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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!

Saunas: An Effective Way to Detoxify

By Jena

Saunas: An Effective Way to Detoxify by Jena

Do you constantly rage battles with thick smog and toxic chemicals in the big city? Are you desperate for real clean living? We consume toxins daily—from the air we breathe, the food we eat, and even the water we drink. Then, just when we think that we are safe at home, we come in contact with more, less obvious forms of toxins. Daily household toxins can come in the form of cigarette smoke, dust, pet dander, mildew, cleaning detergents, as well as chemicals from bathing water. And vanity does pay its price because even the soaps, lotions, ointments, creams, and deodorants we use everyday contain chemicals that are toxic to our body.

Nowadays, with more toxins in the environment than ever, "it's critical to detoxify," asserts Linda Page, N.D., Ph.D., the author of Detoxification (Healthy Healing Publications). By removing and eliminating toxins, detoxification helps protect us from diseases and renews our ability to maintain optimum health. There are different ways to help our body detoxify, like eating plenty of fruits, and vegetables, taking Vitamin C and other supplements, drinking plenty of water daily, among others. One yet-to-be-explored means of detoxification however, is the steam bath of Finnish origin, more popularly known as the "sauna". Yes, saunas not only improve blood circulation and provide tension relief after a hectic day, but they are now being recognized as an effective method of detoxification.

Our skin is our body's first defense against daily toxins which, therefore, makes it a major detoxification pathway. Many people's skin, however, are very inactive. Many do not sweat. This may be caused by several factors like synthetic or tight clothing, sedentary living, or sun damage. This, then, is what the sauna zeroes-in on. How? There is a layer of fat and oil just beneath the surface of our skin. Heat from the sauna raises the skin's temperature, causing these fats and oils to ooze out of the skin's oil glands. As sweat and oil are secreted, the toxins dissolved in them are flushed out as well. By excreting these toxins and washing them off our bodies, our toxic load is lowered and cellular energy production is greater.

With the introduction of far-infrared saunas of late, wherein as far-infrared heats the body, the air remains cool and sweating begins quickly, the "sauna experience" becomes more pleasant. Also, the deep penetration of the infrared energy heats the tissues several inches deep, enhancing metabolic

processes.

There are only more and more reasons to get rid of the daily toxins our bodies are constantly subjected to. What better way to do this than to "sweat it good while relaxing" in a sauna, for we may not be able to flee from every pollutant in the world but we do have the option to rid our bodies of these poisons naturally and safely. Now, we no longer have to feel guilty about spending those extra bucks, for a sauna not only feels right, it is right!

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Saunas: An Effective Way to Detoxify Your Body

By Maricon Williams

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Prepare to burn as the saunojat shows what he or she is willing to show... You will be ushered to a room and will be invited to take off all your clothes... Feel the warmth and enjoy your rising body temperature as you dip into a 100 degrees Celsius warm pool of water. You drop vihta to the water... the fresh aroma lingers... Abruptly, your body will experience a tickling reaction... and you're enjoying it more... A löyly was thrown to the stove...it increases the warmth... Suddenly, you feel drops of perspiration come rushing out of your pores... sweat are everywhere... your body's in heat and you're enjoying even more... Your body's screaming for more and you'll gonna stay a little longer... it's hot but it's the way you like it!..... That's what sauna can give you - pleasure and more!

Saunas existed thousands of years ago. Its purpose is to give relaxation at the same time cleanse the body from unhealthy elements. Advances in technology brought about improved and enjoyable saunas. In most hotels saunas are heated by electricity, some uses infrared but Finnish like it in its traditional way.

Despite the fact that saunas did not originate from Finland but it is so much part of Finnish culture. It was estimated that there are 2 million saunas in Finland for a population of 5 million. The first saunas were holes dug in the ground with a fire pit in the center and a roof to cover the fire, maximize heat and protection against rainfall, wind and snow. Traditional saunas are heated by wood, burned either with a chimney or in a stove. Chimney or smoke sauna is the original sauna and is believed to be the best.

It was proven that sauna is not only pleasant but also an amusing way to detoxify. To make us perspire is what sauna can do and sweating removes toxins in our body. Two types of saunas can be used for the all natural super detox program – the traditional sauna and the infrared heat sauna. It enhances blood circulation and provides more oxygen to our tissues. Exposure to it opens our nasal passages to drain our sinuses. Sauna is known to be the best natural detox solution for heavy metals toxicity which includes high mercury toxicity levels and it also helps to provide arsenic removal from our body. Take a shower immediately after you get out of the sauna to wash off the toxins that seep through your pores.

Saunas not only tender natural detoxification, they are also relaxing and offer tension relief after a

hectic week and help reduce pain. Sauna is a place to relax and relieve stress and tension. Pamper yourself a little more by experiencing an exquisite detoxification process... Enjoy the warmth of sauna!

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