

Extract of

Detoxification through the Skin

from International Medical Veritas Association, Mark Sircus Ac., OMD

Since our exposure to general chemical toxins in the environment is only going to get worse with time, any reasonable and cost effective method that reduces concentrations of toxic metals and other poisonous chemicals in the human body will find great use in the 21st century (the Age of Toxicity).

It is commonly thought that **sweat from conventional saunas** is 95 to 97% water with salt making up a part of the rest. Our skin contains sweat glands and oil glands, both of which help us move things through the skin. Sweat gets rid of water-soluble toxins, and even helps to eliminate toxic heavy metals such as mercury and cadmium. Oil glands help remove oil-soluble toxins such as gasoline, solvents, pesticides and ingredients in toothpaste and personal care products, which the body is not able to dispose of unless heavy sweat is provoked. It is generally thought that the longer the skin is heated, the more oil-soluble toxins are eliminated. Even if one half to one percent of the sweat is carrying out heavy toxins we are greatly assisting the body's elimination needs with saunas.

Dr. Zeim

Dr. Klinghardt is combining the use of far-infrared saunas with the chelating agent DMPS in a heavy metal detox protocol. These special saunas are believed to be more effective in moving toxins through the skin than steam saunas because in the **far-infrared thermal system only 80 to 85% of the sweat is water** with the non-water portion being principally cholesterol, fat-soluble toxins, toxic heavy metals, sulfuric acid, sodium, ammonia and uric acid.

“One of the best passive exercises is the radiant heat of an infrared sauna which, causes a profound deep sweat. After about 30 minutes of exposure, the blood vessels of the skin dilate to allow more blood to flow to the surface to support the cooling process. The millions of sweat glands covering the body are infused with fluid from the blood. In turn, they empty to the skin's surface, thereby flushing large amounts of toxins, including toxic acids and heavy metals, from the body,”

writes **Dr. Robert O. Young** who found in his research that radiant heat [infrared] sauna provides the following benefits:

- Speeds up metabolic processes of vital organs and glands, including endocrine glands.
- Inhibits the development of pleomorphic microforms [fungi's, yeasts, bacteria and molds] and creates a 'fever reaction' of rising temperature that neutralizes them.
- Increases the number of leukocytes in the blood.
- Places demand on the heart to work harder thus, exercising it and also producing a drop in diastolic blood pressure (the low side).
- Stimulates dilation of peripheral blood vessels thus, relieving pain (including muscle pain) and speeding the healing of sprain, strain, bursitis, arthritis, and peripheral vascular disease symptoms.
- Promotes relaxation thereby creating a feeling of well-being.

The volume of sweat produced in the Far-Infrared sauna is profuse and may induce two or three times the sweat volume of conventional saunas, yet they operate at a much cooler air temperature range: about 110 to 130 degrees F, compared with 180 to 235 degrees F in a conventional sauna.

Using sauna for detoxification purposes is an ancient tradition practiced by different cultures around the world. The skin is our largest organ and sweating is one of the body's most important 'detoxification' pathways. The combination of modern Far-Infrared heating technology with the ancient sauna ritual seems to have resulted in an effective way to deeply cleanse the tissues of the body.

**Peer reviewed literature shows that sweating during sauna therapy eliminates high levels of toxic metals, organic compounds, dioxin, and other toxins. Sauna therapy is ideal to mobilize toxins from their hiding places.
Dr. Dietrich Klinghardt**

**I do a sauna every day and have for a number of years. Recently I got an infrared and I was intrigued that the sweat felt different, less watery, and slimier. It made me think there was some truth to the assertions being made about far infrared and its ability to draw more toxins than the standard regular sauna.
Dr. David Minkoff**

Using the skin as an avenue of toxin elimination will make heroes out of doctors who are desperate to help patients and even little children with heavy metal toxicity. Medicine in general is obsessed with the biochemical dynamics which everyone knows is a tricky business. Using steam and far infrared saunas as well as clay to pump poisons out of the skin brings us into bio-physics and bio-mechanics. When we mix therapeutic approaches utilizing multi-level approaches we greatly facilitate our successful work with people. From water and clay to DMPS, glutathione precursors and glutathione itself we now have an expanding bag of instruments with which to help our patients recover from difficult diseases. The detox side-effects experienced when taking chelators are a result of the extra strain the released toxins put on the eliminatory organs such as the kidneys, liver, digestive system, lungs and skin (referred to as a healing crisis). All of the suggestions in this chapter help to relieve those side effects by removing the toxins through the skin therefore reducing the stress on these eliminative organs.

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