

## **INSTRUCTIONS FOR A DRY SAUNA DETOXIFICATION PROGRAM**

**WARNINGS AND DISCLAIMERS:** The instructions and information provided here are not intended to diagnose, treat, prevent or prescribe for any disease or health condition. Never start any exercise or sauna program without the approval and supervision of your medical doctor (MD)! This is especially important if you have conditions such as cardiovascular disease, weak adrenals, lupus, multiple sclerosis (MS), a recent acute injury, occult (hidden) infections, pregnancy (or attempting pregnancy), silicone/metal implants or are prone to hemorrhage (to name only a few contraindications). Concurrent use of sauna and other medical modalities that can cause a loss of electrolytes, such as enemas, colonics, excessive exercise, diuretics, etc, is not recommended. If your blood cholesterol is very low ( $\ll 170$ ), saunas are contraindicated, since there may not be enough blood lipids to protect the brain and other nervous tissues from the out-going toxins. One can even die in a sauna due to electrolyte imbalances, cardiovascular events, accidents or improper use of the sauna. However, sauna therapy is safe when conducted responsibly with due precautions. If you chose to follow this program, you do so at your own risk! All products mentioned should be available from your physician. When beginning this program, start everything slowly and gradually: add any homeopathics, niacin and vigorous exercise routines only after you've grown more accustomed to basic sauna therapy.

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1. Before proceeding with this sauna program, check with your medical doctor (MD) and/or primary care physician to make sure that he/she approves you as being ready and at low risk for exercise and exposure to high heat. Show him/her these instructions so he/she will know what you intend to do.
2. Ensure that your vitamin and mineral deficiencies (and excesses) are identified and that rebalancing has begun where needed. Reason: The sauna mobilizes toxins that require extra utilization of nutrients. Sweating releases "good" minerals as well as toxins.
3. Ensure that your liver detoxification pathways are open and functioning. Reason: Sauna mobilizes toxins which will put further stress on your liver.
4. Ensure that your kidneys, colon and lymphatics are open and functioning. Reason: Water soluble toxins that are not sweated out are eliminated through the kidneys. Constipation causes undue stress on the liver as well as encourages re-hepatic uptake of toxins dislodged via the biliary (gallbladder) system.
5. Ensure that you are consuming a minimum of two (2) tablespoons (preferably more) of fresh, organic, cold-pressed oil daily, as well as additional fatty foods such as avocado, raw almond butter, egg yolk, etc. Many of the detoxification clinics are using 4 to 8 tablespoons per day of oil. The type of oil that is best can be determined by the person's physician. However, without any hard evidence of the exact types of fats that you need, using both BodyBio-brand oil and olive oil is the best choice, because BodyBio oil contains both linoleic acid (LA) and alpha linolenic acid (ALA), which are essential fatty acids, while olive oil contains oleic acid (a non-essential fat which offers membrane stability). Canola oil is not recommended. Persons who have taken prolonged and/or high doses of fish oils or flax oils may need to reinforce cell wall stability with the lipids recommended above before beginning a sauna program, since they may suffer a cell wall

lipid imbalance. Reason for using lipids: Many toxins are lipophilic and hydrophobic which means they “love” fat and “hate” water. Thus, toxins will seek out lipids in the bloodstream to attach to. Toxins can be transported by a sort of “fat raft” for elimination. When adequate “fat rafts” are not available for proper elimination of these toxins, the brain is the frequent target of these toxins (due to the brain’s 70% lipid content).

6. With your doctor, identify the primary toxins/agents which are “poisoning” you. Ask your doctor if you should be taking a homeopathic preparation targeted for your particular toxin condition. Reason: An appropriate homeopathic preparation can mobilize toxins from the intracellular space to the extracellular space where they can be sweated out. Note: Most people should not add homeopathic preparations for toxin removal until after they’ve been doing sauna therapy for while first (so not to detoxify too quickly).

7. Locate a dry sauna that you can use regularly. You have three options for sauna locations:

- At a doctor’s office (preferred for ill or at-risk patients)
- In your own home (preferred for healthy people)
- At a public gym (least preferred)

The dry sauna should be regulated to between 120 and 160 degrees F (average at about 140 degrees F). Preheat the sauna before getting in. Reason: Saunas set to too high a temperature do not allow you to spend adequate time sweating, not to mention the increased risks from the higher heat.

Steam saunas are not recommended due to possible mold infestations, extra plumbing requirements, and the inability to stay in the sauna for longer periods of time due to the burning feeling of the steam, as well as possibly less sweat generation due to steam condensation.

Public saunas are a breeding ground of fungal infections! Take plenty of towels and flip-flops. Do not touch the wood! If at all possible, try to avoid taking a sauna with other people present, or even immediately after someone has used the sauna, so that you won’t be breathing in toxins excreted by someone else.

Typically, sauna compliance is much higher (and thus better results are achieved) when the dry sauna is done at your own home. The added convenience results in increased sauna compliance. However, this means that you must buy a sauna. There are many types of saunas available.

If possible, a far infrared (FIR) sauna is preferred. A FIR sauna typically has a shorter warm-up time (<10 minutes) and encourages people to sweat at lower temperatures compared to typical dry-heat-only saunas. For example, if you are able to sweat profusely at only 110 degrees F in a FIR sauna, then that is all the higher to which you need to set your temperature! Many saunas combine dry convective heating for the air with far infrared. These are fine.

The best FIR sauna on the market is made without any synthetics and no caulks or adhesives. These FIR saunas cost approximately \$3000 to \$5000 and are the best choice

for those persons with multiple chemical sensitivities (MCS). Contact our office for more details.

Since most people are unable or unwilling to spend this type of money for their sauna, alternatives do exist. Very affordable portable FIR saunas are now available priced in the hundreds of dollars. Since these saunas are made of synthetic materials, they do need to be “outgassed” for a period of time (typically 1 month). But these are very effective devices and the best choice for many, if not most, people. Contact our office for more details.

8. Make sure your skin is clean to allow the pores to sweat freely. If you’ve used skin creams since your last shower, shower again to remove them. Wash off all make-up, obviously.

9. Make sure you are already well hydrated. If you have any thirst at all, you are NOT well hydrated and are most likely a minimum of two quarts low in fluids already. Many people have lost their thirst detector - not because their body doesn’t want the water, but because of long periods of dehydration will turn off or turn down one’s thirst mechanism.

10. Prepare a “safe” full-spectrum hydration drink. Gatorade and a number of other traditional sports drinks are NOT recommended for sauna re-mineralization for a number of reasons, including due to their bromine content (a toxic halogen which impacts iodine metabolism). It is advised that you make your own electrolyte rehydration drink as described below. This electrolyte recipe is carbohydrate-free, so it is fine for those with sugar metabolism issues. Some people have invented or bought their own electrolyte drinks and these people have developed problems - their drinks simply were not strong enough for someone on a therapeutic sauna program.

Electrolyte rehydration drink “recipe”: You will drink this while in the sauna. This recipe is for ½ hour sauna time (1 liter). If you are in sauna for 1 hour, DOUBLE the recipe below (2 liters). Mix the following in a bottle:

- 1 liter of clean (reverse osmosis or distilled) water
- 1/2 teaspoon of Pro C Ascorbate powder (about 2 grams Vitamin C)
- 2 capfuls of E-Lyte electrolyte concentrate
- A bit of fruit-flavored stevia powder for a sweet fruity taste
- or
- 1 scoop of Red Alert by Doctors for Nutrition for flavor

This drink contains an abundant and wide-range supply of both ionized and non-ionized minerals to help restore minerals lost from the body in sweat. Vitamin C is needed to help the body eliminate toxins that have been made water soluble by the liver through its Phase III pathway. Note: Too much vitamin C will cause cramping and diarrhea. Adjust the vitamin C levels to keep stools from becoming too soft or if cramping occurs. You may have to work up to this dose of vitamin C over a few days. The Pro C Ascorbate product also buffers the acidity of the vitamin C and has some mineral supplementation in it.

Should you desire to take this drink to the “next level” so that your drink also supports your liver’s Phase II detoxification pathways, then you may add glycine. We recommend

Thorne Glycine, in 500 mg capsules. Open 4 capsules into per liter of water. You can also add ¼ teaspoon (1000 mg) of glutathione powder per liter. We recommend “Glutathione Power” a powdered product from Designs for Health. This powerful anti-oxidant crosses the blood-brain barrier to help mop up toxins in the nervous system.

Reason for hydration formula: We have seen numerous cases where persons have used inferior hydration formulas only to find themselves in a severe medical condition days/weeks into sauna therapy. Failure to comply with adequate hydration can even result in cardiac arrest!

For the drinking bottle or container into which you’ll mix this recipe and take with you into the sauna, we recommend using a container made of either glass or polycarbonate. Polycarbonate is the only plastic material we can recommend since it leaches and out-gasses less than softer plastics such as those made of polyethylene, which is used frequently in sports squeeze bottles. Polycarbonate is also impact proof and may be safer than glass for that reason. It doesn’t make sense to use a plastic bottle which is putting off toxins when the goal is to detox! We carry inexpensive polycarbonate 2.2 liter bottles that are ideal for this purpose. Contact our office if you need one.

But, do NOT drink this hydration drink yet! Have it prepared and ready now, but save it for when you enter the sauna.

11. Supplement pre-loading: Now, you should be well hydrated and should have NOT just have eaten (at least 2 hours since last meal). Take 100 mg of niacin, unless you have liver disease, hepatitis of any kind or elevated liver enzymes, in which case you should skip the niacin and ask your doctor first. In the beginning, start with a lower dosage, perhaps only 50-100 mg, until you understand the effect and how you tolerate it. This should NOT be niacinamide! This should NOT be time-release niacin! This should NOT be high-dose niacin! We use 100 mg capsules from Douglas Laboratories. Reason for niacin: At this dose it will accelerate lipolysis (breaking down of fat to release toxins). One must be careful with niacin as it has its own set of pros and cons. At too high a dose niacin becomes a methyl group “robber” and puts undue stress on the body’s methyl group stores. This is one reason why people will experience elevated liver enzymes when they self-medicate with high dose niacin to control cholesterol.

At the same time as the niacin, also take:

2 Potassium Citrate capsules by Thorne (99 mg each)

AND

3 Magnesium Citrate caps, 100 mg each, by Xymogen (if you tend to have constipation)

OR

3 Optimag 125 caps, 125 mg each, by Xymogen (if you tend to have loose stools)

Important: The few capsules suggested above will NOT restore all your electrolytes lost from using a sauna. That is why it is important to take magnesium routinely with your meals (up to 6 capsules spread throughout the day with meals). If you take too much magnesium you will have loose stools. Watch for leg cramps, especially in the calves and feet, as these are signs of possible mineral deficiency. These may occur at night, long

after the sauna. If this occurs, temporarily stop your sauna routine and seek advice from your doctor.

Never exceed these potassium dosages without a doctor's advice since excessive levels of potassium can be dangerous. While potassium is an essential mineral, it is contraindicated with the use of some drugs such as certain high blood pressure medicines. This is a vicious circle. Why? Because low potassium can provoke high blood pressure. The sauna increases the elimination of potassium from the body. In these cases, potassium supplementation can only be handled on a case-by-case basis with blood monitoring of potassium levels as well as close monitoring of blood pressure. If you are taking a drug for which potassium supplementation is contraindicated, ask your doctor to see if you can put be on another blood pressure drug for which potassium is not contraindicated. We also suggest that you ask your doctor if he can avoid the use of diuretics which can cause the further loss of electrolytes.

12. Prepare the sauna. Keep some special towels for sauna use only. You'll need a minimum of 2 to 3 large towels and 2 to 3 hand towels. Avoid washing and drying these towels with any fabric softeners or other additive that may cause odors. The large towels are folded and placed where you will be sitting and under your chair/feet. The goal is to never have your skin touching a hard sauna surface, only towels. This is especially important in public saunas. You will use the hand towels to mop up your sweat during your sauna. To keep your hair from drying out, you may want to take a cotton turban into the sauna.

Turn on the sauna now to pre-heat it, but don't get in it yet.

13. Begin a vigorous 30-minute aerobic activity, with NO cool down period afterward. Examples of good aerobic exercises include: running on a treadmill, step machine, exercise cycle, etc. Do NOT begin any exercise program unless you are physically healthy enough. Check with your medical doctor first. Reason for exercise: Exercise begins the rapid circulation of blood and dilation of blood vessels. This process will increase the amount of toxins picked up within the body. Also, the exercise allows time for the electrolytes and niacin to enter the bloodstream. And of course exercise will begin the sweating process. Within about 20 minutes you should begin to feel a hot flush to your body from the niacin. You will also begin to sweat as your heart rate approaches and then reaches its aerobic target zone. The flush, tingling and redness you may be experiencing are from the niacin. This is a normal reaction.

14. After thirty (30) minutes of exercise, jump in the pre-heated sauna IMMEDIATELY with your hydration drink in hand (some people prefer to urinate before getting into the sauna so they can make it through a longer sauna without having to leave and go to the bathroom). Shed your clothes and get as "naked" as permissible in your sauna location. Mop up your sweat often with towels. Drink your hydration drink and relax. Remember, you should be slow sipping the drink at the rate of approximately one (1) liter per ½ hour in the sauna. Do NOT wait to become thirsty before drinking. Keep sipping the drink even if you are not feeling thirsty. If you are consuming an adequate amount of fluid in relation to the amount of sweat you are eliminating, you should leave the sauna with the desire to urinate 4 to 8 oz of fluid. If you have no desire to urinate after a one (1) hour sauna, you have not consuming enough hydration drink!

The usual long-term therapeutic goal is to remain in the sauna for one (1) hour. But in the beginning, start with only 10-20 minutes and work up gradually to 60 minutes after several days or even a couple of weeks. Men usually sweat sooner than women. Men typically begin their strong sweating at 10-15 minutes and women in 15-20 minutes. There are some people that don't sweat at all. Experience is teaching us that these people have the heaviest toxic load and/or have an iodine deficiency. If you don't start sweating within about 20 to 25 minutes, leave the sauna to prevent hyperthermia (overheating). Try again the next day. If you are not using an infrared sauna, consider finding one with infrared to encourage sweating. Usually, when using an infrared sauna, even these "non-sweaters" will begin to sweat within 2 to 6 infrared sauna sessions.

If your sauna has a glass door or you have a portable sauna with your head exposed, you may want to set up a television where you can see it, to help you avoid boredom. You may read too, but be careful not to bring new books, magazines or newspapers into the sauna with you, since these may be out-gassing dye odors.

15. If any of the following occur, get out of the sauna immediately as they may be signs of lack of hydration and/or lack of proper electrolyte balance.

- Cessation of sweating
- Swelling of hands or feet (water retention of any type)
- Fainting or dizziness
- Nausea
- Blood pressure spike or drop
- Confusion

16. After completing the sauna, you may feel a little "wobbly". Get up slowly to prevent stumbling, and then IMMEDIATELY take a soapy shower. Set the temperature of the shower to a warm comfortable temperature. You do not need to take a cold shower. You may feel a bit weak and need to sit on a stool while taking the shower. You may want to have a plastic stool already pre-positioned in the shower to be there if you need it. You may also want to have someone to watch you to prevent fainting or falling. Be very careful. Don't slip and fall in the shower. Usually any weakness or "wobbliness" will subside as you become more used to taking saunas. Use safe, natural soaps and a loofa to help you remove some of the thick, lipid-like sweat that will stay on your skin unless you rub it off with soap and a loofa.

After you get out of the shower, don't be surprised if you continue to sweat for another 30 to 60 minutes. Some people do NOT dress immediately after a sauna, but just wear a towel for a bit longer and then dress after their sweating has stopped. Some people will want to rinse off in the shower again before dressing. As you become more accustomed to sauna this post sauna sweat is less likely to occur.

17. Be sure to let the sauna "air out" thoroughly after use to prevent mold. Wipe down any wet surfaces with towels, but avoid the use of any soaps or chemicals. Leave the door open for a while, if that is practical and safe. If the sauna is wet inside from your sweat, consider running the sauna a 10 more minutes with the doors open to help it air and dry more easily.



18. After the shower, some detox clinics will have you IMMEDIATELY get a massage to move the lymphatic drainage system. A “poor man’s” way to do this is to buy a “skin brush” from the health store and give yourself a skin brush treatment for a few minutes after you’ve dried off from the shower. Always remember to brush towards your heart or else you are doing more harm than good, because lymph fluid should return to the heart region. However, skin brushing is not a hard requirement for most people.

#### OTHER NOTES:

For a therapeutic program, most people will perform this routine 3 to 6 days a week. Some of the detoxification clinics, where there is constant medical supervision, perform all of the steps above 3 times per day and 6 days a week! Yes, their detox programs are quite intense and expensive - tens of thousands of dollars per month. Do not attempt to do this on your own because 3 hours per day of sauna is simply too much without in-clinic medical supervision.

Many have reported “smelling”, “seeing” or “feeling” the toxins leaving their body while following this program. Many times these chemicals are highly concentrated when leaving the body and it is not uncommon for them to burn the skin. You may even see minor rashes or red areas. You may experience burning urination or bowel movements. You may taste or smell drugs that you have taken in the past. You may smell toxic gases such as chlorine, ammonia and chemical smells leaving your body. All these are normal and can be expected—especially if you are working with a physician trained in toxic mobilization via homeopathy as well. These conditions will usually disappear with continuing the saunas, but if they persist or get worse, see your doctor.

If you smell ammonia while in the sauna, add Alpha-Ketoglutaric Acid by Klaire Labs, 300 mg, starting with one capsule, to your pre-sauna supplements.

If you experience headaches during or after the sauna, check your blood pressure. If it is elevated, stop the saunas immediately and contact your doctor. If it is not elevated, it may be a pH shift toward acidity. Check your urine pH with color-changing sticks such as “pH Stix” by Phion. Taking 1 teaspoon of Tri-Salts by Ecological Formulas in 8 oz of water immediately pre-sauna can help prevent these recurrent headaches by buffering your acidity. In time, most people find they no longer need the Tri-Salts support. Or, consider using a green drink prior/during the sauna to aid with pH buffering while taking a sauna.

Complications of therapeutic sauna are rare but can happen. Some of the complications seen are: fatigue, dizziness, headache, nausea, sleepiness, blurred vision, dry throat, leg/shoulder pain, eye pain, burning eyes, leg shivers, swelling hands, shaky hands, red/itching skin, wheezing, tight chest, and elevated blood pressure.

As mentioned earlier, muscle cramps are a sure sign that electrolyte depletion has occurred. Cease doing saunas and replace electrolyte supplies immediately, because the next muscle that cramps could be your heart, and this could even be fatal!

We’ll say it again: Never do therapeutic saunas without a doctor’s supervision!

#### **SAUNA CAUTIONS AND CONTRAINDICATIONS:**

When first beginning sauna, one should have an attendant or friend nearby to help you until you know for sure that you have a tolerance for sauna heat. If you are heat-sensitive, have M.S., diabetes, a heart condition or have used psychotropic drugs in the past, also be sure to have an attendant nearby to aid you when taking a sauna. The following are other conditions that may need to be considered when taking a sauna:

**Children:** Children under six years old should avoid sauna because their sweat glands are not as developed and/or they are more likely to become dehydrated. Children above 6 may sauna but should do so only with an adult by their side.

**High blood pressure:** Monitor your blood pressure. Typically saunas do not raise blood pressure, however, saunas do deplete electrolytes which are important for proper maintenance of blood pressure.

**Past use of LSD or other psychedelic drugs:** Have an attendant near-by because flashbacks can occur when these toxins are mobilized into the bloodstream.

**Multiple Sclerosis:** Traditional medicine advises patients with M.S. to avoid the heat. However, several doctors report that saunas may be helpful with M.S. Either way, an individual with M.S. must have an attendant nearby and proceed slowly to insure their tolerance of sauna heat.

**Breathing conditions:** Consider using a sauna where the head sticks out of the sauna.

**Prostheses, silicone implants and metallic pins/rods:** Theoretically, these can heat up. However, silicone doesn't melt until closer to 200 degrees F. Also, we heard no reports of problems from those individuals doing saunas with these in their body.

**Jewelry and glasses:** Do not wear these as they heat up and do burn the skin.

**Medications:** Monitor all conditions for which you are taking medications. Sauna may cause you to eliminate these drugs faster and thus, reduce their effectiveness. On the other hand, sauna may cause you to eliminate toxins which are behind some of the reasons that you are taking the medications in the first place. The most important thing is to monitor your medical condition(s) closely.

**Menses:** If you do a sauna while having your menses you may find an increase in menstrual flow. Consult with your physician if the amount of extra blood flow is in your best interest or not. Avoiding sauna while on your period is not mandatory but needs to be considered.

**Pregnancy and/or breast feeding:** Do not sauna!

**Elderly:** Age is not so much the issue as the health condition of the person undergoing sauna. In Finland, nearly 90% of those over 80 years old are using saunas frequently.

**Nerve damage:** Be careful or avoid saunas if you have any nerve condition where you can not feel heat or the effects of the heat.



**Sauna heating elements:** Never touch the saunas source of heat as you may be burned.

**Amount of time in the sauna:** Several clinics specializing in detox are having their patients sauna 3-5 hours per day. HOWEVER, in these situations the patient is under DIRECT medical supervision meaning that a medically trained staff is right there WATCHING YOU take the sauna. Taking a sauna 3-5 hours per day is NOT a good idea to do on your own at home and unsupervised. However, working up to 1 hour per day, 6 days a week maximum is typically acceptable in most cases assuming that proper hydration and electrolyte protocols are followed.