

Why Do The Fittest Still Get Cancer?

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People often wonder why some of the healthiest people they know still get Cancer. Statistics suggest that no matter how much exercise you get, the susceptibility to Cancer remains powerfully strong for both men and women in our society.

“Toxins get into our system and if they are unnatural to our bodies they don’t get properly eliminated. Instead they get processed into the fat cells for future elimination via sweat,” says Dr. Sat Dharam Kaur, ND, author of the Complete Natural Medicine Guide to Breast Cancer.

“If we don’t sweat out these toxins regularly they can build up and act like a time bomb,” says Kaur, who has treated patients with symptoms from pesticide exposure who didn’t get sick until 20 years after the exposure.

“You never know who is going to react and who isn’t,” she says.

Dr. Kaur installed a new type of low-heat ceramic sauna into her practice a number of years ago when she learned that it could make people sweat profusely, at unusually low temperatures for a sauna; 45C instead of 95C like a high heat sauna.

At these temperatures a very sick person can go in for a long time and actually sweat toxins out of the body. A healthy person, or a person who is in good condition and not showing symptoms, can use one every day to cleanse the system of all the toxins we encounter by eating, drinking and breathing in our modern world.

One of Dr. Kaur’s patients was a long distance runner in her thirties who contracted breast cancer after having just completed the Boston Marathon. The patient theorized that since she was in top physical condition, she must have been exposed to an unusually high amount of car exhaust while running so many hours on public roadways. Chemicals found in automobile fumes such as benzene, lead, and toluene are proven carcinogens.

A year after buying a portable ceramic low heat sauna she is feeling healthier than ever, and encouraging her friends to get one.

Dr. Sherry Rogers, MD warns that men are also susceptible to serious disease and disorders from everyday chemicals such as plastic. The plastic in a water bottle contains phthalates which cleverly bind the plastic but also dissolve into our blood streams leached out by the water we drink.

“Those same phthalates can be responsible for undescended testicles in a newborn, low fertility in a young adult male or prostate cancer in a more senior male,” says Dr. Rogers.

“No amount of exercise is going to fully protect you from those persistent little chemicals.”

Dr. Rogers is a strong advocate of sauna therapy with the ceramic low-heat system. She recommends patients use an allergy free wood such as Poplar or Basswood in order to ensure they aren't also fighting natural toxins like the natural insecticides found in cedar.

It's also important to avoid imported woods, plywoods, chipboards and discounted import items associated with toxins used in the building industry. Once the sauna heats up, those chemicals can vapourize and actually poison a sauna room.

After battling prostate cancer for four years George McPherson of Nottawa, Ont. purchased a chemical-free sauna from the Canadian company SaunaRay which manufactures medical grade saunas in Collingwood, near his home.

“After eight months my symptoms are way down. Some of them are gone entirely and I have a much better sense of well being,” he says.

McPherson, 68, worked as a carpenter and has been fit his entire life. In his mid-sixties he was diagnosed with this increasingly common male affliction. At one point he went to Princess Margaret Hospital in Toronto to be scheduled for surgery to remove the prostate.

“My wife and I thought this was a little radical and decided to try the natural route instead,” he says. He was able to partially manage the problem under the guidance of a naturopathic doctor but he didn't start to feel such complete relief until he turned to the sauna.

The SaunaRay units are widely used by medical doctors who are doing sauna therapy in their practices, including doctors working at Harvard Medical School and the University of Toronto Medical School.

McPherson set one up in his basement and started using it the same day. The units are user-friendly. They're made to fit into any room of the home, even the bedroom. They require no drains or vents and can be set up in five minutes. They can even be moved in the back of a mini-van and reassembled.

Doctors are now using their units to battle many illnesses including chronic pain, and chronic fatigue. The principal is that the ceramic heaters allow you to sweat at a much lower temperature than a traditional sauna. You can stay inside longer and sweat more.

“I tried using regular high-heat saunas before,” says McPherson,” But my throat would burn in the heat. One of the great things about SaunaRay is the comfort level inside.”

Dr. Kaur explains that so many of these ailments are due to the toxins hiding in our fat cells and building up until they eventually start causing health problems. She, along with other doctors and researchers, is about to embark on an in-depth study with her patients to

determine which toxins can actually be eliminated from our bodies with sauna therapy. With any luck it will provide some hope in the wake of so much information about this poison world that can kill us just by drinking water from a plastic bottle.

Patricia Naylor is a writer and broadcaster. She has worked for CBC, PBS, and Discovery Channel, and now specializes in leading edge health therapies.