

The Policeman's Detox

Infrared Saunas Save Cops and Addicts Alike

by Alex Muniz

It's an uncomfortable truth: while America stands for so many great principles and opportunities, our love of illicit drugs cannot be overlooked. With just 5 percent of the world's population, Americans consume two-thirds of all illegal drugs. According to the 2011 National Survey on Drug Use and Health, 1 in 10 Americans regularly uses marijuana, cocaine, methamphetamines and/or hallucinogens and/or abuses prescription pills.

Some scientists believe drug toxins are lipophilic (i.e., "fat-loving") and can end up being absorbed into fatty tissues where they'll stay for years, even if one has stopped using. According to a study on drug-related deaths appearing in the June 2000 *Forensic Science International*, the victims' "adipose [fatty] tissue was found to contain drugs at concentrations lower than, approximately equal to, or even greater than the concentrations of the same analytes found in the blood, which may reflect a consequence of long-term chronic exposure, or acute intoxication, or some combination of both."

And increasingly, stored drug toxins' potential for damage is not limited to users. Aerosolized neurotoxins from methamphetamine production have been reported to cause health problems such as fatigue, cognitive decline, emotional distress and skin irritation among law enforcement officers who have raided meth manufacturing facilities.

Luckily for the recovering drug addict and police officer alike, new evidence indicates that a critical step in detoxifying stored drug toxins lies with infrared sauna therapy. A study of 69 Utah police officers suffering from symptoms associated with meth raids, which appeared in the January 2012 *Toxicology and Industrial Health*, found that a four-hour daily detoxification regimen of vitamins, exercise and infrared sauna therapy led to "statistically significant health improvements...symptom scores and neurotoxicity scores." The study concluded, "Utilizing sauna and nutritional therapy may alleviate chronic symptoms appearing after chemical exposures."

A paper examining the medical benefits of sauna therapy in the March-April 2007 *Alternative Therapies in Health and Medicine* observed that "Saunas can be used very effectively...as a means to enhance the mobilization of fat-soluble xenobiotics, [though] when one wants to enhance the mobilization of heavy metals and chemical xenobiotics, longer sessions are needed, and those should be

medically monitored."

As Utah police have found, there is no healthier sauna for medical use than an infrared sauna, and in the view of *Healthy Living*, no better infrared sauna than those made by Sunlighten.

While traditional steam saunas use hot stones to heat the air to temperatures as high as 180 degrees (thus making breathing difficult and risking dehydration), Sunlighten infrared saunas use cool-to-the-touch Solocarbon wall heater technology to raise core body temperature just a few degrees. Ambient air temperatures in a Sunlighten sauna only get as high as 125 degrees. This lets you spend far less time in an infrared sauna than a traditional one, all the while still achieving a deep, detoxifying sweat. Indeed, a third-party study found that sweat produced in Sunlighten infrared saunas contains 20 percent toxins, whereas the sweat toxin count produced in hot-stone saunas was just 3 percent.

Similar to the police officers' experiences, infrared saunas have also been used with great success by Narconon International, a worldwide alternative drug and alcohol rehabilitation program that claims 7 out of every 10 addicts using their two- to six-week sauna detoxification program go on to lead drug-free lives.

A paper titled "Reduction of Drug Residues: Applications in Drug Rehabilitation" presented to the 123rd Annual Meeting of the American Public Health Association examined Narconon's sauna detoxification with a small trial of eight cocaine, Valium and heroin addicts. Tests on these subjects' urine and sweat after sauna sessions revealed an "increase in the concentration of drug metabolite" among seven of the eight participants. These participants also showed the same metabolites present in their sweat five weeks after the sauna sessions ended, thereby "supporting the argument that drug metabolites were mobilized from stores."

Whether someone has struggled with drug dependency, has been exposed to drug compounds or simply wants to rid him- or herself of toxins from otherwise responsibly used pharmaceuticals (e.g., prescription painkillers and steroids, etc.), the infrared rays of a Sunlighten sauna offer one of the safest, most effective ways to sweat out a body's stored toxic load. ■



Resources

For more on Sunlighten, visit the company's website, www.sunlighten.com, or call 877-292-0020. Visit www.narconon.org to find a drug treatment facility in your area. To read more about the Utah Meth Cops Project, please visit www.utah-detox.org.



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