

Sauna Detoxification Program

Most sauna detoxification programs use exercise, nutrients and low-temperature long duration heat exposure. The combination of these promotes the mobilization of stored toxins from fatty tissues and enhances their excretion. Mobilization of stored chemicals is not desirable if the routes of elimination are not also enhanced. Chemicals are excreted through many routes including feces, urine, sweat, sebum, and lung vapor.

Please note that it is extremely important to obtain an accurate diagnosis before trying to find a cure. Many diseases and conditions share common symptoms: if you treat yourself for the wrong illness or a specific symptom of a complex disease, you may delay legitimate treatment of a serious underlying problem. In other words, the greatest danger in self-treatment may be self-diagnosis. If you do not know what you really have, you can not treat it!

Knowing how difficult it is to weed out misinformation and piece together countless facts in order to see the "big picture", we now provide simple online access to The Analyst™. Used by doctors and patients alike, The Analyst™ is a computerized diagnostic tool that sits on a vast accumulation of knowledge and research. By combining thousands of connections between signs, symptoms, risk factors, conditions and treatments, The Analyst™ will help to build an accurate picture of your current health status, the risks you are running and courses of action (including appropriate lab testing) that should be considered.

Function: Reasons For Use

Heat stress is a means of increasing circulation and of enhancing the elimination of compounds through both sweat and sebum. It is documented that methadone, amphetamines, methamphetamines and morphine, as well as copper, mercury and other metals and compounds appear in human sweat. Enhancement of this elimination route is a key purpose of the sauna aspect of this program.

In addition to an increase in sweat production, increased body temperature results in heightened production of sebum, the material produced by the skin's sebaceous glands.

In patients exhibiting chloracne, a specific skin disorder caused by chemical exposure, the causative compounds may be detected both in adipose tissue and in sebum of the skin.

Directions

The minimum acceptable program length is two weeks, but longer programs are typical and may extend up to six weeks. The average time spent per day in the sauna is 3 hours. Although this sounds like a lot, it is usually well tolerated. Completing such a program is difficult when working at the same time. It is best accomplished during a vacation period. The greatest benefit will be gained by following an established program under a doctor's supervision.

Expected Outcome

After a sufficient number of days, chronic heat stress will reduce the body's burden of fat-soluble toxins. Various chlorinated and volatile hydrocarbons have been measured in the sweat of those undergoing sauna therapy, and fat tissue biopsies clearly support this claim. An added benefit is that detoxification continues for several months after the program is completed. This is probably explained by a continued enhancement of elimination through the skin.

GLOSSARY

Sebum - The oily liquid covering the skin surface

Sebaceous (Sebaceous Cyst) - Sebaceous Gland: Oil secreting glands, mostly clustered around hair follicles. The oil (sebum) is released into the oil glands from the disintegrated cytoplasm of shedding holocrine cells that line the alveolar surfaces. The nature of the secretion is often a direct reflection of the state of the body's lipid metabolism.

Gland (Glands) - glandular system is one of the most important and complicated systems of the body. Gland tissue can be either an organ or general tissue that secretes chemicals and there are two types of gland: exocrine and endocrine. Those glands which secrete chemicals through tubules or ducts are called exocrine and include sweat, tear and salivary glands. Ductless glands - part of the endocrine system - secrete special chemicals (hormones) directly into the blood.

Copper - An essential mineral that is a component of several important enzymes in the body and is essential to good health. Copper is found in all body tissues. Copper deficiency leads to a variety of abnormalities, including anemia, skeletal defects, degeneration of the nervous system, reproductive failure, pronounced cardiovascular lesions, elevated blood cholesterol, impaired immunity and defects in the pigmentation and structure of hair. Copper is involved in iron incorporation into hemoglobin. It is also involved with vitamin C in the formation of collagen and the proper functioning in central nervous system. More than a dozen enzymes have been found to contain copper. The best studied are superoxide dismutase (SOD), cytochrome C oxidase, catalase, dopamine hydroxylase, uricase, tryptophan dioxygenase, lecithinase and other monoamine and diamine oxidases.

מקור:

<http://www.diagnose-me.com/treat/T3445.html#G1244>