

Some Hope for Our Toxic Children

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A new report by the activist group Environmental Defence shows that no matter how far away we live from big cities, our children are still horrifyingly, carcinogenically toxic.

“Our children are being poisoned every day by toxic chemicals that surround them at home, school and play,” said Dr. Rick Smith, Executive Director, Environmental Defence. “The fact that children in our study have higher levels than their parents of a number of chemicals is an indictment of federal inaction.”

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: *Polluted Children, Toxic Nation: A Report on Pollution in Canadian Families*.

It's the second chapter in a series of studies that examines the blood of children and adults across Canada. In the first chapter the group studied adult Canadians living in remote areas including renowned wildlife artist and naturalist Robert Bateman.

The most recent test looked at 68 known killer chemicals including carcinogenic metals, fire retardants, and pesticide residues – found commonly in homes, parks and golf courses. Forty-six of those chemicals were found coursing through the blood of Canadian children. Many of them are associated with cancer, hormone disruption and reproductive disorders.

What the report failed to address is that doctors and other health practitioners are already removing these toxins from people in a novel new kind of sauna that's manufactured right here in Collingwood.

“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.)

Last year Dr. Kaur, ND, installed a low-heat sauna from SaunaRay at 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, they have a synergistic effect which can predispose us to cancers, particularly of the breast and prostate."

Dr. Kaur purchased her unit from SaunaRay in Collingwood because it's the only company that builds without any of the chemicals or toxins that lodge in the bloodstream.

"We supply all the doctors using sauna therapy because we guarantee there is no plywood or toxic glues that will vapourize poisonous chemicals into the room when you heat it," says Rodney Palmer, President of SaunaRay Inc.

SaunaRay's Collingwood factory has also built ceramic-heat saunas for doctors at Harvard Medical School, The University of Toronto Medical School and Sunnybrook Hospital in Toronto.

"We imported some of the discount models from China once but we found out they had faulty wiring, used chemical fire retardants and were actually gassed with pesticides by law before leaving port," says Palmer. "They broke down so much they weren't worth the discount."

SaunaRay units utilize 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.

Tamara Knoll, a registered massage therapist in Collingwood added a SaunaRay unit to her practice because she's seen an increasing number of clients interested in detoxifying. "They're reading about all the toxins we have in our bodies. They're feeling pain a lot of the time which is why they come for massage. What they don't realize is that they can sweat out the pain along with all those toxins," says Knoll.

Dr. Alison Bested, MD has been using a SaunaRay unit 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.

When she first installed the sauna in her clinic two years ago Dr. 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."

The Environmental Defence group is urging 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 Canadians – especially our toxic children.

To learn more about SaunaRay home units in Collingwood, call: 794-8811