of heavy metal poisoning, including mercury, lead, cadmium and aluminum.

Toxins in the body also include chemical pollutants such as pesticides, DDT, PCB (polychlorinated biphenyls) and food additives. Drugs and alcohol also have toxic effects in the body.

*Source: Sweat It All Out; How Stuff Works; Zane R. Gard, MD & Erma J. Brown, BSN, PhN TlfDP, October 1992*