

## **The Power of Steam Saunas**

**Fever** A fever is the body's highly evolved attempt to destroy invading organisms and to sweat impurities out through the skin. Fever is an effective natural process of curing disease and restoring health, heat therapy, or hyperthermia, represents a way to create fever to call out his natural healing process.

The Secret of hyperthermia, or heat therapy, is that cancer cells are vulnerable to high temperatures. Heat the cancer cells and they can be easily destroyed, especially if the tumor lies close to the skin surface. In the process, patients can reduce or even eliminate the need for radiation.

The principle behind hyperthermia is simple: heat cancer cells and they can be killed easily. Direct killing of cancer cells begins to occur when the cancerous tissue reaches about 104 F to 105.8F. Only a relatively small rise in body temperature can make a huge difference says Dr. R Atkins who includes heat therapy in his cancer protocols. Unlike normal tissue, tumors have poor blood flow relative to their metabolic needs and cannot dissipate the heat, so they tend to get hotter than the surrounding area. Rapidly dividing cells (i.e., cancer cells) are more vulnerable to the effects of heat.

Normally, part of the damage caused by radiation is repaired by the cancer cells, enabling some to survive; however, heat foils this self-repair ability. Taken together, these facts tend to make tumors more vulnerable to heat treatment than normal cells. Hyperthermia is now approved in the U.S. for treatment of breast cancer recurrence.

**Detoxification** Practitioners of alternative medicine have long recognized hyperthermia as a useful technique in detoxification therapy because it releases toxins stored in fat cells. Hyperthermia can be used to remove fat-stored chemicals such as pesticides, PCBs, and drug residues from the body. Only recently has conventional medicine caught up with this practice and begun to incorporate hyperthermia in the orthodox treatment protocols for cancer. The eliminative, detoxifying and cleansing capacity of the skin by stimulation of the sweat glands promotes healthy skin tone and texture due to increased blood circulation.

Using the steam sauna with oxygen allows the steam to surround the body and oxygen can be introduced through the skin. Humid heat opens the pores, which allows the oxygen through the skin to the bloodstream, where it can travel to the fat and lymph tissue. It is very important to cleanse the lymph tissue of toxins and the oxygen steam sauna is the easiest and best way to accomplish this. Artificially induced hyperthermia (rising body temperature) results in the destruction of bacteria and viruses. combined with heavy sweating and a cleansing effect initiated by oxygen, will result in elimination of toxins accumulated mainly in the lymphatic system, relieving the liver from the difficult task of dealing with them.

**Through the centuries, men and women have used steam to purify the skin, soothe sore muscles, boost circulation and to simply relax. The combined action of moist heat and oxygen, reportedly cleanses the lymphatic system, which carries 90% of the body's fluids. Oxygen to the tissues for enhanced health and vitality. The combination of steam and oxygen, it is a natural, effective way to promote a refreshing sense of well-being. We believe that an oxygen steam sauna represents a pleasant and easy to follow form of body cleansing/**

**Benefits of sauna:**

- \* Relaxes and loosens muscles by reducing the buildup of lactic acid and increasing muscle flexibility**
- \*Oxidizes toxins so they can be eliminated through the skin, lungs, kidneys and colon**
- \* Boosts blood circulation, helping injured muscles to repair quicker**
- \*Stimulates vasodilatation of peripheral blood vessels relieving pain and speeding the healing process**
- \* Eliminates bacterial and viral infections of all kinds.**
- \* Speeds up the metabolic processes of the inner organs and endocrine glands resulting in a loss of 200-450 calories in a 20 minute session**

**Newest research is believed to show steam hyperthermia is effective for:**

- \*Detoxification programs**
- \*Immune system deficiencies**
- \*Pain management**
- \*Cancer**
- \*Arthritis**
- \*Stress and muscle tension**
- \*Increasing body metabolism**
- \*Elimination of toxins**
- \*Blood circulation**