

## **Far Infrared Poplar Therapy Saunas**

### **ARE YOU TOXIC?**

#### **Do You Have Any of the Following Symptoms?**

- Fibromyalgia
- Chronic Fatigue
- Brain Fog/Poor Concentration
- Anxiety
- Cold Hands & Feet
- Night Sweats
- Depression
- Dark Circles Under the Eyes
- Candida
- Metallic Taste in the Mouth
- Digestive Problems
- Inability to Gain or Lose Weight
- Insomnia
- General Malaise/Feeling Sick All Over
- Chemical Sensitivities
- Rashes
- Allergies
- Tremors
- Frequent Colds or Flu
- Joint Pain
- Mood Swings
- Cellulite
- Acne
- Burning Skin
- Poor Dexterity
- Memory Loss
- Muscle and Joint Pain

Many of these symptoms can turn into more serious conditions if toxicity is left untreated.

If you have ANY of the above symptoms, you may have chemical or heavy metal toxicity and should consider the Far Infrared Poplar Sauna Therapy.

The Far Infrared Sauna helps rid the body of toxins  
and restores natural health.

## OUR TOXIC WORLD

Our bodies have become virtual dumping grounds for the hundreds of thousands of toxic compounds that invade our air, water, and even the soil that nurtures our food.

More than 77,000 chemicals are in active production in North America. More than 3,000 chemicals are added to our food supply; and more than 10,000 chemicals in the form of solvents, emulsifiers, and preservatives are used in food processing, packaging, wrapping, and storage.

Everyday, all of us ingest tiny amounts of these chemicals. The EPA estimates there are more than 20,000 chemicals that our bodies **cannot metabolize**. Chemicals not metabolized are stored in the fat cells throughout our bodies where they continue to accumulate.

As these chemicals build up, they alter our metabolism, cause enzyme dysfunction and nutritional deficiencies, create hormonal imbalances, damage brain chemistry, and cause cancer. Because the chemicals accumulate in different parts of the body and at different rates and in different combinations, there is a disturbingly large variety of different chronic illnesses that can result.

- Columbia University School of Public Health reports that 95% of cancer is caused by diet and environmental toxicity.
- EPA studies of human fat biopsies found styrene residue in 100% of the people.
- According to the EPA, our bodies accumulate 210mcg of just plasticizers (phthalates) everyday.
- Studies show that most of us have between 400 and 800 chemical residues stored in the fat cells of our bodies.
- A USA Today article indicates that the average city water contains more than 500 chemicals.

## COMMON SOURCES OF TOXINS

We have been perpetually exposed to toxins every day since we were born. As the quantity that accumulates in the body reaches high enough levels, the affect on our health can vary from annoying chronic symptoms to death from heart disease or cancer.

- Plastic wrap and plastic bottles outgas plasticizers (phthalates) that leach into our food. Phthalates chemically mimic hormones damaging the endocrine system.
- Pesticide residues are detectable in 50% of the food consumed in the U.S. Pesticides can be even more damaging to the endocrine and glandular systems. The U.S. uses 30 times more synthetic pesticides today than in 1945.
- “Silver” dental fillings contain mercury and other heavy metals (a cause of Parkinsons disease) that leaches out and is absorbed by the surrounding tissue.
- The average carpet outgases more than 12 chemicals (such as benzene, a known cause of leukemia) all of which can cause disease.

“Air pollution and water pollution are only a small part of the toxicity story. There are thousands of harmful environmental toxins, some of which we’re aware of-such as pesticides, chemicals, household cleansers, fertilizers-and others, which seem perfectly innocent, such as those ubiquitous plastic water bottles, styrene cups, dental fillings, and plastic wrap. These are just a few small examples of the alarming amount of harmful toxins our bodies are absorbing everyday.” ---**Dr Sherry Rogers**

**Detoxify or Die**

## Detoxification-The Only Solution

Our level of toxic exposure and contamination is much greater than our body’s elimination mechanisms can handle. It therefore is essential to aid the body in the removal of these harmful and potentially deadly waste products.

The solution is to detoxify the body and to reduce the future accumulation of toxins. Far infrared sauna therapy accomplishes the first by assisting and restoring the body’s own elimination mechanism. There currently is no known better method for detoxification. Drinking clean high quality water contributes to this process not only by reducing the accumulation of new toxins consumed from tap water, but also provides a source of anti-oxidants. These methods are recommended by thousands of doctors including Dr. Sherry Rogers, world-renown environmental medicine expert.

In her book, *Detoxify or Die*, Dr. Sherry Rogers makes a clear and compelling case for the necessity of detoxifying the body to regain and maintain health. To learn more about toxicity and detoxification, please visit our Resource Library.

“I believe that anyone who wants to become or remain well must be detoxified so their body can more effectively excrete the many stored toxic chemicals that all humans presently contain. I personally use the Thermal Life Far Infrared Sauna at least three times a week to help keep me healthier. In time it is hoped that everyone will realize how absolutely essential this is for the elimination of toxic substances and the prevention of chronic disease.” --Dr Doris Rapp, M.D.,

Author of the best-selling book [Is This Your Child?](#)