

The Ultimate Solution to Disease

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If I look at the last 100 people who were extremely ill, who have been everywhere, done everything, and are still sick, what caused it? In spite of the fact that many have become excellent students of environmental medicine, some are not 100% well. What is holding them back? The major demons are heavy metals (mercury leads the list) pesticides, detox deficiencies, and Candida.

The ultimate mercury removal? The best way to get rid of heavy metals and pesticide residues? **The Infrared Therapy Cabin.** It has been known for decades that sweating is a wonderful way to get rid of stored chemicals, including heavy metals. In fact, sauna is one of the detoxification procedures used in the environmental Units in Dallas (Dr. William Rea) and North Charleston (Dr. Allan Lieberman) where the sickest of folks go to heal. But many people, myself included, never could tolerate a sauna. We felt weak, sick, fast heart rate, faint, dizzy, headachy, or just miserable. Thanks to improved technology, the infrared sauna is tolerated much better, because it uses a heat energy that penetrates the tissues better, allowing an overall lower temperature to be used.

Another thing I always worried about in the sauna, even for the few brief moments I could stand one, was the fact that my eyeballs burned so much. I couldn't believe that the heat on my corneas was good for them and feared triggering cataracts. No studies have ever been done on this. Anyway, I don't get that type of eye pain in the infrared sauna, only profuse sweating. And that is just the effect you do want in order to release nasty toxins from storage sites.

The body can get rid of stored mercury through stool, urine or sweat. The sweat route is the most efficient and natural (man used to physically work before computers were invented). I used to hesitate to recommend something as 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.

Add to that the fact that it may be the primary "cure" or solution to the problem, and it is a win-win situation. I think this is so important that I am going to show you in the future issues how you might be able to get insurance reimbursement and how to do a program at home with the right minerals and protocol so that you don't sweat yourself into a cardiac arrest from depleting your good minerals along with your heavy metals, pesticides, and other pollutants.

The majority of folks with insurmountable medical problems have stored chemicals (pesticides and heavy metals top the list), poisoning the recovery system. Going to an environmental unit is a luxury.

Sweating, is a God-given mechanism, but it must be done properly and safely to be successful. The infrared sauna is something that you would use for a lifetime, for the world will never run out of ways to poison us. It is a major tool in your anti-aging program. Because it is a major expense, you might want to figure out a way to put it in a garage, basement, game room, patio, lanai, or porch and share the cost with neighbors, for example.

The pollution of the world is not going to go away. To unload the body enough so that it can heal itself, infrared sauna is my preferred tool. And for continued health once you arrive at your goal,

sauna again is a weekly necessity forever. Nothing stands by itself and you need the total load. But certainly for now