

Why you Need to Detoxify

Far Infrared, Detox & Weight Loss



The rapid advances in technology have created environmental challenges and these are having a dramatic effect on our health. We are exposed to toxins on a daily basis, through the air we breathe, the food we eat and the water we drink.

Recent research papers and studies are now establishing that there is a common link between chronic diseases, obesity and the increase in cancers, and toxicity.

World Health Organization Report on Exposure to Toxic Chemicals (2012)

The World Health Organization States in it's 2012 report on Exposure to Toxic Endocrine Disrupting Chemicals that:

"Endocrine Disrupting Chemicals have the capacity to interfere with tissue and organ development and function, and therefore they may alter susceptibility to different types of diseases throughout life. This is a global threat that needs to be resolved."

The chemicals we use to clean our homes, ourselves and our cosmetics are all adding to this toxic load. We work closely with doctors, practitioners and the public to restore healthy function of the body's systems.

Far Infrared Sauna Therapy is being included in detoxification programs and has been used as a part of the detoxification protocol used for the 9/11 rescue workers who have become ill since being exposed to fumes and chemicals during their work. The program was known as project 'Olive Releaf'.

Infrared Sauna Therapy has also been used as a part of the detoxification therapy for Police Officers in

Utah suffering from Chemical Exposures during their law enforcement activity. ([Toxicol Ind Health 2012 Sep;28\(8\):758-68](#))

Far Infrared Sauna Treatment is also recommended by Dr Sherry Rogers in her book Detoxify or Die, which deals with the problems of environmental toxicity and how best to detoxify.

Regular detoxification may be an important part of staying healthy in the 21st Century.



At Get Fitt Ltd we really are fortunate. The reason I say this is that we have the privilege of working with some amazing doctors and practitioners who really are leaders in their fields of expertise. What we have learned over the years, is what causes so many of the health problems that people experience.

The common factor found in so many cases of illness, is toxicity (as revealed by the latest tests that have been developed here in the UK). A single substance can cause much harm, but more often than not a whole cocktail of toxins tends to be found in peoples bodies causing sickness and poor health.



Why a Far Infrared Program?

It is common to find that in many people the toxic load is so great that the skin does not function properly and the sweating mechanism does not work. You will be amazed at just how common this is.

Far Infrared Sauna Therapy has a warming effect on the body, and it is this that can help stimulate the body's natural sweating processes.

Toxicity often impairs the functioning of the body's systems particularly the sweating mechanism.

**Laboratory Tests are Commonly Available to
Confirm Toxic Levels in the Body Before &
After Your Detoxification Program.**

**How do we know these substances
are accumulating in peoples bodies?**



You cannot see the heavy metals, pesticides, solvents, or plastics that are entering into your body through the air you breathe the food you eat or the water you drink.

Because ground breaking new tests are revealing this and showing conclusively that our bodies are storing toxins which are causing major health problems. These toxins are simply not visible to us. We only realize something is very wrong when we begin to get ill. Sure enough as toxins accumulate in the body over a period of years, eventually a health problem often materializes. So many of us assume illness is something that happens quickly; often it can take many years of toxic stress to damage the body sufficiently to the point where you actually become ill! Sometimes the source of toxicity can even date back to when we are born or an exposure that has occurred during childhood.

Where do These Toxins Come From?

The nature of these toxins varies, ranging from heavy metals (mercury, nickel and cadmium) to chemicals, pesticides, hair dyes, solvents, and plastics to name but a few. Doctors have been discovering that these toxins are disrupting the healthy functioning of the body at a cellular and genetic level.

We are being increasingly exposed to so many new chemicals - 5 million new chemicals have been created by man in the last 50 years. Many of these chemicals are known toxins which cause cancer, birth defects, damage to the liver, bone marrow, the nervous and immune systems.

Many chemicals are very fat soluble and tend to accumulate in our bodies. These low dose chemicals may be more toxic than we ever anticipated because many of them mimic our own hormones. Creating problems for us and future generations.

However once the toxic load has been reduced

the body can repair and heal itself.

Outdoor Pollution

The air we breathe sustains human life on earth; yet today much of the air can contain a form of airborne mercury; courtesy of our power plants that burn coal. The fact you are inhaling airborne heavy metals goes completely unnoticed as you cannot see any of this going on. However the only alert you get is when your health begins to fail.

Air pollution from fuel emissions from cars are known as hydrocarbons, which have a molecular makeup that entices them to react with sunlight and nitrous oxides. When this reaction happens, the molecule actually alters to form what is known as ground level smog. Ground level smog contributes to the air pollution causing respiratory symptoms, cancers, and eye irritation.



Most of us are exposed to a vast number of toxins on a daily basis, week after week, month after month, year in year out. When this is considered the quantities we are exposed to is huge and the point is that these trace amounts begin to accumulate in the body over time. So the resulting effect on people's health is dramatic!

Indoor Pollution

Polybrominated biphenyls and Antimony are substances used as flame retardants in soft furnishings. It is very common for people to become extremely ill when they have new carpets put in the home. Wall to wall carpeting can be a big health hazard due to the large number of chemicals used to treat the fabrics used.



Indoor air pollution can be a bigger problem than outdoor, simply because we are now exposed to so many chemicals from cleaning fluids, furnishings, carpets, and flame retardants.

Pesticides

Modern pesticides came in to wide use after World War II, when the synthetic organic chemical industry began to develop. In the last 20 to 30 years we have known about the effects of pesticides, disrupting the endocrine system and metabolic function among other things.



Heavy Metals

Mercury is commonly found in extremely high levels in people and the source can be: dental amalgams, fish and cigarettes. A real problem for smokers is the Cadmium found in tabacco.



Water

Water is so crucial to our health; the body comprises 70 percent water. However most drinking water is laden with chemicals, hormones, chlorine, fluoride; all of which are toxic and disrupt good health.

Traces of toxins from fertilizers, toiletry products, and medicines are often found in water which goes for purification by the water treatment companies but doubts have been raised as to whether the process is able to filter out all the chemicals. Some reports have raised alarm bells that elements of pharmaceutical drugs have been found in tap water which could be detrimental to our health.

Chlorine

Exposure to chlorine can have many side effects including skin reactions and stinging eyes with some scientists believing it also contributes to a hardening of the arteries. They say that adding it to our drinking water could lead to plaque build-up, coronary problems, and strokes in some people.

There is also an additional concern that a side-effect of adding chlorine to our drinking water could cause cancer. When chlorine is added, it will bind with some organic matter to produce toxic trihalomethanes (THMs), which have been shown to act as carcinogens. Although these are found in limited amounts in our drinking water, they are still deemed to be dangerous to our health in some scientific and environmental quarters.



Fluoride

Fluoride is treated as a toxic substance in many other countries and banned from being added to drinking water.

Toxic Beauty

The beauty industry is self-regulating; meaning the safety of the chemicals used in products is often unknown. Many women apply make-up daily, not thinking about what chemicals their products contain. In the article *Estimated Exposure to Phthalates in Cosmetics and Risk Assessment*, in the *Journal of Toxicology and Environmental Health*, highlights the risk of the repeated application of products containing harmful chemicals. The average woman eats 4 to 9 pounds of lipstick in her lifetime, that's somewhere between 481 and 1083 tubes.

A study conducted 2004 found that 28% of lipsticks contained cancer causing chemicals. Modern lipsticks are formulated from upwards of 10,000 chemicals, 89% of which have never been tested for human safety!



Lifestyle

Lifestyle today is a major factor affecting our health. Many of us work long hours often sitting at a desk, spend our recreational activities sat, immobile. If you are not moving you are not getting increased circulation, which flushes toxins from the cells and increased joint mobility. Far Infrared Thermal Therapy assists with this, by expanding capillaries, boosting circulation and has an anti-inflammatory effect therefore increasing joint mobility.

