

## The Complete Natural Medicine Guide to Women's Health

Author: Sat Dharam Kaur, ND, B.Sc., B.A.  
Book Review by Patricia Naylor  
The Whole Life Journal May 2006.  
Copyright SaunaRay Inc.

Did you know that a wedding ring can be used to test if your lipstick contains lead? Here is another secret; you can eat pesto or just sit in a sauna to rid your body of a lifetime of toxic buildup. *The Complete Natural Medicine Guide to Women's Health* has arrived to tell how to use nature to undo the damage of environmental toxins.

It is written by three women. Two are medical doctors; Mary Danylak-Arhanic, MD, and Carolyn Dean, MD, and the lead author is Sat Dharam Kaur, ND, a naturopath. It is interesting that the naturopath gets top billing but it is the book's main point that natural health therapies are in many ways superior to "traditional" pharmaceutical prescriptions.

For Dr. Kaur this work is a follow up to her best-selling *Complete Natural Medicine Guide to Breast Cancer*. She specializes in breast cancer treatment and prevention at the Trillium Healing Arts Center in Owen Sound. Through her many texts, guides, and lectures she is considered a North American authority on the subject.

In her latest book she notes that Natural medicine has become a popular consumer item as the pharmaceutical approach began to fail us in the past decade. After so many modern drugs were "proven" safe but later turned out to cause heart attacks, suicidal depression, or cancer, people are turning back the clock and looking to natural therapies to heal.

With so many different approaches to natural medicine, from so many parts of the world, this book helps to clarify. There are sections on Indian Ayurvedic Medicine and Traditional Chinese Medicine, both of which have evolved for thousands of years and enjoy official status in their respective countries. The guide gives equal time to Homeopathy, showing a prescription for relief of menopausal symptoms that was printed in New York in 1877. It refers to Native American Medicine, pointing out that 70 percent of today's most common herbal remedies were used a thousand years ago. It even explains how to apply these ancient herbs to modern conditions, such as "Cilantro Chelation Pesto" which will draw toxic levels of lead, mercury, and aluminum out of the body, while still impressing dinner guests.

The bottom line is that environmental toxins are responsible for the dramatic rise of cancer in North America, but "You can eliminate over 80 percent of your lifetime burden of environmental toxins with 100 hours of sauna detoxification," says one of the sidebar facts printed throughout the book. Dr. Kaur is a powerful advocate of sauna therapy for everyone and especially women. She is a pioneer in developing sauna therapy as a means to prevent and treat breast cancer. She built a large sauna in her practice in Owen Sound, Ontario, and says sauna therapy is the best way to remove carcinogenic heavy metals and chemicals from our bodies. Her sauna was designed by SaunaRay, a Canadian leader in medical grade far infrared saunas which has its main factory in Collingwood.

“I used a far infrared system because the ceramic heaters make you sweat more and at a much lower temperature than regular saunas,” she says. “And SaunRay makes medical grade heaters which are critical when trying to detoxify.” The book includes a comprehensive program for detoxifying in a far infrared sauna.

There is a comprehensive section that tells you where you can find all the remedies mentioned in the book. There is also remarkable survival information for living in this modern world, such as how to find out which pesticides are being used in your neighbourhood simply by submitting your postal code.

This guide is indeed complete. It is definitive, authoritative and mandatory for at least half of our population. The other half will benefit too, if only by giving it as a gift to their partner, mother, or daughter. It is a gift that will last a long and healthy lifetime.

The Complete Natural Medicine Guide to Women’s Health is published by Robert Rose Press and distributed by Firefly books. It is available at Indigo Books and Chapters, or directly from Trillium Healing Arts Center in Owen Sound, (519) 372-9212.