

An Ounce of Prevention— Infrared Sauna Therapy Detox

by Alex Muniz

While October conjures images of autumn festivals, crisp apples and turning leaves, it is also our national Breast Cancer Awareness Month. Looking at the current statistics surrounding the disease, women need awareness of preventive measures now more than ever. According to the Centers for Disease Control and Prevention, more than 200,000 women are diagnosed with breast cancer each year, with around 40,000 dying from it. One way women may be able to better control their breast cancer risk factors is by undergoing regular detoxification.

CHEMICALS AND CANCER

Every day, modern life exposes us to numerous chemicals and toxins that find their way into our bodies. Contaminants from pesticides, herbicides, carcinogens, and the very plastics used to package and store food can enter the body and concentrate in fatty tissue, according to a paper appearing in the October 2006 issue of *Medical Hypotheses*. A strong correlation between chemical exposure and cancer has been observed for many years now. A study published in the February 1994 issue of the *Journal of the National Cancer Institute* examined breast cancer-afflicted women in Quebec. Researchers reported that a wide range of carcinogenic pesticides and industrial pollutants were found in test subjects' fatty tissue and blood, and at a higher concentration than those found in cancer-free women. Most recently, a survey examining links between cadmium exposure and breast cancer published in the March 2012 journal *Cancer Research* observed that "dietary cadmium intake was positively associated with overall breast cancer tumors."

INFRARED SAUNA DETOX

One of the best ways to remove these chemical toxins is with infrared sauna heat therapy. Cancer survivors and thrivers alike choose infrared sauna therapy for this very reason. Breast cancer survivor, actress and wellness activist Suzanne Somers has been cancer-free since 2002. In her interview with *Healthy Living* this month, one of the components Somers most credits to her continuing good health is regular infrared sauna use to help "sweat out heavy metals."

New York Times best-selling author, wellness activist and cancer thriver Kris Carr is also a big advocate of infrared sauna therapy for detoxification. She introduced infrared sauna in her documentary, *Crazy Sexy Cancer*, and to many of her online followers.

She says, "infrared sauna therapy is used at alternative healing centers as detox for cancer patients, and it penetrates the tissues at a much deeper level—great for pulling out heavy metals and other poisons."

Research confirms this too. According to a study published in the June 1996 *Journal of Nutritional and Environmental Medicine*, 63 percent of 210 patients undergoing regular sauna and exercise therapy saw a decrease in their bodies' levels of toxic chemicals. In another study, this one conducted by The Klinghardt Academy and presented at the Biological Medicine 2012 Conference, it was found that the perspiration of people using a conventional sauna was 95 to 97 percent water, while the perspiration of those using infrared saunas was just 80 to 85 percent water, with the non-water portion containing fat-soluble toxins, heavy metals, sulfuric acid, sodium, ammonia and uric acid.

SUNLIGHTEN

If all this talk has convinced you to research getting an infrared sauna for your home, or to find a clinic with one, the standout brand is Sunlighten.

Sunlighten infrared saunas require no plumbing or complex assembly, and most plug directly into a 120-volt wall outlet. The Solocarbon wall heater technology emits evenly distributed, cool-to-the-touch heat, in contrast to the ceramic rods used in other infrared saunas. This technology allows for shorter—but no less cleansing—sweats than those offered by a traditional hot stone sauna. In fact, a third-party study commissioned by Sunlighten even found that sweat produced in Sunlighten saunas contained 20 percent toxins, whereas the sweat-toxin count from those sitting in hot-stone saunas was just 3 percent.

Sunlighten is the brand Kris Carr chooses. She says, "I'm a long-time believer of infrared sauna therapy and its natural healing benefits. I love the Sunlighten brand and have been using my infrared sauna for years. In fact, I'm in the market for a new one since the buyer of my old house insisted I include the sauna in the sale!"

As the above studies demonstrate, and as Suzanne Somers and Kris Carr can attest, the key to helping your body support a healthy toxic load and lower cancer risk may be as simple as a good, clean sweat. ■

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