

FIR Sauna Vs. Toxins and Disease

Excerpt From the book, “Detoxify or Die” by Sherry A. Rogers:

“A sauna used to be thought of as a luxury. Studies now confirm that diet and environmental chemicals cause 95% of cancers. Furthermore, as the first generation of man exposed to such an unprecedented plethora of daily chemicals, we have learned that stored or undetoxified chemicals can mimic any disease. ‘Incurable’ chronic diseases that were thought to have no known cause often disappear once toxic chemicals are gone. Since the far infrared sauna is the safest, most efficacious and economical way of depurating stored toxins, this makes it a household necessity.”

Sherry Rogers, M.D., Northeast Center for Environmental Medicine - internationally known expert in environmental medicine and author of; Detoxify or Die, and Tired or Toxic?

The Secret of Sweat

So here we are riddled with disease-producing toxins and piling on more each day. Inevitably the axe will fall. But what if we could get rid of these toxins? What if we could have a body that only had the toxins we had accumulated up until 20 years ago, or better yet at age 16? What if we could get rid of our lifetime burden of toxins or even just turn the hands of time back a couple of decades?

I have followed hundreds of patients who used the oral, non-prescription mercury detox cocktail to get rid of mercury aluminum, cadmium, arsenic, and other heavy metals. But what about the cancer-causing PCBs and the multitude of plastics and pesticides with all sorts of chemical configurations that the body has no way of metabolizing? What about all of the newly synthesized dangerous chemicals that firemen, for example, are exposed to when these plastics and pesticides burn, creating new compounds that have never before been seen by man? None of these chemicals are removed by chelation or any drug. (Chelation therapy is used as a treatment for acute mercury, iron, arsenic, lead, uranium, plutonium and other forms of toxic metal poisoning. The chelating agent may be administered intravenously, intramuscularly, or orally, depending on the agent and the type of poisoning.)

In the 1970s a controversial gentleman named L. Ron Hubbard designed a sauna program that enabled drug addicts to detoxify. He reasoned that folks were never addicted until they had taken drugs. And the more they took, the more they craved. He thought if he could get the drugs out of the body (the unmetabolized residues), the addict would no longer crave. He published his brilliantly successful program in his book *Clear Body Clear Mind* in 1990. Shortly after the results of the program were known, physicians from many specialties realized that this program might also be adapted for getting rid of all sorts of other types of chemicals, thereby restoring health in an endless variety of diseases (Kilburn, Schnare, Roehm, Rea, Root, Tretjak, Tei).

Sauna Proven in the Toughest, Most Resistant Cases

I always say, if you want to prove that a new medical therapy works, pick the most recalcitrant, impossible to treat conditions. For if it is a success on those cases, everything else is bound to be a "piece of cake". And that is exactly what folks have done with the sauna. By getting rid of years of drug residues in addicts, Hubbard freed them from their cravings and addictions, impressively lowering recidivism. Drugs are metabolic poisons, damaging the normal function of the body. Only when years of drug residues have been reduced are folks freed from the plague caused by the slow leeching out of sub-therapeutic doses of stored drugs and toxins. For these trace amounts unmercifully trigger cravings, reminding them that they need a higher dose to block out all feeling. For addicts it is imperative to get rid of all drug residues in order to cure their cravings and addictive behavior. This includes alcohol, cigarettes, and prescription drugs.

But proof only began there. One of the worst occupations for bizarre chemically-induced or toxic symptoms is that of a fireman. This is because when modern home and commercial furnishings and construction materials burn, they release even more damaging chemicals whose carcinogenic potential has become magnified. Not only does burning of a multitude of phthalates and other plasticizers, PCBs, dioxins and related compounds create chemicals that are many fold more toxic, but when they are inhaled in massive amounts by fireman, it gives them as high a level as if they had had it by IV.

These chemical concoctions have caused the most difficult to diagnose and treat disorders, especially of the brain and the nervous system. But researchers using Hubbard's protocol (Kilburn) were able to accomplish what medicine was paralyzed in accomplishing. They restored these toxic firemen to normal once they got rid of their tightly stored chemicals. A sauna program is still the only known way of getting rid of these 20th century man-made chemicals.

Using Hubbard's protocol, other researchers (Schnare, Roehm) cleared people of PCBs and pesticides as well as Agent Orange (dioxins). These were folks who had undiagnosable and unbeatable symptoms, totally resistant to all therapies that medicine could offer. But the Master Planner, left one route for us to unload a lifetime of damaging, disease-producing chemicals: **SWEAT**.

Residents of Michigan gave us a huge amount of scientific information when a PCB-laden cancer-causing fire retardant was accidentally put into animal feed, contaminating their entire dairy industry, milk and cheese, statewide, forever (Wolff). Studies six years later, showed that Michigan residents and folks from over 25 other states who also got the PCBs hidden in their dairy products did not get rid of those nasty PCBs. The body does not have the chemistry to do so. Even in the soil these chemicals are what we call persistent environmental poisons. But those who did use a sauna were able to eliminate the PCBs as well as other stored toxins from their bodies. The truth is we have all eaten foods from Michigan and have slowly bioaccumulated these and hundreds of other similar toxins that are known as some of the most powerful inducers of cancer in existence. Remember, EPA studies show 100% of humans harbor PCBs, one of the most potent causes of cancer known to man.

But the proof for the magic of sauna detoxification does not end with drug addicts, fire fighters, Vietnam vets, pesticide pilots, or consumers of polluted dairy. Other researchers and clinicians studied workers accidentally contaminated from occupations as diverse as electricians to farmers. Meanwhile, machinists to office workers also had their lives saved, as serious conditions that medicine was powerless to help were reversed through the use of sauna.

Then there are my hundreds of patients with severe chemical sensitivity, saddled with just about any symptom you can think of, who have traveled the world in search of how to get well. When exposed to simple everyday perfumes, fabric softeners, carpets, pesticides, malls or traffic fumes, they were left unable to think or in total body pain, as examples of hundreds of symptoms. Some were referred to the specialized environmental units like the Environmental Health Center of Dallas, (Dr. William J. Rea) or to North Charleston, South Carolina (Dr. Allan Lieberman) and then returned home to continue saunas for life.

Dr. William Rea, medical director of the Environmental Health Center, Dallas, receives the most difficult to treat cases in the world, cases for which there is no more hope and many of whom are physicians themselves. By now you are getting the idea that whenever you hear a disease is "hopeless", it merely means no one has looked for the underlying cause, nor have they been committed to getting rid of it. For this is why Dr. Rea's program has been so successful, because he does just that. And sauna is an integral part of it.

In fact Dr. William J. Rea has treated literally thousands of patients with nearly every diagnosis, incorporating this technique into an all-encompassing environmental medicine program. Because these patients come from all corners of the world, are desperately ill and have all exhausted everything that modern medicine has to offer, getting rid of their underlying chemicals is crucial to their healing. In fact when physicians knowledgeable in finding the causes of disease are totally stumped and do not know what else to do for seriously ill patients, they often send folks (and themselves) to this unique center.

These people are so full of chemicals and their detoxication pathways are so damaged, that often they will need one or more months of detoxication saunas at the unit to be followed by months and years of saunas at home.

In one study by Dr. Rea, 210 patients with a variety of symptoms did only one or two 40-minute sessions a day for one month. Even a program this short with people for whom medicine had nothing more to offer yielded impressive results. Within one month 63% measurably decreased their levels of toxic chemicals and 31% improved their symptoms. Clearly, sauna is the only proven method for depurating a lifetime burden of xenobiotics producing "incurable" symptoms.

The Superior Sauna —FIRS (Far Infrared Sauna)

Not everyone could tolerate traditional saunas. In fact I was one who could not even spend five minutes in one. For starters, as you have learned, the nervous system is one of the most commonly damaged areas of the body. Many of us just plain had broken, poisoned, thermostats and could not tolerate high heat. I sprayed herbicides (atrazine) on our farm and my autonomic nervous system became damaged. For decades, whenever I got overheated, I would never sweat, but just remained bone dry and beet red. If I tried to go in a sauna I couldn't stand it even five minutes, feeling like I would go crazy. Many people experience this because of a damaged autonomic nervous system, especially those with multiple chemical sensitivities, chronic fatigue, MS, and fibromyalgia.

And then there are heart patients who are notoriously intolerant of heat. The newspapers predictably report on the numbers of heart patients who die whenever there is a heat wave. Consequently, heart patients and especially those in congestive heart failure would be the last people on earth you would want to put in a sauna. So what do you do when the worse the poisoning, the less chance you have of tolerating a regular high heat sauna? What is the best way to get rid of toxic chemicals including pesticides, heavy metals and hydrocarbon

residues when you cannot tolerate a traditional sauna? When a sauna makes you feel weak, sick, have a fast heart rate, faint, dizzy, panicky, headachy or just plain miserable, what is the solution? The **far infrared sauna**. Thanks to improved technology, the far infrared sauna is far safer and infinitely more tolerable, because it uses a heat energy that penetrates tissues, triggering mobilization of chemicals from subcutaneous fat storage, directly into the sweat. This activating penetration allows for a much lower overall temperature to be used (as I'll show you later), one that is enjoyable and not torture.

But more important, you haven't forced the body to bear very high temperatures (160 degrees and higher), pulling chemicals back into the bloodstream where they can duplicate original symptoms. Instead they slip out the back door, so to speak, from just under the skin storage directly into the sweat. Over weeks and months there is an equilibration, where chemicals that were stored in other organs slowly and safely disseminate throughout the body and eventually empty into subcutaneous fat. It is the chemical load that is stored beneath the skin that is the main area activated by the far infrared sauna.

Another thing I always worried about in a conventional sauna, even for the few brief moments I could stand one, was the fact that my eyeballs burned so much. I couldn't believe that intensive heat on my corneas was good for them and feared triggering cataracts. To my knowledge, no studies have ever been done on this, but this high temperature on the eyeball and lens cannot be good for them. It's unphysiologic. Anyway, I do not get that type of eye pain in the infrared sauna, only profuse sweating. And that is just the effect you want in order to release a lifetime of toxins from body storage.

The body gets rid of stored chemicals in stool, urine or sweat. The sweat route requires no drugs and is the most efficient and natural (man used to physically work and sweat before computers were invented). As the oldest of eight children, I used to hesitate to recommend something as expensive as a home sauna. I was looking for treatments that were natural, inexpensive and definitely not high tech! But when you realize the lifelong incapacity and expense of diseases such as chronic pain syndromes, heart disease, chemical sensitivity, chronic fatigue, fibromyalgia, migraines, Alzheimer's, cancer or any others caused by chemical toxicity, a sauna is cheap. Let's face it: *high-tech pollution requires high-tech solutions*.

(1) Just add up the time and money you wasted getting diagnosed. (2) Or add up the cost for a year of prescription medications and you will have paid for it. But its advantages do not end there. (3) Once you have it, it's yours to use forever, for the world will never run out of ways to poison us. (4) The whole family can use it. (5) It is not only capable of providing the primary "cure" or solution for your current medical problem, but can free you from symptom-producing medications. Since we are continually being bombarded by new chemicals every day, it is a tool to keep you "cleaned out" for life. It is a win-win situation.

I'm convinced that the far infrared sauna is something that everyone should do to restore health, and then continue to do on a less frequent basis to maintain the "cleaned out" state for the rest of their lives. It's therapeutic as well as prophylactic.