

Extracts from “Detoxify or Die” Dr Sherry Rogers

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The far infrared sauna pulls otherwise permanent toxins out of the body by causing a molecular dance with molecules of water and xenobiotics stored in the surface fat. In this way it does not drag chemicals out of safe storage and into the blood stream where they could cause exacerbation of symptoms. Instead, it causes a resonance between water and chemical molecules, enabling topical excretion via sweat where they can be wiped and showered away forever. **This is the only known and proven mechanism for getting rid of the vast diverse array of disease-producing toxins/environmental chemicals.** Medicine has no other option for lowering the body burden of chemicals that underlie all disease.

In the Mayo Clinic studies, the far infrared sauna accomplished what nothing else in medicine could. **No surgery, no drug is available to give this type of therapeutic result.** Likewise, other studies with other xenobiotics, other occupations, other medical conditions which were also totally resistant to all that medicine had to offer were improved once the chemicals were depurated. In addition, **the whole family can use the far infrared sauna and they can use it forever.** For as my research and history both testify, the world will never run out of ways of poisoning us...

...**with the far infrared sauna we are talking about reversing disease,** getting rid of the underlying causes and therefore getting rid of the symptoms, once and for all. We are talking about restoring the body to a level of chemicals it had maybe 20-50 years ago. A life sentence to medications that block physiologic pathways is avoided.

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Detoxification is as crucial for the addicted individual trying to get free from alcohol, prescription or street drugs, as it is the couple considering getting pregnant. **Young or old, healthy or sick, there is not a person who would not benefit from unloading their burden of disease-producing toxins** for there are no “clean” or chemically free people left on Earth (Turusov, EPA). Even the newborn already has the chemicals he got from his mother through the placenta.