

# Infrared Sauna Detoxification

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In today's world everyone on the planet is being subjected to a massive chemical toxic overload that is unprecedented in the history of civilization. **The air we breathe, the food we eat and the water we drink have all been severely compromised to the point that we are being slowly poisoned day by day.**

More than 70,000 different chemicals are in production today in the USA. Thousands of chemicals in our food, in the form of emulsifiers and preservatives, are used in food processing. The air we breathe is permeated with automobile exhaust and factory residues. Public water sanitization uses more than 500 chemicals to treat our tap water and in the opinion of many experts, tap water is still not safe to drink.

Through chronic exposure to high levels of environmental toxins, our bodies have become unable to metabolize and excrete these toxins through the normal functions of the liver, lungs, kidneys and bowels. The vast majority of these toxins become trapped in the subcutaneous layer of fat found just underneath our skin. **This accumulation of toxins and heavy metals compromises our immune system and leads to a variety of physiological and psychological symptoms.** Some of the symptoms include: weight gain, frequent colds, sinusitis and flu bugs, insomnia, low energy levels, allergies, joint pain, and anxiety to list a few. (1) (3)

When toxins, acids, chemicals and gases (carbon monoxide, carbon dioxide, hydrocarbons) enter the body they are encapsulated in large water molecules forming water clusters. Cellular energy is reduced and blood circulation is

partially blocked. This also limits the body's ability to heal itself naturally through reduced blood circulation and sluggish metabolism. (1) (2)

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Far infrared sauna heat is a Radiant heat which heats the human body directly. This Radiant heat is emitted at a specific frequency attuned (7-14 microns) to the human body, allowing it to penetrate the body up to 2" and create a host of beneficial changes. As the light/heat penetrates the body, it sets up a sympathetic cellular vibration which breaks up the ion bonds of the large water molecules into smaller particles, permitting toxins and trapped gases to be released into the sweat. Some toxins are released into the blood stream to be eliminated by the liver, kidney and bowels.\* (5)

**Sweat produced by a far infrared sauna can contain up to 7 times more acidic toxins** than the sweat from a conventional sauna. Heavy metals like mercury, cadmium, chlorine, and lead can all be purged from our systems through regular use of far infrared sauna therapy.\* (5)

**Infrared sauna heat expands clogged capillaries and blood vessels, increases blood flow, delivers increased amounts of healing oxygen throughout the body and purges the body of stubborn toxins through vigorous sweating.\* (6)**

When heated by far infrared sauna energy, the layer of toxic fatty tissue that exists just below the skin's surface, begins to break into smaller particles, which are excreted via the sweat and oil glands. Toxins that are dissolved in this water & oil mixture are secreted at the same time. Sweat expels water soluble toxins and excretes toxic heavy metals. Oil glands in our body secrete oil soluble toxins. Oil soluble toxins include: solvents, pesticides, gasoline and diesel fuels and aluminum and other heavy metals.\* (7)

Diet and environmental chemicals are responsible for 95% of cancers according to Dr. Sherry Rogers, and author of Detoxify or Die and Tired or

**Toxic. Regular use of a far infrared sauna is the most effective and efficient therapy available to clean your body from the inside out and restore the body's ability to heal itself naturally.**

*Rocky Mountain Saunas has come to the conclusions posted on this page through research and detailed investigation of these particular [health benefits](#). References are listed and linked wherever possible.*

*\*Rocky Mountain Saunas and its associates do not provide medical guidance. Consult a licensed doctor for medical advice. All of the information contained in this website is for information purposes only. Results of using our products vary on an individual basis and no immediate permanent or guaranteed solutions can be provided. We reserve the right to change, without notice, anything contained within the article. Rocky Mountain Saunas shall not be held responsible for printing variations.*

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(6) Kaderavek, R., 1971, Absorption and heart transport during application of infrared radiation, Fysiater Revmatol Vestn., 51(1)(Feb):14-20

(7) Dr. Sasaki Kyuo, M.D. has performed extensive research on the therapeutic uses of [far infrared therapy](#). She is the author of “The Scientific Basis and Therapeutic Benefits of Far Infrared Ray Therapy” – which presents the clinical effects of far infrared ray therapy.

**Far infrared sauna therapy has been documented by a multitude of medical and scientific studies related to the overall health benefits and treatment of chronic maladies and health conditions.**

For more information about the [benefits of far infrared sauna](#) therapy and infrared sauna detoxification, please call us at 1-888-358-1270. Monday-Friday 9am-5pm MST.