

Special Report for Alive Readers

“Sweat Secrets of the Happy and Healthy”

How you can sweat out almost any health problem, concern or condition... in your own home... easily, quickly, safely and most importantly... Effectively !

Discover the 5,350 year old secret of using sweat to cure any health ill.

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Monday 11:42 am
Calgary, AB

Dear health seeking friend,

Thank you so much for requesting this report... it may just be the most important information you read this year.

Why?

It has the power to change your entire future... through better health... a much stronger immune system... and helping you rid your body from all those toxins that are hiding within you.

The first time I ever heard about far infrared saunas I asked "so what?"

I mean I grew up with a sauna in our basement. I remember it like it was yesterday. That incredibly intoxicating cedar smell, the heat, the sweat, the relaxation.

So what?

All saunas are the same thing as infrared. Right?

Wrong! Very wrong.

Soon, I discovered why far infrared is different... very different... even life changing...

I met Ron Easton (the president of Contagious Health) in December 2002 and heard his story. And that changed my life. He was diagnosed with cancer of the throat and heavy metal toxicity in his blood.

The conventional cancer treatment scared him more than the disease itself.

So he went on his own. Changing his lifestyle, eating better, reading every possible book on the subject, natural cures and success stories.

Then he discovered the research on far infrared. It sounded incredible.

Millions of people used it... successfully.

Research studies... lots of them.

And success stories... reams of them.

With all types of health problems... treated and alleviated.

When Ron first started using sweat as a treatment, he can only describe the results by the following:

"after an hour of heavy sweating, I would get up from the white towel I was sitting on and there was a black outline of where I was sitting! "

This... was the toxins being forced out of his body

When he first saw this... it hit home... hard.

Think about the questions that would and should be going through your own mind if this was you... "Just how many toxins are in my body? How many of these toxins can I sweat out? What can I do to keep those toxins out of my body?"

Think about it... the repercussions... no chemicals, no prescriptions - sweat was doing an amazing job of cleaning me up.

From "The Joy of Beauty"-

"Artificially induced heat is one of the finest means of deep cleansing the skin.. and can even inhibit the growth of viruses and bacteria in the body.. Infrared sauna will greatly speed any anticellulite program."

-By Leslie Kenton Beauty Editor of Harpers and Queen

*I used to hesitate to recommend something that seemed so expensive, but when you realize the lifelong incapacity and expense of diseases such as heart disease, chemical sensitivity, chronic fatigue, fibromyalgia, chronic pain syndromes, migraines, Alzheimer's, or any others caused by chemical and metal toxicity, **a sauna is cheap.**"*

-Total Wellness, Dr S.A. Rogers,M.D.

A year later ... Ron is feeling incredible. A renewed energy, a much healthier lifestyle and well... the toxins are almost gone. In his own words "they are never really gone - you have to continually treat your body with care... extreme care... to ensure those toxins don't come back. It is a lifetime commitment - not a temporary one.

What does Ron's story mean to you?

Well... Ron *uncovered a secret* that very few Canadians know about.

We are 50 - 100 years behind the rest of the world in the use of Far Infrared treatments.

Elsewhere, they are using far infrared to treat...

Arthritis	Muscle spasms	muscle tension	asthma
Tight shoulders	muscle pain	lower back pain	fractures
Shoulder pain	adhesions	spinal cord shock	bursitis
Hepatitis	brain contusions	chrons	ulcers
Whiplash	stiffness	menopause	rheumatism
Acne	sore throats	poor circulation	cirrhosis
Nerves	stretch marks	stomach ache	varicose veins
Menstruation	ear problems	insomnia	pain relief
Blood flow	paralysis	diarrhea	burns
Cancer	gout	tissue damage	memory
Clogged pores	skin tone	scars	sunburn

... all have been treated... very successfully!

What is far infrared?

Far Infrared is a form of light that we feel as heat. The sun has infrared (IR) and ultraviolet (UV).

UV rays are the bad.

IR is the good. .

Far Infrared penetrates into your body 3 times deeper than steams, dry saunas or regular infrared saunas (there are three forms of infrared - only far infrared has this capability of 1.5inch direct penetration into the body)

3 times more heat penetration and 3 times more beneficial to your health. To name a few...

- **boost the immune response to kill viruses and bacteria**
- detoxification of the heavy metals and organic chemicals stored in fat cells
- **has an anti-cancer effect through the “hyperthermia effect”, immune enhancement and elimination of carcinogenic chemicals**
- beautifies the skin and removes cellulite
- **achieve a cardiovascular training effect – burn up to 600 calories in 30 minutes!**
- a single session simulate the consumption of energy equal to that expended in a six to nine mile run.

In fact... don't believe me and my experience... or Ron's life changing experience...

Read for yourself some of the hundreds of others who have had life changing experiences with far infrared treatments.

"Effective on rheumatism"

"For over 25 years, rheumatism dominated my life. Since using the Healthmate sauna, I'm doing things I never thought I would be able to do again. Even the little things, like washing the dishes or shopping, are wonderful. I feel so lucky."

- Margriet Sievers, The Netherlands

"Clearing psoriasis"

"psoriasis was making my life a living hell. My skin was covered with fiery-red spots, and I never stopped itching... After four weeks of using Healthmate sauna, the red spots were clearing. The pain and itching had also gone. Then just after six weeks, my entire body was back to normal. The psoriasis was gone."

- Maria Roos Doesburg, The Netherlands

"Eases pains from osteoarthritis"

"I suffered from polio as a child, leaving me with a shorter and weaker right leg. After 8 operations, I was left with severe osteoarthritis in my ankle. I was in constant pain... The Healthmate sauna put an end to that. After a session, I can work out-even skip-without pain."

- Myra Bradford, United Kingdom

"Durable and effective"

"Joe Weider uses a HealthMate sauna in his home to reap the benefits of burning calories. He has had this durable sauna for five years, without repairs."

- Muscle and Fitness Magazine, October, 1993

This is how you can feel 10 years younger, lose up to 1,115 calories per hour and sweat out a large majority of the unnecessary toxins that are in your body right now.

Following... are some excellent reports from worldwide sources and medical experts on their findings.

Please, look through this information and take notes. Look at the facts. Read the reports. See for yourself the benefits that have been documented by hundreds of successful patients worldwide.

This will change your life. If you want changes in your life that is...

So please call me today and reserve yourself a unit. Find a place in your house where we can plug it into an existing wall plug.

And get ready to change your health, your life and your future.

Call me today at 403-616-8890 or toll free 877-259-4566

We can talk about the best-sized sauna for your home. We can discuss what usage you will need. Find the best time for delivery....

We have 24 of them in stock in Vancouver - one will be shipped out to you immediately. You do need to be within the first 24 though for immediate shipment.

After that, we will bring them in as quickly as possible. Right now the manufacturing facility ships out 1,249 per month on average. And they are pushed to the maximum already.

It may take some time if you delay though.

It might take 2, 3 or 4 weeks to start using your far infrared body care system.

Call me now and get one of those first 24. And by next week you will be enjoying your own personal body care system in your own home and in your own privacy.

Your life is about to change... immensely.

Sauna when ya wanna!

Call me today,

Troy White

Contagious Health

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www.contagioushealth.ca

Call me today at 403-616-8890 or toll free 877-259-4566

PS – The Calgary Centre of Preventative Medicine has been recommending Far Infrared for years to their patients and health seekers for years with stunning success. In their own eyes – “every single person in Canada should be using Far Infrared daily to rid themselves of unwanted toxins and to improve the quality of their lifestyle.

“Reserve your spot today and start enjoying a renewed vitality next week”

MEDICAL AND EXPERT RESEARCH REPORTS AND FINDINGS

Health Mate Infrared Saunas

adapted from Dr. Aaron M. Flickstein

Far infrared (FIR), also known as radiant heat, is simply a form of energy that heats objects directly through a process called conversion. The infrared segment of the electromagnetic spectrum is divided into 3 segments by wavelength, measured in microns or micrometers (a micron = 1/1,000,000 of a meter); 0.76 - 1.5 microns - near or close; 1.5 - 5.6 = middle or intermediate; 5.6 - 1,000 = far or long wave infrared. The infrared segment of the electromagnetic spectrum occurs just below or "infra" to red light as the next lowest energy band of light. We cannot see this band of light with the naked eye, but we can feel this type of light in the form of heat. Our sun produces most of its energy output in the infrared segment of the spectrum. Our atmosphere has a "window" in it that allows IR rays in the 7-14 micron range to safely reach the earth's surface. When warmed, the earth radiates infrared rays in the 7-14 micron band with its peak output at 10 microns.

Molecules of water and organic substances absorb Infrared easily, since it is their resonant frequency, consequently they vibrate vigorously at that frequency and become the radiator of the frequency, as well as the receiver. Molecules of water and organic substances absorb Infrared easily, since it is their resonant frequency. When organic substances are heated by near infrared waves (0.76 to 5 microns), the surface gets hotter than the interior, and the interior gets heated by conduction means from the surface.

We live in a FIR temperature range. Our skin radiates 9.36 micron far infrared wave since our body temperature is 97.7 degrees Fahrenheit. This is very close to the resonant frequency of a water molecule. This makes perfect sense, since about 70% of our body is water. The army has far infrared binoculars to spot the enemy at night.

We have many different wave lengths radiated at us and some frequency wave bands pass through us and others are reflected away. For instance, the visible light spectrum with very short wave lengths is reflected away, while a radio frequency with a long wave length just passes through the body. Some wave bands are absorbed by the substance and the temperature of the substance rises. For our body and many other living organic substances, the far infrared waves are the heat generating waves. We live in an environment of far infrared waves and our body receives and radiates them. Among the energy spectrum coming from the sun, the far infrared waves are the safest and the most beneficial electromagnetic energy sources available.

The Health Mate Infrared Sauna

The heaters in the Health Mate Infrared sauna radiate at 2 - 25 micron, making it completely compatible to the body. Our company is 29 years old. We use clear cut red cedar for our saunas. There are five sizes ranging from 44" wide, 40" deep, and 73" high to 84" wide, 44" deep and 73" high. The three smaller sizes run on 110 Volt, with the two larger using 220 Volt. Our saunas are very economical, the cost of running our sauna for 30 minutes a day, every day for one month is between \$2 to \$3, compared to \$20-30 a month for a conventional sauna. The Health Mate sauna has a warm up time indoors of

ten minutes compared to 20 to 30 minute warm up for a conventional sauna. Since far infrared penetrates the body, and does not have to heat the air around the sauna to be effective, warm up time is by preference of the person using the sauna. Some people turn on the sauna and get in while it is cold and warm up with the sauna, and are receiving the far infrared benefits even before the sauna warms up. Our sauna has a heat range of 100 to 180 degrees, but you can get a complete detoxification with the sauna set between 110 degrees to 130 degrees, making it comfortable to fully detoxify in our sauna, compared to 180 degrees to 220 degrees in a conventional sauna. Far infrared saunas work even with the window and door open, so can be used with clothing on for a pre-warm up for exercise. Our saunas are portable and can be set up in approximately 20 minutes or less, with six panels that are manufactured to fit exactly and held together with steamer trunk type clip hinges. This makes our sauna portable for use indoors or outdoors.

There are at least 200 doctors in the USA using the Health Mate sauna in their practices for pain relief treatments. These treatments cost from \$30 - \$50 for a 30 minute treatment session. Our sauna has been approved by the FDA for treatment of pain relief and some insurance does co-payment for in-home saunas.

World Wide Reports on Infrared Sauna Use

Over the last 25 years, Japanese and Chinese researchers and clinicians have completed extensive research on infrared treatments and report many provocative findings. In Japan, there is an "infrared society" composed of medical doctors and physical therapists dedicated to further infrared research. Their findings support the health benefits of infrared therapy as a method of healing.

There have been over 700,000 infrared thermal systems sold in the Orient for whole-body treatments. An additional 30 million people have received localized infrared treatment in the Orient, Europe and Australia with lamps, which emit the same 2 to 25 micron wave bands as employed in a whole-body system. In Germany, physicians in an independently developed form have used whole-body infrared therapy for over 80 years.

Infrared Heat for Cardiovascular Conditioning

In the August 7, 1981 issue of the *Journal of American Medical Association (JAMA)* reported what is common knowledge today: many people who run do so to place a demand on their cardiovascular system as well as to build muscle. What isn't well known is that it also reported the "regular use of a sauna may impart a similar stress on the cardiovascular system, and its regular use may be as effective as a means of cardiovascular conditioning and burning of calories as regular exercise."

It has been found that the infrared sauna makes it possible for people in wheelchairs, those who are otherwise unable to exert themselves, and those who won't follow an exercise/conditioning program, to achieve a cardiovascular training effect. It also allows for more variety in any ongoing training program. Blood flow during whole-body hyperthermia is reported to rise from a normal five to seven quarts a minute to as many as 13 quarts a minute.

Because infrared rays penetrate the body over 1-1/2 inches, there is a deep heating effect in the muscle tissue and internal organs. The body responds to this heat with a hypothalamic-induced increase in both heart volume and rate, leading to a beneficial heart stress and sought-after cardiovascular training and conditioning effect. Medical research has confirmed that the use of a sauna provided cardiovascular conditioning as the body tries to cool itself. Extensive research by NASA in the early 1980's led to the

conclusion that infrared stimulation of cardiovascular function would be an ideal way to maintain cardiovascular conditioning in American astronauts during long space flights.

In its *Wellness Letter*, October 1990, the University of California Berkeley reported that "the 1980's were the decade of high-impact aerobics classes and high-mileage training. Yet there was something elitist about the way exercise was prescribed: only strenuous workouts would do, you had to raise your heart rate to between X and Y, and the only way to go was to "go for the burn." Such strictures insured that most 'real' exercisers were relatively young and in good shape to begin with. Many Americans got caught up in the fitness boom, but probably just as many fell by the wayside. As we've reported, recent research shows that you don't have to run marathons to become fit - that burning just 1,000 calories a week is enough. Anything goes, as long as it burns these calories.

Guyton's *Textbook of Medical Physiology* reports that producing one gram of sweat requires 0.586 kcal. The *JAMA* citation above goes on to state that "A moderately conditioned person can easily sweat off 500 grams in a sauna, consuming nearly 300 kcal - the equivalent of running two to three miles. A heat conditioned person can easily sweat off 600 to 800 kcal with no adverse effect. While the weight of water loss can be regained by rehydration, the calories consumed will not be." Since the Health Mate infrared sauna helps generate two to three times the sweat produced in a conventional hot air sauna, the implications for increased caloric consumption are quite impressive.

Assuming one takes a sauna for 30 minutes, some interesting comparisons can be drawn. Two of the highest calorie output exercises are rowing and running marathons. Peak output on a rowing machine or during a marathon burns about 600 calories for 30 minutes. An infrared sauna may better this from "just slightly" up to 250% by burning 900 to 2400 calories in the same period of time. It might in a single session simulate the consumption of energy equal to that expended in a six to nine mile run.

Health Benefits of Infrared Heat

The McGraw-Hill Encyclopedia of Science and Technology reports "medical practitioners make use of infrared radiant heat to treat sprains, strains, bursitis, peripheral vascular diseases, arthritis, and muscle pain..."

Dr. Masao Nakamura of the O & P Medical Clinic in Japan reported success with the use of infrared heat treatment for:

- Whiplash
- Sciatica
- Menopause
- Arthritis
- Shoulder Stiffness
- Insomnia
- Acne
- Gastroenteric Problems

- Ear Diseases

Effects of Infrared Heat on Rheumatoid Arthritis

A case study reported in Sweden involved a 70 year-old man who had rheumatoid arthritis secondary to acute rheumatic fever. He had reached his toxic limit of gold injections and his Erythrocyte Sedimentation Rate (ESR) was still 125. After using an infrared heat system for less than five months, his ESR was down to 11.

The rheumatologist worked with a 14 year-old Swedish girl who had difficulty walking downstairs due to knee pain from the age of eight. This therapist told her mother the girl would be in a wheelchair within two years if she did not begin gold corticosteroid therapy. After three infrared sauna treatments, she began to become more agile and subsequently took up folk dancing without the aid of conventional approaches in her recovery.

A clinical study in Japan reported a successful solution for seven out of seven cases of rheumatoid arthritis treated with whole body infrared therapy.

Other Therapeutic Effects of Infrared Therapy

The following information has been summarized from Chapter 9 of *Therapeutic Heat and Cold*, Fourth Edition, Editors Justus F. Lehmann, MD, Williams, and Wilkin, or concluded from data gathered there.

Generally it is accepted that heat produces the following desirable therapeutic effects:

1. Infrared heat increases the extensibility of collagen tissues. Tissues heated to 45 degrees Celsius and then stretched exhibit a nonelastic residual elongation of about 0.5 to 0.9 percent that persists after the stretch is removed. This does not occur in these same tissues when stretched at normal tissue temperature.

Stretching of tissue in the presence of heat would be especially valuable in working with ligaments, joint capsules, tendons, fasciae, and synovium that have become scarred, thickened, or contracted. Experiments cited clearly showed low-force stretching could produce significant residual elongation when heat is applied together with stretching or range of motion exercises.

2. Infrared heat decreases joint stiffness. There was a 20% decrease in rheumatoid finger joint stiffness at 45 degrees Celsius (112°F) as compared with 33 degrees Celsius (92°F) which correlated perfectly to both subjective and objective observation of stiffness. Speculation has it that any stiffened joint and thickened connective tissues may respond in a similar fashion.

3. Infrared heat relieves muscle spasms. Muscle spasms have long been observed to be reduced through the use of heat, be they secondary to underlying skeletal, joint, or neuropathological conditions. This result is possibly produced by the combined effect of heat on both primary and secondary afferent nerves from spindle cells and from its effect on Golgi tendon organs.

4. Infrared heat treatment leads to pain relief. Pain may be relieved via the reduction of attendant or secondary spasms. Pain is also at times related to ischemia due to tension or spasm that can be improved by hyperthermia that heat-induced vasodilation produces,

thus breaking the feedback loop in which ischemia leads to further spasm and then more pain. Heat has been shown to reduce pain sensation by direct action on both free-nerve endings in tissues and on peripheral nerves. In one dental study, repeated heat applications led finally to abolishment of the whole nerve response responsible for pain arising from dental pulp. Heat may lead to increased endorphin production and a shutting down of the so-called "spinal gate" of Melzack and Wall, each of which can reduce pain.

Localized infrared therapy using lamps tuned to the 2 to 25 micron wave band is used for the treatment and relief of pain by over 40 reputable Chinese medical institutes.

5. Infrared heat increases blood flow. Heating one area of the body produces reflex-modulated vasodilators in distant-body areas, even in the absence of a change in core temperature. Heat one extremity and the contralateral extremity also dilates; heat a forearm and both lower extremities dilate.

Heating muscles produces an increased blood flow level similar to that seen during exercise. Temperature elevation also produces increased blood flow and dilation directly in capillaries, arterioles, and venules, probably through direct action on their smooth muscles. The release of bradykinin, released as a consequence of sweat gland activity, also produces increased blood flow and vasodilation.

Whole body hyperthermia, with a consequent core temperature elevation, further induces vasodilation via a hypothalamic-induced decrease in sympathetic tone on the arteriovenous anastomoses. Vasodilation is also produced by axonal reflexes that change vasomotor balance.

6. Infrared heat assists in resolution of inflammatory infiltrates, edema, and exudates. Increased peripheral circulation provides the transport needed to help evacuate edema, which can help inflammation, decrease pain, and help speed healing.

7. Infrared heat introduced in cancer therapy. More recently, infrared heat has been used in cancer therapy. This is a new experimental procedure that shows great promise in some cases when used properly. American researchers favor careful monitoring of the tumor temperature; whereas, the successes reported in Japan make no mention of such precaution.

8. Infrared heat affects soft tissue injury. Infrared healing is now becoming a leading edge care for soft tissue injuries to promote both relief in chronic or intractable "permanent" cases, and accelerated healing in newer injuries.

Chinese Studies Report Positive Effects of Infrared Heat

Researchers report over 90% success in a summary of Chinese studies that assessed the effects of infrared heat therapy on:

- Soft tissue injury
- Lumbar strain
- Periarthritis of the shoulder
- Sciatica

- Pain during menstruation
- Neurodermatitis
- Eczema with infection
- Post-surgical infections
- Facial paralysis (Bell's Palsy)
- Diarrhea
- Cholecystitis
- Neurasthenia
- Pelvic infection
- Pediatric pneumonia

Speculation About Infrared Heat Effects on Blood Circulation

All of the following ailments may be associated to some degree with poor circulation and, thus may respond well to increased peripheral dilation associated with infrared treatments: Arthritis; Rheumatism; Sciatica; Strained muscles; Backache; Fatigue; Hemorrhoids; Stretch Marks; Nervous Tension; Menstrual Cramps; Children's Overtired Muscles; Varicose Veins; Neuritis; Bursitis; Leg and Decubitus ulcers (that fail to heal using conventional approaches); Post-operative edema (treatment has proven so effective, hospital stays were reduced by 25%); Peripheral occlusive disease ("the goal is to maintain an optimal blood flow rate to the affected part.... In general the temperature should be maintained at the highest level, which does not increase the circulatory discrepancy as shown by cyanosis and pain." *Therapeutic Heat and Cold*, pp. 456-457).

Infrared Heat and Coronary Artery Disease, Arteriosclerosis and Hypertension

Finnish researchers, reporting the regular use of conventional saunas state "there is abundant evidence to suggest that blood vessels of regular sauna-goers remain elastic and pliable longer due to the regular dilation and contraction" of blood vessels induced by sauna use, such as the Health Mate Sauna.

In 1989, German medical researchers reported in *Dermatol Monatschr* a single whole-body session of infrared-induced hyperthermia lasting over one hour had only beneficial effects on subjects with State I and State II essential hypertension. Each subject experienced a rise in core body temperature to a maximum level of 35.5 degrees Celsius (100.5°F). All the subjects in one experiment had significant decreases in arterial, venous, and mean blood pressure that lasted for at least 24 hours and linked, according to researchers, to a persistent peripheral dilation effect. An improvement in plasma viscosity was also noted.

Another group of similar hypertensive patients was also studied under the same conditions of hyperthermia, with an eye toward more carefully evaluating the circulatory system effects induced by this type of whole-body heating. During each infrared session, there was a significant decrease of blood pressure, cardiac ejection resistance, and total

peripheral resistance in every subject. There was also a significant increase of the subjects' heart rates, stroke volumes, cardiac outputs and ejection fractions. The researchers cite these last three effects as evidence that stimulation of the heart during infrared induced hyperthermia is well-compensated, while the prior list of effects show clear detail of the microcirculatory changes leading to the desired result of lowering blood pressure.

Ear, Nose, and Throat Conditions Relieved with Infrared Heat

In Japan, ear, nose, and throat conditions were relieved with infrared heat treatments:

- Chronic middle-ear inflammation or infection (in one study of chronic serous otitis media no pathogenic bacteria were isolated in 70% of the subjects studied after the use of heat)
- Sore throats
- Tinnitus (chronic severe case cleared with 10 infrared treatments)
- Nose bleeding (reduced)
- Infrared therapy is used routinely in burn units throughout Asia
- Skin conditions improved in Japan and China with the use of infrared heat application.
- Nettle rash
- Clogged pores (unplugged of cosmetics, unexcelled skin texture and tone)
- Poor skin tone (restored to a more youthful level)
- Scars and pain from burns or wounds (decreased in severity and extent)
- Lacerations (healed quicker with less pain and scarring)
- Acne (three to four treatments may open pores that have been nonfunctioning for years, forcing out clogging cosmetics, and loosening dry outer skin)
- Teenage skin problems (clearing acne and blackheads)
- Body odor (improved functioning of the skin especially body odor, induced by occupational exposure to odorous chemicals)
- Eczema and Psoriasis (respond well)
- Sunburn (According to the *Clayton's Electrotherapy*, 9th Edition, "infrared radiations are the only antidote to excessive ultraviolet radiations.")
- Ketoids (form at a reduced rate in those prone to their formation and may be softened by infrared heat if they have formed)
- Dandruff (increased blood flow through the scalp)

Mikkel Aaland's book *Sweat* (Capra Press, 1978) Quotes a Finnish Doctor

"The best dressed foreigner can come into a doctor's office, and when his skin is examined, it is found to be rough as bark. On the other hand, as a result of the sauna, the skin of any Finnish worker is supple and healthy."

For more information on the Health Mate sauna, please contact:

The Power of Detoxification –

http://www.clinemedical.com/infrared_sauna.htm

Reducing toxic body burdens of heavy metals and nonmetallic toxins may be a critically important factor in restoring health and vitality to individuals with chronic illness. Toxicology research is making it increasingly clear that our environment plays an enormous role in health and sickness. Many researchers now believe that environmentally related illnesses are likely to predominate as the health threats of the new millennium. Safeguarding our bodies against the ravages of our toxic world may pay big dividends in energy, brain function and in disease prevention.

At the Cline Medical Center we have been making great strides in helping individuals who are suffering from the effects of accumulated toxic metals. Until recently our program has

focused largely upon the use of chelation therapy to provide detoxification from heavy metal body burdens. We have witnessed scores of people who have been helped immensely by our heavy metal detoxification program. However, our goal has been to continue advancing forward to provide the best possible treatment for our patients. In keeping with this goal we have now established a second detoxification program which greatly complements our heavy metal detoxification program. Heavy metal detoxification using various chelating medications will continue to be provided as always to those patients who would benefit from this approach. In addition, we now have an exciting new program which utilizes a high-tech sauna along with nutritional support for detoxification.

Detoxification Using Hyperthermic Therapy

Methods to induce sweating have been used for centuries by many cultures to bring about improved health and relief from disease. Over 2000 years ago, the famous Greek physician Parmenides stated "give me a chance to create fever, and I will cure any disease". This traditional wisdom has certainly stood the test of time. Using various methods ranging from hydrotherapy (hot mineral baths), to sweat lodges, to saunas and steam baths, individuals

have enjoyed the revitalizing effects of induced hyperthermia (artificially elevating body temperature). Only in recent years has science begun to seriously examine this age old healing technique. Organizations such as the U.S. Environmental Protection Agency have now taken a serious look at hyperthermic therapy as a means to detoxify individuals who are ill from exposure to environmental poisons and several good research papers have now been published.

Poisons in The Sweat

Traditional wisdom has suggested that saunas work largely by promoting detoxification through the sweat. In recent times research has repeatedly demonstrated that this indeed does occur. Saunas also stimulate cells to release toxins which can then be eliminated by the liver and bowel. Several published studies have now shown that hyperthermic therapy can bring about the rapid removal of a wide range of toxic substances from human body. Volatile hydrocarbons (solvent residues) easily enter the human body through the lungs and skin. Volatile hydrocarbons are exceedingly common environmental contaminants and are often found as indoor air pollutants in the home or work place. Most of these are not easily metabolized and they accumulate in fatty tissues including the brain and cells of the immune system. Other organic toxins such as PCB's and organochlorine pesticide residues are also common contaminants of the human body.

These and other toxic organic compounds exit the body quite effectively using hyperthermic therapy supported by specific nutrients and natural medicinal substances. As well, sweat therapy has been used for many years by miners in Europe to prevent and treat occupational heavy metal poisoning. Studies have now demonstrated that hyperthermic therapy can indeed bring about significant detoxification from heavy metals including mercury. Measurements of sweat from metal toxic patients undergoing sauna therapy indicate very high levels of toxic metal. Since hyperthermic therapy removes metal contaminants from the body by a different mechanism, as does chelation therapy, it is quite complementary to chelation and may be used to further the benefits derived from chelation. Also, in some cases hyperthermic detoxification may be used as an alternative for those who are unable to undergo chelation therapy.

The Far-Infrared Sauna

The main drawback to using saunas or steam baths for hyperthermic therapy is the discomfort that many people experience when using these devices. Traditional saunas or steam baths use extremely high external temperatures to warm the body by intensively heating the surface of the body only. Many individuals, especially those with chronic fatigue syndrome, fibromyalgia, or multiple chemical sensitivity find this intense heat very oppressive. Many people also feel claustrophobic in these devices and find it hard to breath. Fortunately, technological advancements have resulted in a new type of

sauna which is superior in many ways to traditional saunas or steam baths. This new generation sauna, known as far-infrared sauna utilizes completely invisible infrared light to warm deeply inside the body tissues without heating the air or the external parts of the body much at all. Many individuals who have been previously been able to tolerate a traditional sauna will find the far-infrared sauna very pleasant and highly effective. As well, the far-infrared sauna is roomy and has windows to prevent claustrophobia. This is really the first really user friendly sauna.

The Detoxification Program

Individuals undergoing hyperthermic therapy at the Cline Medical Center will also be given instruction in a special nutritional support program which is a critical aspect of the detoxification process. The complete detoxification program takes from four to eight weeks depending on the person's condition. During this time the individual will be placed on a simple diet in which common food allergens are eliminated and special foods are recommended. In addition, a range of nutritional supplements are prescribed to assist the liver, kidneys and bowel in their detoxification activities. Saunas are normally

taken two to five times per week depending on the individual's condition and their personal schedule. Normally, twenty to thirty saunas are taken throughout the detoxification period. Most people will find the saunas so pleasant and relaxing that they really enjoy each session. As well, the majority of patients start feeling so good after their sauna treatments that they can't wait to return for their next session. Taking the time and making the effort to undergo a thorough detoxification program can pay big dividends in health, vitality and quality of life.

Living On The Chemical Planet

In recent years, science has made tremendous progress in helping to unravel the effects of environmental toxins on human health. It has become increasingly clear through toxicology research that toxic substances often exert their ill effects at levels far lower than that which was originally suspected. In some cases a chemical is initially thought to be entirely non-toxic and only after many years does it finally become clear that it is actually very harmful. For example, for years PCB's were considered so harmless that workers exposed to these agents were permitted to immerse unprotected hands in liquid PCB's without any concern whatsoever. Now PCB's are known to be persistent toxins of the immune system and brain and they are completely banned from all uses. More recently it has been shown that pesticides are commonly found on fruits and vegetables at levels hundreds of times higher than that which is considered safe by science. Some of these poisons are cumulative and exert their ill effects over many years. Others are directly toxic and cause harm to the brain,

immune and reproductive systems. Unfortunately, powerful industries often go to battle against science claiming that the evidence against their products is faulty or non-existent. Meanwhile people are exposed daily to thousands of toxic substances which interact in myriad of harmful ways. It appears as though we are conducting an entirely unapproved, uncontrolled experiment on the human population which will eventually result in a great deal of information about the effects of environmental chemicals on human health. Unfortunately, we are all the guinea pigs in this vast experiment! How we as individuals fare in this great experiment will be determined by the level of our exposure to a wide array of metallic and non-metallic toxicants, the adequacy of a wide range of nutritional and lifestyle factors and our genetic susceptibility to toxic influences. Periodically undergoing a scientifically based detoxification program may be one of the most effective steps we can take to live healthy on this chemical planet.

The New Science of Detoxification

Effectively neutralizing and eliminating contaminants from our bodies is a complex process involving thousands of cellular and biochemical processes. Efficient detoxification requires the provision of a wide range of nutritional substances. Traditional forms of fasting (water or juice fasts) may not provide adequate nutritional support to enable modern day, chemically contaminated humans to detoxify in a safe and effective manner. Traditional fasting indeed causes accumulated toxins to be released from polluted organs and to enter the circulation. However, if the liver and kidneys are not supported with adequate quantities of a wide range of important nutrients, these detoxifying organs are placed under tremendous stress and detoxification

becomes highly inefficient. At the Cline Medical Center, we recommend a scientifically validated program which nutritionally supports detoxification. During detoxification therapy, the individual remains on a very simple prescribed diet which is free of most possible food allergens. In addition, patients utilize a medical food product known as UltraClear Plus which was designed by scientists at the Functional Medicine Research Center in the State of Washington. UltraClear Plus is a powdered food used to make "smoothie drinks". This medical food product contains dozens of important nutrients which are required for effective detoxification. It works best when used as part of highly systematic and comprehensive detoxification program.

The Effectiveness of Detoxification

Research conducted by American scientists has demonstrated that close to 80% of individuals with chronic fatigue syndrome will improve markedly by a guided detoxification program based upon nutritional optimization of detoxification using UltraClear Plus and a low allergy diet. This approach is called "enterohepatic resuscitation" and is being used by healthcare practitioners around the world. At the Cline Medical Center we combine enterohepatic resuscitation with hyperthermic therapy using the far infrared sauna, as well as exercise and chelation therapy. The results

we are seeing with this program are very promising. In fact, the approach used at the Cline Medical Center is setting new standards for detoxification based therapies and it is being taught in full credit courses to physicians from around the world at the Institute for Functional Medicine in Washington State. Dr. Cline's approach to detoxification will also be described in an upcoming medical textbook entitled "Fundamentals of Functional Toxicology". Look closely at your schedule and begin planning now for your detoxification program. It should be time well invested!

Deep Tissue Cleaning May Be Critical for Good Health

Many of the illnesses facing modern society have strong links to the environment. Cancer rates are rising every year with all fingers pointing at the lifestyles and environment of our population. Diseases virtually unheard of twenty years ago, such as chronic fatigue syndrome and fibromyalgia, now exist in epidemic numbers and these numbers continue to rise with each passing year. Children are amongst the most tragic victims of our changing environment with rates of attention deficit hyperactivity disorder (ADHD) and autism rising several hundred percent over the past two decades. Many people wonder why they feel exhausted, why their head seems to be in a fog, why they so frequently have to live with pain. The stress of accumulated toxic substances may be a primary factor in the poor health of millions of North Americans. There are now hundred of thousands of toxic chemicals released into the environment dally. Many of these are cumulative and end up in our bodies to some degree. Heavy metals, pesticide and herbicide residues, solvent residues and byproducts of fossil fuel combustion can be found in significant measurable quantities in the bodies of virtually every human on this planet. Those who are more genetically susceptible, who have less than optimal nutrition or who have experienced excessive exposure to toxic agents

are at particular risk from the adverse effects of environmental pollution. Getting smart about the sources of environmental contaminants and avoiding unnecessary toxic exposures at home and at work is a vitally important health principle. In addition, optimizing nutrition to support efficient detoxification and leading a healthy lifestyle will help to reduce toxic stress on the body. On top of this, a scientifically based program of therapeutic detoxification can bring about enormous improvements in health, vitality and brain function. This past decade has seen great advancements in the science of therapeutic detoxification and effective programs are being developed worldwide at reputable environmental medicine clinics. The Cline Medical Center has been following these advancements and is very pleased to now have the equipment and facilities to conduct comprehensive detoxification programs. Space for these programs is limited and is available on a first come first serve basis. Most people will find that an annual or semi-annual detoxification program is one of the most beneficial things which they can do for their health. In the years to come, keeping our bodies free from toxic stress may be the deciding factor in determining whether we live our days sick and tired or vibrantly alive and energized!

33 TOP Reasons To Put An Infrared Sauna In Your Home

1. **We live in an environment of far infrared waves and our body receives and radiates them. Among the energy spectrum coming from the sun, the far infrared waves are the safest and the most beneficial electromagnetic energy sources available.**
2. Our bodies feel this type of light (infrared) in the form of heat.
3. Infrared accelerates the breakdown of fat and cellulite. Molecules of water and organic substances absorb infrared easily, since it is their resonant frequency.
4. **Infrared helps to boost the immune response to kill viruses and bacteria.**
5. Promotes detoxification of the heavy metals and organic chemicals stored in fat cells. Get a complete detoxification with the sauna set between 110 degrees to 130 degrees, making it comfortable to fully detoxify in our sauna, compared to 180 degrees to 220 degrees in a conventional sauna.
6. **Infrared has an anti-cancer effect through the "hyperthermia effect", immune enhancement and elimination of carcinogenic chemicals.**
7. There are at least 200 doctors in the USA using the HealthMate® sauna in their practices for pain relief treatments. These treatments cost from \$30 - \$50 for a 30-minute treatment session.
8. **Infrared beautifies the skin and removes cellulite.**
9. The HealthMate® sauna has been approved by the FDA for treatment of pain relief.
10. **In Japan, there is an "infrared society" composed of medical doctors and physical therapists dedicated to further infrared research. Their findings support the health benefits of infrared therapy as a method of healing.**
11. There have been over 700,000 infrared thermal systems sold in the Orient for whole-body treatments. An additional 30 million people have received localized infrared treatment in the Orient, Europe and Australia with lamps, which emit the same 2 to 25 micron wave bands as employed in a whole-body system.
12. **In Germany, physicians in an independently developed form have used whole-body infrared therapy for over 80 years.**
13. In the August 7, 1981 issue of the *Journal of American Medical Association (JAMA)* reported "regular use of a sauna may impart a similar stress on the cardiovascular system, and its regular use may be as effective as a means of cardiovascular conditioning and burning of calories as regular exercise."
14. **Possible for people in wheelchairs, those who are otherwise unable to exert themselves, and those who won't follow an exercise/conditioning program, to achieve a cardiovascular training effect.**
15. Because infrared rays penetrate the body over 1-1/2 inches, there is a deep heating effect in the muscle tissue and internal organs. The body responds to this heat with a hypothalamic-induced increase in both heart volume and rate, leading to a beneficial heart stress and sought-after cardiovascular training and conditioning effect.
16. **Extensive research by NASA in the early 1980's led to the conclusion that infrared stimulation of cardiovascular function would be an ideal way to maintain cardiovascular conditioning in American astronauts during long space flights.**
17. In its *Wellness Letter* (October 1990), the University of California Berkeley reported that that you don't have to run marathons to become fit - that burning just 1,000 calories a week is enough. Anything goes, as long as it burns these calories.
18. **The JAMA citation above goes on to state that "A moderately conditioned person can easily sweat off 500 grams in a sauna, consuming nearly 300 kcal - the equivalent of running two to three miles.**
19. A heat-conditioned person can easily sweat off 600 to 800 kcal with no adverse effect. While the weight of water loss can be regained by rehydration, the calories consumed will not be. "Since the HealthMate® infrared sauna helps generate two to three times the sweat produced in a conventional hot air sauna, the implications for increased caloric consumption are quite impressive.
20. **Assuming one takes a sauna for 30 minutes, some interesting comparisons can be drawn. Two of the highest calorie output exercises are rowing and running marathons. Peak**

output on a rowing machine or during a marathon burns about 600 calories for 30 minutes. An infrared sauna may better this from "just slightly" up to 250% by burning 900 to 2400 calories in the same period of time. **It might in a single session simulate the consumption of energy equal to that expended in a six to nine mile run.**

21. *The McGraw-Hill Encyclopedia of Science and Technology* reports "medical practitioners make use of infrared radiant heat to treat sprains, strains, bursitis, peripheral vascular diseases, arthritis, and muscle pain..."
22. **Dr. Masao Nakamura of the O & P Medical Clinic in Japan reported success with the use of infrared heat treatment for... Whiplash, Sciatica, Menopause, Arthritis, Shoulder, Stiffness, Insomnia, Acne, Gastroenteric Problems.**
23. Infrared heat relieves muscle spasms.
24. **Infrared heat treatment leads to pain relief.**
25. Infrared heat increases blood flow, similar to that seen during exercise.
26. **Infrared heat has been used in cancer therapy. This is a new experimental procedure that shows great promise in some cases when used properly.**
27. Infrared heat affects soft tissue injury.
28. **In Japan, ear, nose, and throat conditions were relieved with infrared heat treatments (skin conditions, clogged pores, poor skin tone, scars and pain from burns or wounds, lacerations, acne, teenage skin problems, body odor, eczema and psoriasis, sunburn, dandruff)**
29. Mikkel Aaland's book *Sweat* (Capra Press, 1978) Quotes a Finnish Doctor - "The best dressed foreigner can come into a doctor's office, and when his skin is examined, it is found to be rough as bark. On the other hand, as a result of the infrared sauna, the skin of any Finnish worker is supple and healthy."
30. **Unconditional Lifetime guarantee on heaters.**
31. The cost of running our sauna for 30 minutes a day, every day for one month is between \$2 to \$3, compared to \$20-30 a month for a conventional sauna.
32. **Infrared Heaters and Electromagnetic Fields... Recently there have been reports detailing the hazards of exposure to certain kinds of electromagnetic fields, such as those from high-tension power lines, cell phones, or from computer display terminals. Infrared heating systems have been tested in Japan and found free of toxic electromagnetic fields. The Swedish National Institute of Radiation Protection has concluded, as well, that infrared heaters are not dangerous. Instead, Japanese researchers have reported that infrared radiant heat is actually an "antidote" to the negative effects of toxic electromagnetic sources.**
33. *We are an amazing team of cool people dedicated to infecting YOU with the spirit of health and vitality!*

The InfraTherapist® & HealthMate® Far Infrared Sauna

"A sauna used to be thought of as a luxury. But studies now confirm that diet and environmental chemicals cause 95% of cancers. Furthermore, as the first generation of man exposed to such an unprecedented plethora of daily chemicals, we have learned that stored or undetoxified chemicals can mimic any disease.

"Incurable" chronic diseases that were thought to have no known cause often disappear once toxic chemicals are gone. **Since the far infrared sauna is the safest, most efficacious and economical way of depurating stored toxins, this makes it a household necessity.**"

-Sherry A. Rogers, M.D., Northeast Center for Environmental Medicine
Internationally known expert in environmental medicine

Author of; *Tired Or Toxic?* , *Total Wellness*, *Wellness Against All Odds*, *Depression Cured at Last*, *Pain Free*, and *No More Heartburn*

And, if that is not enough... Here are a few more reasons to start using an Infrared Sauna in Your Home...

Aging and Infrared Heat Therapy

Problems often accompanying aging have been reported in Japan to be alleviated or reduced by the use of infrared therapy:

- Rheumatoid arthritis (seven out of seven cases resolved - in one clinical trial)
- Radiation sickness (relieved signs and symptoms)
- Cancer pain (greatly relieved pain in later stages)
- Sequelae of strokes (Hemiparesis relieved over time)
- Benign prostatic hypertrophy (reduced)
- Duodenal ulcers (eliminated)
- Pain preventing sleep or limiting sleeping positions (relieved)
- Compression fracture pain (pain gone for three days after each treatment in osteoporotic compression fractures)
- Hemorrhoids (reduced)
- Cystitis (gone)
- Cirrhosis of the liver (reversed)
- Gastritis (relieved)
- Hepatitis (gone)
- Asthma, bronchitis (cleared up)
- Chron's Disease (gone)
- Post-surgical adhesions (reduced)
- Leg ulcers (healed when previously static and resistant to other care)
- Keloids (significantly softened and, in some cases, completely gone)

Contraindications

As you can see, the segment of the infrared spectrum emitted by an infrared sauna, such as the Healthmate® Far Infrared Sauna from Contagious Health, is reputed to offer an astounding range of possible therapeutic benefits and effects in research conducted around the world.

The data presented in this article is offered for reference purposes only and to stimulate further observation. No implication of the InfraTherapist® and HealthMate® Far Infrared Sauna from Contagious Health creating a cure for or treating any disease is implied nor should it be inferred. If you have a disease, be sure to consult with a primary-care physician concerning it.

In Summary...

Please, do yourself... your health... your future... and your family a favor. Call us today to discuss how Far Infrared can help you specifically, where we can install one in your home (plugs into any standard wall plug) and how quickly you can have one delivered to your doorstep.

It will be the best investment you can make.

To your health, Troy White – Contagious Health



www.contagioushealth.ca

1.877.488.7888