

## Sauna Proven in the Toughest, Most Resistant Cases

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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.

In addition, the accompanying nutritional program has corrected long-standing deficiencies that also trigger addictive behavior, fatigue and a myriad of symptoms. For when it comes right down to it, chronic drug addiction has two causes: nutrient deficiencies which cause cravings and stockpiled unmetabolized drug residues that slowly leach out and cause cravings. That's why drug pushers give so many freebies, because once you get it in your system, it is difficult to resist wanting more, depending upon each individual's chemistry. The trick is to be smart enough to never take the first dose.

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 times 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!

Other clinicians reaffirmed the benefits of detoxifying saunas when, as a result of accidents involving pilots who did aerial spraying of pesticides, these men were also cleared of life-threatening symptoms.

Likewise, 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).

Clearly, we have trashed our bodies.  
Luckily, you have the power to reverse that.

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, just 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 saunas 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, [www.EHCD.com](http://www.EHCD.com)) 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.

Alcoholism is a biochemical disease, not a lack of will power. And curing it requires

- correcting fatty acids, amino acids, vitamins, minerals, and orphan nutrients, plus
- removing toxic residues of drugs, alcohol, and other chemicals that damage normal function of brain chemistry responsible for pleasure sensation.

In fact, Dr. William J. Rea, Medical Director of the American Environmental Health Center in Dallas Texas, 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 (Rea). 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.

As lifesaving as sauna programs are however, there was a problem with saunas. Not everyone could tolerate them. In fact, I was one who could not even spend five minutes in a *regular high heat sauna*. 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?

## Far Infrared Sauna Cures the Most Mysterious Cases

The bottom line is that folks with the most severe forms of heart disease and resistant to all medications, tolerated the Far Infrared Sauna with no side effects. Most importantly, it improved their heart health in this Mayo Clinic study within 3 short weeks. Of course, it is recommended to continue longer, say a year of daily or every other day sauna treatments for an hour or less to more completely lower stored chemicals that cause disease. Then it is necessary to do them at least once a week for life, since the world will never run out of ways to poison us.

It should not surprise you by now that mysterious joint pain in war veterans exposed to Agent Orange also disappeared, as did a host of other pain syndromes. Schnare of the U.S. EPA (Environmental Protection Agency) also showed that not only did sauna reduce body levels of HCB (hexachlorobenzene) and PCBs (polychlorinated biphenyls) in electrical workers, for example, but it did this even though the men were continually exposed at work.

This is important because it means that if your livelihood depends on an occupation with continual exposures, you still have a chance of being able to tolerate it more safely, as long as you are reducing the chemicals faster than you are tanking up on them. And let's face it. Most occupations have their specific toxins. Also, this could allow tolerance of poorly tolerated implanted items that we would like to keep, like root canals and artificial joints.

Schnare also reviewed different types of workers, drug users, victims of accidental ingestions, and those poisoned by a variety of environmental chemicals; all recovered with sauna detoxification. Meanwhile, scientists from the Tokyo Medical and Dental University and others explained in further studies, once more how the FIR is superior to just plain old heat of regular saunas. There is no lack of data on this subject that has remained a secret cure for decades.



In addition, some saunas are a combination of far infrared along with regular sauna heaters. This is self-defeating for heart patients. They need just the Relax Far Infrared Sauna, for they cannot tolerate any extra heat.

Likewise, for highly poisoned people, they do not need auxiliary heat forcing chemicals out of storage into the bloodstream to duplicate symptoms.

They just need the far infrared technology to pull chemicals out of subcutaneous fat storage directly into the sweat. Furthermore, being the oldest of eight children from a poor family, I'm much like a mother hen. I needed a supplier with whom I could trust my precious patients and readers.

Do not let a lack of diagnostic label or "mysterious" illness keep you from getting the toxins out. That's when you need to do this the most. Do not wait too long. The longer you do, the more you damage other parts of your chemistry.

Sweating is a God-given mechanism, but it must be done properly and safely to be successful. The Relax Far Infrared Sauna is something that you will use for a lifetime. It is a major tool not only in your detox program, but also in your anti-aging program.