

## **New Type Of Sauna Can Sweat Out Toxins – And Fat**

By Patricia Naylor:  
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Last year a Canada-wide survey gauging attitudes of Canadian high-school girls set off alarm bells. More than seventy percent of teen age girls in Canada are either on a diet or think they should lose weight.

At the time media reports focused on the colossal lack of self esteem in these girls who are perpetually dissatisfied with their own bodies. But what was missed is a strong possibility that a huge proportion of that demographic is actually overweight and toxic – meaning they are unable to lose weight until they first detoxify.

The teenagers are large consumers of fast food which comes wrapped in plastic and styrofoam. Tiny amounts of the packaging leech into the food and cannot be fully detoxified by our bodies. According to U.S. government studies, the average human consumes 210 mcg of toxic phthalates from everyday products like plastic wrap on foods, as well as plastic from water and soda bottles - including re-hydrating sports drinks. A quick rule of thumb is, if the food stains the container, the container is staining the food.

Since human bodies are not built to digest these plastics our livers push the toxins into our fat cells for storage. Fat cells then become clogged with toxins that can damage the thyroid gland and endocrine system, disrupting metabolism and inhibiting weight-loss. They are known as lipophilic, or “fat loving” toxins.

The United States Environmental Protection Agency published studies in 1984 and again in 1987 showing that 100% of Americans (and thereby Canadians as well) have toxins in their fat cells including styrene, dioxin, xylene and dichlorobenzene. Overweight teenagers may simply be toxic through no fault of their own.

This year the Canadian group Environmental Defence published two studies showing that both adults and children carry dozens of toxins in their bloodstreams. Many of them have been banned for years but still persist in our environment. It is further evidence that our bodies are accumulating an unprecedented amount of chemical pollution.

The U.S. Centers for Disease Control published a study in 2003 showing that plastics are the highest body pollutant we have. Higher than PCBs or Dioxins by 100,000 times.

The plastics, in particular phthalates which are the chemical binders within plastic, act as hormone disrupters which have been linked both to breast cancer, and the early onset of menstruation in girls. Dr. Sherry Rogers, one of America’s leading experts on environmental toxins in the body says this is not only a problem for girls.

“Phthalates or plasticizers have an affinity for the testicles, which accounts for the ever worsening levels of testosterone in American males,” said Dr. Rogers in a recent interview. “And it is no surprise that the average American male is producing 30% less testosterone than 20 years ago, and it is getting worse.”

When teenagers congregate at fast food restaurants or eat junk food from the corner store, which they do in droves, they are ingesting a significant amount of phthalate which could stay in their body forever. Even eating well or eating organic food can still bring you a steady diet of toxins from plastic yogurt containers, plastic wrap on vegetables, fruit, meat and cheese. From infancy children consume phthalates leached from the plastic walls of their baby bottles.

Since the liver cannot process them, the only method of eliminating these particular toxins is by sweat. The most effective route even for teenagers is in a sauna, and the most comfortable for both young and old is in the relatively new Far Infrared sauna. People sweat at lower temperatures and can comfortably stay inside the sauna for a half hour which is difficult in a traditional high-heat sauna. The longer sessions allow people to sweat more and to detoxify when these poisons are literally carried out onto their skin via sweat.

People can eliminate 80 percent of their life long toxic build up by sweating for only 100 hours in a sauna. This critical information is in a new book called “The Complete Natural Medicine Guide to Women’s Health” by Dr. Sat Dharam Kaur, ND of Owen Sound, Ontario, and co-authored by Medical Doctors Mary Danylak-Arhanic and Carolyn Dean. (Published by Robert Rose Inc., distributed by Firefly Books Canada)

“Imagine losing that much of our life-long toxins in three months,” said Dr. Kaur recently in Toronto, while on a tour promoting her latest of three books on women’s health. “It’s like diffusing all those time bombs that build up in our fat cells and are so definitively linked to Cancer.

Kaur is currently conducting a clinical study along with Dr. Gordon Ko of the University of Toronto Medical School. They are attempting to measure how much toxin is released from the body after several months of sauna therapy. The study is sponsored by SaunaRay Inc., a Canadian manufacturer of medical grade saunas.

These F-I-R saunas utilize ceramic heaters which allow the heat to penetrate under the skin more quickly and trigger the sweat glands to start working before the core body temperature goes up. The result is a comfortable session in a warm room that causes you to sweat like a marathon runner while sitting still. Dr. Kaur, a noted breast cancer specialist, has one in her office and puts most of her patients through an aggressive sweat-therapy program.

Sauna therapy also promotes weight-loss at 600 calories per half hour (according to the Journal of the American Medical Association) and promotes a cleaner and healthier skin

due to all that perspiring. The caloric consumption is from the energy burned during the action of sweating.

While F-I-R Sauna has been a tool of forward thinking complimentary doctors for years, now even beauty spas are installing them for the leisure market.

“I was using it myself and I lost so much weight and my skin looked so great that my regular clients wanted in on the secret,” says Debra Allen of the Prana Wellness Center in the Forest Hill neighbourhood of Toronto.

The Toronto Public Health Department states that daily air pollution in Toronto is so bad that 1,700 people died from it last year. A further 6,000 were hospitalized.

Allen at Prana Wellness is now offering the FIR Sauna for “urban detox” which she believes to be an essential part of living in any city for young and old.

“It’s how people are adapting to all this pollution,” says Allen. “If it helps you lose weight and look great, that’s fine. But really we all need to get rid of the toxins we get just from living in the modern world.”

Teenagers or anyone embarking on serious sauna detoxification would benefit from working with a fitness professional to ensure they replenish nutrients lost along with toxins in the sweat.

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