

Using Infrared Saunas to Fight Cancer

Over 2,000 years ago, the famous Greek physician Parmenides said, *Give me the power to create fever, and I will cure any disease.* Utilizing an Infrared Sauna can help put this principle to use through the use of hyperthermia, exposing the body to high temperature. Infrared Saunas provide a form of whole-body hyperthermia that boosts your health in many ways. One being that high temperatures can kill cancer cells, usually without damage to normal tissues.¹

In an article in the *Townsend Letter for Doctors and Patients*, Lawrence Wilson, MD writes, *If I were to single out one method to combat cancer, it is the sauna. It assists in the removal of chemical toxins and heavy metals, increases oxygenation, enhances the immune system, and reduces the radiation burden in the body.*² Dr. Wilson notes that infrared sauna therapy for cancer offers a combination of healing mechanisms. They act simultaneously to support the fight against cancer. These include:

1. **Hyperthermia:** Heating the body is a well-known and underused method of killing cancer cells. Cancer cells are weaker than normal cells and more susceptible to damage from heat. Infrared saunas are superior for this purpose.
2. **Eliminate Toxins:** Infrared Saunas help purge the body of toxins, such as heavy metals and chemicals.
3. **Improve Circulation:** Cancer often grows in tissues with poor circulation and thus poor nutrition and oxygenation. Infrared Saunas boost overall circulation. This brings nutrients, hormones, oxygen and other substances to all body tissues.
4. **Decongesting the Internal Organs:** The liver, kidneys, and other internal organs can become burdened with estrogen, chemicals, and toxic metals. Infrared Saunas cause blood to move toward the body surface. This helps cleanse the internal organs.
5. **Care for Your Body's Largest Organ:** Your skin is a major organ for eliminating body wastes. In most people it is inactive because they don't sweat enough. Infrared Saunas help to cleanse you from the inside. They encourage sweating and free of toxins stored beneath the skin

Infrared Sauna Treatment Shrinks Tumor Volumes 86% in 30 Days

In a clinical study published in the *Journal of Cancer Science and Therapy*, scientists studied far infrared's effects on human cancer cells in vitro and on cancer cells in mice. Far infrared therapy reduced tumor volumes 86% in 30 days. The tumor-suppressing effects were even seen without high temperatures, even as low as 77F.³

In another study, researchers in Japan discovered that whole-body hyperthermia with far infrared strongly inhibited the growth of breast cancer tumors in mice without deleterious side effects. Researchers believe this therapy is promising for long-term studies of a noninvasive treatment of breast cancer.⁴

The Healing Power of "Cellular Cleansing"

Most of us don't sweat enough regularly. We live in air conditioned homes, cars, and offices. We use antiperspirants and most of us don't exercise enough. But your body was designed to sweat. And sweat is a key way to cleanse your body.

The Infrared Sauna is a powerful means of cellular cleansing. It increases your metabolism and boosts blood circulation. It also relaxes your muscles, soothes your spirit and rejuvenates your entire body.

The deep penetration of infrared heat releases toxins from the fat layers just beneath the skin. 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.

To see how this works, researchers analyzed the sweat from both traditional and infrared saunas. Sweat from traditional saunas was about 97% water and 3% toxins. Infrared Saunas produced a sweat that was only 80-85% water. The remaining 15-20% was made up of heavy metals, sulfuric acid, sodium, ammonia, uric acid, and fat-soluble toxins.⁵

References:

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