

[rv6ch.ebook] Sauna Therapy for Detoxification and Healing Pdf Free

Dr. Lawrence Wilson

*ebooks / Download PDF / *ePub / DOC / audiobook*

[Download Now](#)

[Free Download Here](#)

[Download eBook](#)

#50539 in Books 2016-05-01PDF # 1 #File Name: 0962865761167 pages | File size: 67.Mb

Dr. Lawrence Wilson : Sauna Therapy for Detoxification and Healing before purchasing it in order to gage whether or not it would be worth my time, and all praised Sauna Therapy for Detoxification and Healing:

57 of 58 people found the following review helpful. A must read for anyone serious about restoring or maintaining health. By Leslie Estes After purchasing this book I was so impressed with the level of information that I studied it cover to cover, like a textbook. Near infrared (aka lamp infrared) as a wavelength, has much deeper tissue penetration than far infrared. The more familiar, far infrared wavelength, is the type of expensive cedar saunas you typically find for sale at Home Garden Shows. These offer little to no tissue penetration. NASA has measured tissue penetration as deep as 23cm with near infrared, so the penetration that Dr. Wilson says to expect is attainable, healthy, and one of the main reasons to use near infrared as opposed to the far infrared systems. Another argument for near infrared, vs far infrared sauna, is the reduced levels of EMFs (electromagnetic frequencies). I have found youtube videos showing the high level of EMF in the typical far infrared sauna and it doesn't appear one can move far enough out of range to be within safe limits. These saunas are typically made out of standard ceramic or carbon heating elements - the same used in space heaters. I own an EMF meter and can tell you these heaters easily bury the needle depending on the strength and size of the heater (100 milligauss is where my meter tops off - note that 3 milligauss is considered to cause biological damage). By comparison, the simple household heat lamps used in Dr. Wilson's near infrared system produce a very low and limited range of EMF - so just an inch or two away easily puts you out of EMF range, safe from the harmful effects of electromagnetic pollution. Note there is now a far infrared sauna available with lower EMF's but this still fails to address the lack of tissue penetration. Basically, these units are good only for building up a nice sweat. Don't get me wrong, sweating is an important part of the detox process, but good tissue penetration - lacking in the far infrared wavelength - is vital. As a CNC I became quite interested in detoxing - the kind that goes beyond the typical 10-day juice-fast-detox, taking a few supplements, or spending \$30 on a 30 day cleansing "kit" that really amounts to a bunch of over-priced herbal laxatives. After 2 years researching detoxing my conclusion is that Dr. Wilson has likely done more research than almost everyone else combined on this subject. He began by working for 14 years with Dr. Paul C. Eck - a brilliant nutritionist and biochemist, born in 1925, who dedicated his life to researching detoxification. Dr. Wilson continues to expand upon Dr. Eck's work. Although there are other excellent detox specialists and books available, the breadth of Dr. Wilson's work probably makes him the foremost expert in the area of detoxing today. I agree with J. Carpenter's conclusion in his review (and the lively comments string that follows) that the real story is inflammation (and I would add poor gut health) and there is more to restoring poor health than detoxing; but attempting to repair a dis-eased body without also removing the cause is an

uphill and, unnecessary, battle. Researchers at the Mount Sinai School of Medicine in New York, with the EWG (Environmental Working Group), found an average of 91 "industrial compounds, pollutants and chemicals" in the blood and urine of nine volunteers and a total of 167 chemicals in the group. According to the EWG, "76 cause cancer in humans or animals, 94 are toxic to the brain or nervous system, and 79 cause birth defects or abnormal development." None of the volunteers worked with chemicals or lived near an industrial facility. We are all so overburdened with heavy metals, plasticizers, solvents, herbicides, pesticides, radiation, solvents, glues, phthalates, Teflon, and flame retardants that we cannot heal the inflammation without first clearing the pipes, so to speak. In this book Dr. Wilson provides an excellent protocol for doing so that extends well beyond the sauna. I also recommend Dr. Wilson's 'Nutritional Balancing And Hair Mineral Analysis' for the more serious and vigilant detoxers. The benefits of using a simple near infrared sauna are abundant and so well documented in this book that using a safe and effective near infrared sauna should be a must for every household. With that said, there are not many sources available from which to buy a manufactured near infrared sauna - and those available seem to use plastics in their design, which makes no sense. After all, these plastics produce many of the chemicals we are trying to detox from in the first place. Building your own sauna seems like the best alternative for now. Fortunately this book offers an easy to follow step-by-step guide and materials list for a very cost-effective alternative to a manufactured sauna. While instructions for building several variations of your own sauna are included the book, I'm not wild about the use of PVC pipes or plastic shower curtains as suggested materials due to potentially toxic out gassing which could increase when heated. But this should be easy to remedy through the substitution of natural materials such as proper untreated wood for the frame, and organic hemp canvas as a cover. Keep in mind, even the substitution of cotton canvas might be best avoided since cotton is one of the most heavily insecticide-sprayed crops in the US, and if that's not enough, BT cotton is genetically modified to produce its own insecticide. Argh! However, if cost is a factor then I believe using a near infrared sauna made out of plastic pipes and a shower curtain still outweigh NOT using a sauna. My understanding is these can be made for as little as \$200 which puts this within the price range for most folks. I will try to update my review with a materials list and cost once we have completed our own project, and I will list any manufacturers I find that make far infrared saunas with acceptable materials. I am also happy to list some of my other favorite books on detoxing in the comments section if anyone is interested. Blessings for abundant health. :-)

3 of 3 people found the following review helpful. This is a great book with instructions how to build your own sauna ...

By Customer This is a great book with instructions how to build your own sauna for far less than buying one already put together!!!!

0 of 0 people found the following review helpful. Five Stars

By Lawmen Very interesting, wonder if there is an updated reprint.

Sixteen chapters describe the use of saunas for detoxification of heavy metals and toxic chemicals, and for alleviation of infections and other disorders. Topics include sauna physiology, protocols for sauna use, adjunctive therapies, cautions and contraindications. Other chapters include sauna design, a case history and plans for an excellent, low cost electric light sauna.

Wonderful book. Very readable and informative. An important book for every physician and natural healing consultant and patient. --Dr. P.M. - metabolic cancer specialist

Sauna Therapy is a book everyone should own. Dr. Wilson explains why we all need to rid our bodies of toxins to correct or prevent damage to our health and to heal our bodies. --Doris J. Rapp, MD

About the Author Dr. Lawrence Wilson has a medical degree and 34 years experience in the nutrition and metabolic healing field. He is the author of five books and several hundred articles on nutrition and natural healing.

[rv6ch.ebook] Sauna Therapy for Detoxification and Healing By Dr. Lawrence Wilson PDF

[rv6ch.ebook] Sauna Therapy for Detoxification and Healing By Dr. Lawrence Wilson Epub

[rv6ch.ebook] Sauna Therapy for Detoxification and Healing By Dr. Lawrence Wilson Ebook

[rv6ch.ebook] Sauna Therapy for Detoxification and Healing By Dr. Lawrence Wilson Rar

[rv6ch.ebook] Sauna Therapy for Detoxification and Healing By Dr. Lawrence Wilson Zip

[rv6ch.ebook] Sauna Therapy for Detoxification and Healing By Dr. Lawrence Wilson Read Online