

The most important breakthrough for detoxification and health is far infrared saunas. The use of low-heat sauna therapy is probably the most important avenue of detoxification for abundant health today. Here's how I learned about the amazing benefits of sauna detox.

SUNLIGHT SAUNAS— #1 Detox Choice

The chemical pollution of the Santa Monica Bay is legendary and, unfortunately, by no means unique. Thousands of tons of DDT waste sludge were dumped in the waters between Palos Verdes and Catalina in the 1960s.

I fished so much then on party boats and caught tons of calico bass, opaleye, blue perch, yellowtail, bonito, barracuda, rock cods and cow cods. I'd bring home our filets and my friends and I feasted. What none of us knew was how much chemical pesticide and pollution our catch had accumulated and how polluted our own bodies' tissues were from eating big doses of these fish.

I found out how polluted my own tissues were when I did a study of fishermen and women who were eating the locally caught fish. My study team measured the chemical pollutants in the blood of people who either ate a lot of locally caught seafood or did not; people really trusted our team, so they let our doctor draw blood right then and there. A great chemist did our analytical work.

I gave my blood too. I had eaten lots of locally caught fish as well, so people urged me to find out.

When the results came back, we had shown conclusively that eating a lot of locally caught seafood meant much higher levels of DDT and polychlorinated biphenyls (PCBs). It was such a striking finding—one that we presented as key witnesses at a hearing of the Senate Subcommittee on the Environment that Congressman Henry Waxman chaired. I also had high levels and worried about the long-term reproductive and genetic implications.

After I discovered my high levels, I did a lot of research about what I could do: how to change my diet, how to use nutrition, choose safe household cleaning products, and other areas of detoxification. The one avenue of detoxification that meant more to my health than any other, I believe, was the use of low-heat far infrared saunas. In my book *Diet*

for a *Poisoned Planet—the 21st Century Edition* that is just out with Perseus Books, I am very clear in recommending Sunlight Saunas for detoxification.

In my own case, I did a 30-day detox using low-heat (below 140 degrees F.) saunas together with a very specific nutritional regimen that I detailed in the book. I actually measured the chemicals in my blood during the detox. The levels went down remarkably in only 30 days. I felt better than I had ever felt in my life after that series of saunas. That was when I became a believer in saunas as a means of promoting great health.

Today, of course, medical science has validated far infrared saunas as a terrific tool for detoxification, not to mention alleviating pain and promoting cardiovascular health. I believe so strongly in the sauna message as a means of staying healthy and detoxing from chemical pollutants that I strongly support the Sunlight Saunas™ mission to bring great health to Americans. If you want to learn about how to detox, you should contact them. Detoxification could change your life, like it changed mine.

All you need to do is call them and a specialist will help you to find the right model for your home and budget, whether it's the affordable terrific Solo® unit that is great for apartments and for limited spaces and budgets or the beautiful sustainably harvested wood hypoallergenic models that assemble so easily.

Almost every home or apartment can have a sauna. It should certainly be on every health-conscious individual's agenda. ■

—David Steinman



Resources

To find out more about Sunlight Saunas, visit the company's highly informative website, www.sunlightsaunas.com; you can also learn more by calling them at 877-292-0020.