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Environmental Toxin Overload

Each day, we are exposed to numerous chemicals and toxins from the environment, which deposit in our tissues and cells. They come from the air around us, the water we use to drink and bathe, the food we eat, the soil in which our food is grown, and the household products we use. Toxic overload has been implicated in many health conditions, from Fibrocystic Breast Disease (FBD) in women to Attention Deficit Hyperactivity Disorder (ADHD) in children. Physical symptoms of overload include: fatigue, headache, joint or muscle pain, frequent colds and flues, allergies, hormonal imbalance, chemical sensitivity, sinus congestion, psoriasis and other skin conditions, loss of dexterity, insomnia, and more. Psychological symptoms include poor concentration, memory loss, mood changes, mental confusion, and changes in behavior.

Heavy metals impair the immune system and neurological function. Organic solvents and pesticides increase our risk of certain cancers. Carbon monoxide pollution is increasing with more vehicles on the road, affecting our nervous, immune, and respiratory systems. Numerous other chemicals have also been shown to injure our bodies, building up in our tissues and causing organ dysfunction. Treating the damage alone cannot stop the process; we must also address the cause, specifically this toxic residue in our tissues.

It is to this end that Far Infrared Therapy is effective. By its direct heating effects on the tissues, **Far Infrared Therapy mobilizes toxins from fat cells and increases circulation, thus aiding in elimination of these toxins through perspiration.** 30-50% of the population does not adequately or effectively mobilize and eliminate the toxins in their bodies that they are exposed to each day. **Normal sweat is 97-99% water; sweat induced by Far Infrared Therapy is only 80-85% water.** The rest is composed of environmental toxins that are being mobilized, some heavy metals, urea, cholesterol, and lactic acid. Removal of such toxic residues from the body provides increased and improved cellular function, thus enhancing overall health and well-being.