

Grow Old Healthy - Sweat Out The Sickness!

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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 get shoved out 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 even 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 far infrared 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.

One of her patients was a marathon runner in her thirties who contract breast cancer. 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.

After battling prostate cancer for four years George McPherson of Nottawa took a novel approach to recovery, he bought a sauna and decided to sweat it out.

“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 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.

“We 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.

After reading about how a lifetime of toxic exposure can build up in our bodies and start to cause ailments such as cancers later in life, McPherson decided to purchase a new type

of low-heat ceramic sauna. By coincidence SaunaRay, the largest supplier of medical grade saunas to Canada's health industry has its factory just a few kilometers up the road from his house.

SaunaRay builds the nation's only medical grade sauna which utilizes allergy free wood and zero plywood or toxic glues which can add to the body's toxic exposure when the sauna is heated up. It is widely used by medical doctors who are doing sauna therapy in their practices, including doctors at Harvard Medical School and the University of Toronto Medical School.

McPherson set it 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.

"We started building these toxin-free saunas because we knew doctors were interested in using them but they were afraid to put them in their practices," says Rodney Palmer, President of SaunaRay Inc.

"Everything on the market was either made in China which meant extremely toxic, or made out of Cedar which has a natural neurotoxin," he explains.

SaunaRay uses only solid allergy-free woods and is free of plywood or other toxic materials.

"The toxin-free part is critical," says Palmer. "If it's made in China it is gassed with insecticide by law before leaving port. They also use lacquers and glues that are not approved in Canada. When that stuff heats up your healing sauna becomes a toxic zone."

The SaunaRay factory in Collingwood is a completely toxin-free building site where even the outer finish is done in Canadian beeswax. In three years the company has become the industry leader in medical grade saunas and the highly trained staff even advises some doctors and naturopaths on how to most effectively treat people in the units.

Doctors are now using their units to battle many age-onset illnesses including cancer, 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."

Sat Dharam Kaur is a Naturopathic Doctor in Owen Sound and the author of a number of books on women's health and Cancer. She hired SaunaRay to design a large ceramic heat sauna in her practice where she treats multiple breast cancer patients at a time.

“It’s really the only way to completely rid the body of so many modern chemicals that can build up in our fat cells and eventually cause major problems like Cancer,” says Dr. Kaur. She explains that so many of these ailments show up late in life because the toxins hide in our fat cells and build up until they eventually start causing health problems.

“For me it’s one of the best answers,” says McPherson who swears by the SaunaRay unit in his battle against prostate cancer. “I go in there and read my daily devotions and I feel fantastic. It’s a great place to meditate, and to heal.”