



nutrition101

DETOXIFYING THROUGH SWEATING!

By Maha Blakeway

Environmental pollutants, pesticides laden crops, and stress all contribute to the toxicity of our livers, our main detoxifying organ. The good news is, our bodies are inherently designed to naturally detoxify, however aiding this process, will help us stay healthy and diseases free.

Saunas are a great tool to help with the detoxifying process. Sauna which is a part of the Naturopathic ancient rituals is on the rise, while traditional saunas burn wood, the new technology uses infrared saunas, which works faster than the traditional ones. Whatever type the benefits of sauna are enormous, from deeper sleep to softer skin and much more.

The simple act of sweating is one way the body regulates itself, allowing one to heal and remain healthy. Saunas are designed to promote deep, natural, detoxifying sweat. Recent studies in Finland have shown that men & women who use sauna 3 times a week, lower their mortality by over 50%. The Finnish researchers suggest that saunas may provide some cardiovascular conditioning because the high temperatures can drive heart rates to levels often achieved by moderate-intensity physical exercise.

Most of us live in an industrialized toxic society, we can do little to reduce exposure to toxins in the air

we breathe and the food we eat. As a result, sauna detox has become a leading treatment to achieve greater health and wellness. Sauna detoxification is a widely-used treatment in complementary and alternative medicine. 'Naturopathy' endorses the use of Saunas for rejuvenation and balanced health and recently has received significant mainstream attention.

The leading sauna detoxification principle suggests that common illnesses are caused by the build-up of toxic substances in the body. Ridding the body of these toxins through a natural sauna detox may help relieve symptoms, and allow the body to self-heal, prevent future illness and increase overall health and vitality.

How does a sauna detoxify your body?

Just like light from the sun, infrared waves in saunas penetrate up to 1-1/2 inches below your skin to detoxify, revitalize your cells. The resulting deep, highly efficient sweat eliminates toxins at a cellular level.

Researchers have long known that toxic substances, including heavy metals, mercury, lead etc.. are secreted from the body through sweat. Therefore, the more one can safely sweat (while maintaining proper hydration, drinking water before and after a sauna is a must) the greater quantity of toxins will be

released from the body. Sauna usage is one of the most effective methods of inducing a detoxifying sweat. In a sauna detox, sweat carries toxins out of the body through the pores. It also helps your body eliminate toxins from your internal organs. These toxins pass from the organs to the fat tissue under the skin. Then they are eliminated in perspiration.

What a great way to boost your immunity & lower your risk of metabolic disease!! Anti-aging is the bonus.

Another study investigated whether the frequency of sauna bathing is associated with the levels of serum CRP. C-reactive protein is a leading blood marker of systemic inflammation. The study consisted of 2084 men (42-60 years) without acute or chronic inflammation. A total of 533 (25.6%), 1368 (65.6%), and 183 (8.8%) participants reported having a sauna bath once a week, 2-3 times, and 4-7 times per week; The result was a significant inverse association between the frequency of sauna bathing and the level of C-reactive protein. Further studies are warranted to investigate the relationship between sauna bathing and systemic inflammation.

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