

INVEST IN Your Health

by Rachel West, D.O.



As we are too well aware, the world we live in today is full of toxins. We are exposed to chemicals and pollutants in the air we breathe, in the food we eat, and in the water

we drink and bathe in. Heavy metals are another source of toxicity that we are all exposed to, often from sources that are supposed to be beneficial to our health like vaccines, mountain spring water and dental fillings. Even the most informed and cautious consumer is not immune.

As a family practitioner, I see the results of toxic overload in my patients every day. The effects of heavy metals and chemical toxins can be seen in patients with autoimmune diseases, Crohn's disease, joint pain, migraines and thyroid problems. Some cases are severe, but other cases are much more subtle. Often people are not ill in the common definition of the word, but they are certainly not well, either. An overload of toxins can leave a person operating at a sub-par level, which often leads to other unhealthy habits like lack of exercise, and poor eating and sleeping patterns. When the body is overloaded with toxins, a detoxification program is in order.

WHY DETOX?

For patients whose bodies are overburdened with toxins, I recommend a program that incorporates sauna therapy. Sauna detoxification strengthens the immune system, helps the body's biochemical processes to function more efficiently and improves the body's ability to absorb nutrients from food. Sauna therapy has been shown to improve conditions including colitis, chronic fatigue, fibromyalgia, autoimmune diseases, autism, ADD and ADHD.

The best choice for a sauna is a far-infrared sauna. Far-infrared saunas are different because they do not get as hot as a standard dry heat sauna, yet they work on a deeper level. The body responds to dry heat by sweating, which is a beneficial but somewhat superficial level of detoxification. Far-infrared rays actually hit the body at

the cellular level where they are able to detoxify the cells and get toxins out of the tissues. This helps to rid the body of toxins stored deep in the tissues, rather than just detoxifying the sweat glands.

MY RECOMMENDATIONS

For patients who have never used a sauna, but are committed to healing and detoxifying, I recommend they use the sauna every day. Ideally a patient will use the sauna for 30 minutes and work up to a full hour each day. I have put many patients on this regimen and seen excellent results. If someone is using the sauna just to stay healthy and for maintenance, I recommend two to three sessions a week for a half hour.

I believe that the purchase of an in-home far-infrared sauna is a wise investment. Many of us spend thousands of dollars each year on things like clothing, make-up and beauty products, but we should keep in mind that a person who feels their best is a person who looks their best. An in-home sauna is an investment that will pay off immensely in terms of your health and your beauty.

I can confidently recommend Sunlight Saunas™ to anyone who is interested in purchasing an in-home sauna. Sunlight Saunas are among the most effective far-infrared saunas I have seen. Plus they are energy efficient, easily installed and affordable. I have the two-person Aramana wooden sauna in my office, and it would be an attractive and luxurious addition to one's home. Sunlight Saunas also offers the one-person Solo System™. This portable unit can be used on a bed or a massage table, and is easily put away after use.

Whether you have a chronic health problem you would like to address, or you just want to detoxify to feel your best, a far-infrared Sunlight Sauna is a priceless investment in your health and your life. ■



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Resources

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Dr. Rachel West is an osteopath and family practice physician with offices in Southern California, whose practice integrates conventional medicine with alternative therapies. Dr. West specializes in chronic disease, chronic pain states, women's health and childhood autism.