

# DETOXIFICATION

## A few thoughts

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We often hear our friends talking about 'doing a detox' and detoxification has become a bit of a 'buzz' word. For the most part I think people consider detoxification to be something one might do after a period of 'binging' on unhealthy foods – a process that might improve the way they feel.



Anyone reading Dr Sherry Rogers' book "Detoxify or Die" would learn that detoxification is something we should all be taking very seriously – a matter that requires a serious and ongoing commitment. After reading several books and hundreds of articles, I believe that ridding the body of environmental toxins may be the most important thing we can do to improve and maintain our health.

In a recent article in the 'Washington Post', presidential cancer advisers said - *"Americans are being bombarded with chemicals, gases and radiation that can cause cancer. The panel was particularly concerned to find that the true burden of environmentally induced cancer has been grossly underestimated"*

If as Professor Mike Stratton from Sanger Institute research centre in Cambridge England says *"all cancers are caused by damage or mutations to the DNA of formerly healthy cells"* the answers as to what might cause these mutations are obvious if we look into the biology of cells. All of our cells are influenced by the environment that they 'live' in. If we were breathing clean air, eating healthy food drinking clean water and were able to avoid most of the 80,000 chemicals that we are constantly exposed to, things might be different. The sad reality is however, that we live in an extremely toxic environment and thus our DNA is constantly under attack.

We are storing significant amounts of dangerous heavy metals – Mercury from fillings in our teeth, from seafood and in the water supply together with Lead – Cadmium etc; we breathe in petrochemical products from traffic exhausts (diesel particulates are extremely dangerous) and chemicals from household and garden sprays. We drink water that is treated with Chlorine, Fluoride and Aluminium, we apply dozens of chemicals onto our skin in the form of creams and lotions and dyes and we eat foods that have been sprayed with numerous pesticides and herbicides. If we consider the dangers of chemicals leaching out the hundreds of plastic products we use daily, there is cause for even more concern.

We are constantly under siege. The 'Washington Post' article notes *"The American people, even before they are born are bombarded continually with myriad combinations of these dangerous exposures"*

It's extremely important for women to be aware that breast tissue is a perfect repository for environmental toxins. Breast tissue is known as adipose or fat tissue and many of the chemicals and toxins we are exposed to daily are 'fat loving', thus they are stored in the fat tissue. This should be a major focus of research into breast cancer.

As I see it we have two choices, either limit our exposure to environmental toxins or do what we can to eliminate them. Avoiding exposure is all but impossible for most of us so the latter option becomes more relevant. Of the three major elimination channels we have – bowel – kidney and skin, the skin provides the perfect opportunity as the largest eliminatory 'organ'. If we could get all toxins safely out through the skin we would avoid putting undue stress on the bowel and the kidneys.

In Dr Sherry Rogers' book '*Detoxify or Die*' the use of Far Infrared Sauna is described in detail as a very effective tool for eliminating toxins – heavy metals – agricultural and household chemicals – airborne toxins and estrogen mimicking plasticizers. Infrared rays from the sun are those that provide the warmth. Unlike regular saunas, an infrared sauna heats the body not the air so one can remain in them for long periods of time. The idea is to promote maximum sweating as the infrared heat penetrates deep into the tissues where toxins are stored.

I am using an infrared sauna as the main plank of my own detoxification programme. It's a 2 place unit which we have in the garage and I aim for an hour in the sauna every day. It's a very enjoyable experience and I read the paper, listen to music or just relax and enjoy the peace and quiet. Immediately after, it's into the shower to ensure that toxins in the sweat are not reabsorbed. For most of us our skin which is our largest eliminatory organ is effectively dysfunctional - totally clogged and unable to do its job. I have noticed a very significant change in my skin since I started using my sauna. My skin is much softer and it seems as though it has come back to life. When I first started a very unpleasant smelling substance was coming out from under my arms which concerned me more than a little. After 2 weeks much to my relief this stopped. Having worked in the aviation industry when I was in my 20's I breathed in Jet fumes for years and I wonder this was petrochemical toxins that my body was getting rid of.

I consider my sauna to be the best investment I have made in terms of my long term health. To read an extract from "DETOIFY OR DIE" click on the books section.

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