

## **60 Canadian Reasons to Detoxify:**

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A new report by the activist group Environmental Defence shows that no matter how much we exercise, eat organic food, or live in remote pristine wilderness, we as Canadians are horrifyingly, carcinogenically toxic.

“If you can walk, talk and breathe, you're contaminated,” said Dr. Rick Smith, Executive Director, Environmental Defence. “Canadians are exposed everyday and in incredibly insidious ways to harmful toxic chemicals. We are guinea pigs in a massive, uncontrolled, chemical experiment, the disastrous outcome of which is measured in disease and death.”

It might sound like typical scare-mongering rhetoric from an environmental activist, but Dr. Smith is backing it up with hard science. The report is called: *Toxic Nation: A Report on Pollution in Canadians*.

The group studied eleven Canadians living across the country, including renowned wildlife artist and naturalist Robert Bateman.

It tested them for 88 known killer chemicals including carcinogenic metals, hormone disrupters, fire retardants, and pesticide residues. A whopping 60 of the chemicals were detected in the group, and the average participant had 44 of them coursing through their bloodstream. Mr. Bateman, the 75 year old artist residing in nature’s paradise on beautiful Salt Spring Island, B.C., had a higher than average 48 killer chemicals.

Bateman loaned his name, and his blood, to the cause to draw attention to the problem of toxins permeating our lives, but he was somewhat shocked to see his own results.

“In learning about my own situation, I would hope to be able to take steps to improve things or at least change my ways to limit further insults to my physiology.”

What the report failed to prescribe is the key step we can all take to remove these toxins from our bodies.

“Sauna therapy is the only way I know of to remove most of these toxins,” says Dr. Sat Dharam Kaur, author of the newly released “Complete Natural Medicine Guide to Women’s Health.” (Robert Rose Inc.)

Earlier this year Dr. Kaur, ND, installed a low-heat far infrared sauna into her practice in Owen Sound, Ont. She had read studies showing that dioxins could be almost eradicated from the body even after decades-old exposure. The study was done on American

soldiers exposed to the defoliant Agent Orange in Vietnam. Kaur started sweating her patients and many started feeling better.

“These carcinogenic agents are in all of us,” agrees Kaur, an author of several books including *The Complete Natural Medicine Guide to Breast Cancer*. “They accumulate in our fat cells, and we pass them on to successive generations in utero and through breast milk. If we do not use detoxification tools such as saunas, exercise, herbs, nutritional supplements and homeopathic remedies to remove them, they have a synergistic effect which can predispose us to cancers, particularly of the breast and prostate.”

Along with Kaur, a handful of medical doctors and naturopaths are using this new type of sauna to treat chronic illnesses and cancers resulting from this everyday over-exposure to toxins, and they’re showing remarkable success.

Dr. Alison Bested, MD has been using a far-infrared sauna in her practice in the Toronto suburb of Scarborough where she specializes in treating Fibromyalgia, an increasingly common chronic pain disorder, sometimes associated with toxic overload in the body.

Two years ago Dr. Bested noted that a number of her patients were improving while others in the same treatment group weren’t. A quick poll revealed those improving had been sweating in far infrared saunas.

The F-I-R sauna utilizes low-heat ceramic emitters to gently coax sweat from our skin. It’s easier to breathe inside than in a traditional high-heat sauna, and therefore patients stay in much longer and sweat an unprecedented amount.

Toxins are carried out of the body on the sweat droplets, and simply wiped off. Over time toxins from deep inside the body move out to the subcutaneous tissue and eventually are removed via sweat.

When she first installed the sauna in her clinic Bested noted that most, if not all of her patients had lost the ability to sweat – a common symptom of toxic exposure. Coaxing out toxins from the over-clogged sweat glands was only possible after repeated exposure to the ceramic heaters in the sauna.

“The most important change in my opinion,” says Dr. Bested, “is that patients who were unable to sweat before are now beginning to sweat. They can now use their skin as a vehicle to detoxify their bodies.”

Like Dr. Bested, Kaur is on the leading edge of this field, treating mostly women who tend to show symptoms of toxic exposure more than men. This is partly because testosterone has been found to naturally keep symptoms at bay. Men begin to show symptoms in their fifties when testosterone levels subside, while women show symptoms much younger.

Dr. Kaur is now seeking funding for a full scale study to prove what she's been observing in her practice; sweating helps to detoxify the body of all those poisons.

The Environmental Defence group also urges action among Canadians, suggesting we all take a five step pledge to limit our exposure to daily toxins such as pesticides and flame retardants. Avoiding them completely is next to impossible, but the idea of sweating them out brings new hope for all of us toxic Canadians.