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100% Effective Natural Hormone Treatment
Menopause, Andropause And Other Hormone Imbalances
Impair Healthy Healing In People Over The Age Of 30!

Easiest Method Of Detoxification!

By Melvin H.Gill

Types of Saunas

The traditional sauna is electric, wood or gas fired. Preheating to 150–200 degrees is required for copious sweating. The intense heat is difficult for many to tolerate, especially when ill.

Far-infrared heats the body, the air remaining cool. Sweating begins quickly and the experience is rather pleasant. Preheating is unnecessary which saves electricity. Most use ceramic elements to generate gentle heat. Excellent, but costly, another option is to use infrared bulbs. The latter also provide warming and stimulating color therapy.

According to research, far-infrared is more cleansing than traditional saunas. The deep penetration of the infrared energy allows the cells to eliminate better.

Sauna Detoxification

Many cultures use sauna cleansing as a regular part of detoxification and cleansing. It is a powerful method of eliminating environmental chemicals that are stored in fat cells.

Instructions

1. Find a dry heat sauna that has not been treated with toxic chemicals.
2. You should not be hungry, have just eaten, or feel weak.
3. Exercise for 20 to 30 minutes. Cardiovascular exercise, such as running or using a treadmill or exercise bicycle, is necessary to stimulate the circulation of blood and lymph to the deep tissues.
4. The recommended length of time in the sauna varies according to the condition. Sittings of about 15 minutes at a time are recommended in a low temperature sauna. In advanced sauna cleanses, up to 45 minutes at a time are recommended, but it is essential that the sauna be low temperature and the person stays hydrated with water and minerals. Heavy sweating after 10 to 15 minutes is a sign that

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the sauna is too warm.

5. In order to increase circulation and mobilize chemicals from fat tissue, niacin supplements are sometimes recommended for 2 to 3 weeks with daily sauna therapy. A health care practitioner should be consulted to ensure the safety and efficacy of the detox. (see Sauna Detox)

Pain Management with Sauna

Pain is also at times related to ischemia due to tension or spasm which can be improved by the hyperemia that heat-induced vasodilatation produces, thus breaking the feedback loop, in which the 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 responsible for pain arising

from dental pulp.

Come to

<http://www.saunadetox.info>

Avoid heavy meals two hours before a sauna session.

Detoxification Explained

By Tyson J Stevenson

Detoxification refers to the removal of toxic substance from human body by various methods. Detoxification takes place through various organs of the human body like lungs, liver, kidney and skin. Detoxification is also done by artificial methods like dialysis, acupuncture detoxification and chelation therapy. Alternative medicine therapies like detox diets also claim to detoxify the human body.

The function of the liver, lungs, kidney and skin is to remove any harmful substance from the blood stream. Lungs detoxify by exhaling. Liver breaks down the toxins into smaller compounds that are then cleaned by the skin and the kidneys.

Chelation Therapy uses chelating agents to remove metal ions from the body. Metals like mercury, lead, uranium, americium, polonium etc are harmful and act like poison in the body. Chelating agents that are used for detoxification are:

·D-Penicillamine ·Deferosamine ·EDTA : Diethylene triamine pentaacetic acid ·DMSA : Dimercaptosuccinic acid ·BAL : British Anti Lewisite ·DMPS : Dimercapto-propane sulfonate ·ALA: Alpha lipoic acid ·Ca Na₂ -EDTA : Calcium disodium versante ·Deferoxamine

Detox Diet. It is a dietary course in which food consumption habits are changed to remove toxins and

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contaminants from the body. Proponents of this method claim improved health, vitality, immunity, weight loss etc.

The various methods used are:

·Calorific restriction. ·Increased consumption of certain types of fish like salmon. ·Fasting methods like water fasting and juice fasting. ·Consuming certain herbs.

In detox diets veganism is advocated in which fruits and vegetables form the majority component. Drinking more water and limiting alcohol is also advocated.

Acupuncture Detoxification. Detoxification also refers to drug rehabilitation to treat alcoholism and drug addictions. The process in these types of detoxification involves abstinence to remove the drug completely from the body and this is usually accompanied by social and environmental support. This support is required to prevent the patient undergoing withdrawal and depression. A non drug detoxification method widely used is acupuncture detoxification. Acupuncture detoxification was very successful during the 70's cocaine plague in the US.

It involves a five point auricular (outer ear) protocol developed in the US by Dr Michael Smith. Presently in the US this acupuncture treatment and training is provided through the National Acupuncture Detoxification Association. Studies have found that patients are more likely to complete the treatment and stay away from drugs and alcohols.

Dialysis. Dialysis is a life support treatment used to detoxify the blood when a patient's kidneys fail. Kidneys remove waste products from the blood like potassium, acid, excess fluid and urea in the form of urine. Dialysis machine does both waste removal and fluid removal. The method used to remove the

toxins from the blood is by osmosis. Blood is passed on one side of semipermeable membrane and the dialysis fluid is passed on the other side. The dialysis fluid collects the toxins from the blood by osmosis through the semi permeable membrane.

Detoxification is done by various established methods like dialysis, acupuncture detoxification, chelation therapy etc. Some alternate medicine methods like detox diets also claim to purify the blood. However they are not proved medically.

Tyson J Stevenson writes on a wide variety of "every day" subjects, always with valuable news & reviews. Expect to see his name often. Related resources:

<http://www.detoxificationmethods.info>

<http://www.detoxmethods.info>

<http://www.detox-methods.info>

or

<http://www.rapid-body-detox.info>



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