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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!**

**Sweat Out Your Body Toxins**

**By Rhea**

**Sweat Out Your Body Toxins by Rhea**

In this toxic world where harmful chemicals enter your body on a daily basis, there is the inevitable need to detoxify. You intake arsenic and heavy metals along with the food you eat and the water you drink. Even the air that you breathe and which comes into contact with your skin contaminates your body with airborne particles and gases. Toxins will never cease to invade your diet and environment. The good news is detoxifying your body will not cost you a lot of time, money, and effort.

Saunas, apart from their relaxing and soothing benefits, are proven to be one of the easiest and most effective ways to get rid of the body's pollutants. Saunas stimulate sweating by subjecting the body to a high temperature, from about 100 to 200 degrees Fahrenheit depending on whether one uses the conventional sauna or the much lower temperature of the far infrared sauna (FIRS). When you sweat, toxic chemicals that have accumulated in your body are purged out of your skin's pores. It is estimated that around 30 percent of bodily wastes are expelled from the skin by way of perspiration. Further, the waste products secreted through the skin are more than common than those which are discharged with the urine and stool. Health practitioners have noted that smokers who use the sauna will often leave a yellow residue on their towels. Sauna owners also reported that a thick, black layer of accumulated tar build up on their sauna benches.

The sweat route is indeed the most natural, most passive, and most convenient way to eliminate body toxins. There is no drug to take and no pain to endure. While sweating is a natural mechanism, it must still be induced properly and safely to make it thoroughly effective in liberating harmful chemicals out of the body. Clinical studies show that an hour spent in a sauna will release about a quarter of sweat. Getting a sauna will surely cost you bucks, more so if you intend to install one in your private home. But when you consider the lifelong incapacity and enduring expenses of suffering from toxin-induced diseases like cancers, diabetes, Alzheimer's disease, and heart stroke, a sauna is relatively cheap. Apart from releasing toxins, you also enjoy the calming and rejuvenating feeling saunas give by improving your body circulation and skin complexion. Ultimately, a proper sauna not only cleanses the skin surface but also purifies the body on a cellular level. That's bodily cleansing inside and out!

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## **Antiperspirants and Breast Cancer**

**By Alfred Jones**

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#### **ANTIPERSPIRANTS AND BREAST CANCER**

Most underarm antiperspirants contain as the active ingredient, Aluminium Chlorohydrate, as you will probably remember there has been controversy about Aluminium, since the 1950's when it was a popular metal used for making cooking pots, Saucepans and Fry Pans and that it could be one of the contributing factors to Alzheimer's, now we have another problem that could also be related to Aluminium, Breast Cancer.

Research shows that one of the leading causes of Breast Cancer could be the use of antiperspirants. The human body has a number of areas, that it uses to purge Toxins from the body, these are, behind the knees, behind the ears, the groin area, and the armpits. The toxins are purged from the body in the form of perspiration and antiperspirant as the name clearly suggests prevents you from perspiring, thereby inhibiting the body from purging Toxins from the armpit area.

These Toxins do not just disappear, Instead, the body deposits them in the Lymph Nodes below the arms, since it is unable to sweat them out. A concentration of Toxins then builds up in the areas such as the armpits, which can then lead to cell mutations, which is cancer.

It cannot be ignored, that nearly all Breast Cancer Tumors occur in the upper outer quadrant of the breast area, this is where the Lymph Nodes are located. Men are less likely (but not totally exempt) to develop breast cancer prompted by the use of antiperspirants, because the antiperspirant is more likely to be caught in the armpit hair, rather than directly applied to the skin, but ladies, who shave their armpits, increase the risk by causing imperceptible nicks in the skin, which allow the chemicals to enter easily into the body through the armpits.

This article is aimed mainly at ladies, but please be aware that there are a few antiperspirants on the market that are made from natural products, but basically they would still trap the Toxins in the same areas. The best solution is to use deodorants, rather than antiperspirants, also please remember that the Eight Essential Sugars in Glyconutrients can also help to fight off Toxins. Please view the benefits that Glyconutrients can give you, Check our Web Sites.

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