

Men's Toxic Health and Sauna Therapy

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Some of the most disturbing and growing problems in men's health today may be caused by an innocent looking toxin we ingest by mistake: Plastic.

For more than thirty years plastic has steadily replaced glass as the primary container of our food and drink. The problem is that plastic is not inert. Tiny particles escape into the air between the plastic and food, and we eat it. The U.S. Environmental Protection Agency says each of us eats a measurable amount of plastic every day.

Researchers, including American doctor Sherry Rogers, believe plastics and their binders, "phthalates" have caused an unrecognized epidemic in North American men.

"These same phthalates could contribute to undescended testicles in a newborn, infertility in a 22 year-old, testicular cancer in a 32 year old, a heart attack in a 42 year old or prostate cancer in a 62 year old man," writes Rogers in her hit book "Detoxify or Die."

The epidemic remains unrecognized because there is no single disease caused by it. When one thing causes so many ailments, she says, it confuses the scientific system set up to red flag dangerous toxins.

"We're all toxic just from the food we put on our table," says Dr. Jozef Krop of Mississauga. Dr. Krop is author of "Healing the Planet – One patient at a Time" and a pioneer in sauna therapy, dating back to 1987 when he published the results of treating patients with chemical toxicity by sweating out heavy metals and other toxins.

Krop has treated ailments ranging from chronic pain to mental depression by having the patient sweat toxins out through the skin.

He's also among the scientists who have understood for some time that plastics can mimic estrogen affecting female health with a range of disorders, from early-onset menstruation in 8 year olds, to endometrial cancer in adults. Now they are realizing that men of all ages are also suffering from this microscopic poison.

From birth we drink plastic leached from baby bottles, plastic leached from our milk bags and spring water, we store our leftovers in plastic and eat fast food out of plastic Styrofoam or styrene. Studies dating back twenty years show that 100% of Americans have styrene in their fat cells (US-EPA 1984-87). The problem is that the liver has no way to detoxify plastics and they ultimately disrupt hormones.

The only proven way to get plastics out of our bodies is by sweating. The most powerful way to sweat according to Dr. Rogers and a growing number of doctors is in a Far Infrared Sauna. These specialized saunas have been used in Asia since the late 60's and have more recently been introduced in North America.

The FIR Sauna, as it is known, is different than a traditional sauna because it operates at lower heat. It employs ceramic heaters which emit heat at the Far Infrared wave-length. Since our bodies vibrate at this same wave-length, the heat penetrates more quickly, causing the sweat glands to react before your core body temperature rises to an uncomfortable level. This allows you to stay in longer and sweat more.

They are affordable, convenient and effective. Medical doctors in Toronto are starting to use them in their clinics. They have discovered the environmental toxins move out swiftly and effectively by attaching to little droplets of sweat, and are then wiped off the skin.

In a recent interview about men's health Dr. Rogers pointed out that "phthalates or plasticizers have an affinity for the testicles, which accounts for the ever worsening levels of testosterone in American males. And it is no surprise that the average American male is producing 30% less testosterone than 20 years ago, and it is getting worse."

Dr. Rogers goes on to say that, "detoxifying the phthalates can tremendously boost the effectiveness of your own thyroid and hormone production. Phthalates are known to block the receptor sites for thyroid. The average human consumes 210 mcg of phthalates, as from everyday plastic wrap on foods

Another benefit from sweating out plasticizers is that people find they can finally lose weight. "Plasticizers, or phthalates poison pathways for leanness," says Dr. Rogers. "The only proven way I know of to get plastics out of the body? The Far Infrared Sauna."

FIR Sauna use also helps to decrease the lipophilic or "fat-loving" toxins in our bodies. This frees the body to remove cellulite and lose weight more easily under a normal weight loss program. Sitting in a Sauna and sweating for 30 minutes burns up to 600 calories according to the Journal of the American Medical Association.

And studies done at the renowned Mayo Clinic in Minnesota have proven that FIR Sauna can turn around even the worse cases of "untreatable" heart disease.

The problem today is that even the most physically fit men are bombarded by chemicals, plastics and toxins from so many sources, that our bodies can't keep up even if we sweat through exercise three times a week.

Health clubs are beginning to install the infrared sauna systems, as are massage therapy clinics and beauty spas. An intensive detox program would include at least four

saunas a week, which can also be accomplished in the comfort of your home with a more portable FIR Sauna.

The only caution upon entering an FIR Sauna detox program is to boost your body with all the good vitamins and minerals that are sweated out along with the toxic heavy metals, plastics, and pollutants from the air. And naturally, consult your health care practitioner before beginning any intensive detox program.