

Pollution kills hundreds this Year in Toronto

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If you've ever thought this city is killing you, you may be right. Toronto's Public Health Department has declared that 1,700 people in the Greater Toronto Area died last year from air pollution. A further six thousand were admitted to hospital due to common contaminants that we breathe in our everyday air.

The problem is growing worse. Four years ago, only 1,000 deaths were attributed to air pollution.

While many people head for the suburbs to escape the polluted air, there may be less relief there. A study published last month reports that people in Los Angeles who live in the suburbs are more likely to complain of high blood pressure, arthritis and breathing difficulties than people living in cities. The researchers believe the difference is that people walk less and drive more, spending more time on highways.

The studies might leave a city-dweller feeling helpless. But the studies fail to mention that there is one sure and easy way to prevent damage from daily exposure to pollution – sweat out the toxins. Heavy exercise will promote sweat, and even more effective is sauna therapy.

Sauna use goes back centuries but excellent studies over the past few decades document just how effective saunas are against modern pollution.

Dr. Jozef Krop, author of "Healing the Planet - One Patient at a Time," did some of the earliest published studies in North America on healing people through sauna therapy. He successfully treated a teenage girl who was suffering from asthma and respiratory infections. After years of conventional medicine that left her dependant on steroids, and even attempts at alternative therapies, she was finally healed in a sauna.

"Sauna therapy is very, very good for detoxification," says Krop. "There new Far Infrared saunas are even better than traditional saunas because you can put people inside who are much more sick. This is fantastic for asthma."

Krop is referring to the low heat employed by the Far Infrared sauna. It uses ceramic heaters and runs about 45-50C instead of 80-90C in a regular sauna. The sweat glands are triggered before the core body temperature goes up, and the person sweats profusely while breathing comfortably.

Studies show that sauna therapy can even remove toxins that have been stored for years. In her book "The Complete Natural Medicine Guide to Breast Cancer," Sat Dharam Kaur ND, refers to a

report of a Vietnam War veteran exposed to Agent Orange (dioxin) who was placed on a five week program of saunas and nutrients. Even after such a short time, a fat biopsy showed a 97% decrease in levels of PCB's and DDE.

Once pollutants get into the lungs they moved into the blood stream and filter through the liver which detoxifies what it can. The rest is stored in cells, often fat cells, which is one reason why women's breasts are a target of toxins. Sat Dharam Kaur recommends women use Far Infrared saunas to remove toxins in the fat cells. Any sauna will help, but far infrared heat penetrates more deeply for detoxification.

There are other therapies, including chelation, that can effectively remove lead and other heavy metals from our bodies. But only sauna therapy is effective against the full spectrum of toxins clogging our cells. According to the United States Environmental Protection Agency, 100% of Americans have toxins including styrene, PCB's and dioxins in their cells. Sweating will remove all of these as well as chemical and pesticide residue.

Even though city-dwellers might feel trapped by modern pollution, we can keep our bodies healthy by turning to an ancient tradition - a long sweat.