

SAUNA PROTOCOL

****YOU MUST HAVE A LAMP SAUNA SET UP AT YOUR HOME IMMEDIATELY AT THE BEGINNING OF THE PROGRAM****

- Before each sauna, take 10 capsules of Nature's Balance Chlorella or 1/2 tsp of Heavy Metal Nano Detox. If using Metal Free or NDF, skip this step.
- After each sauna, drink 1-3 tbsp of Electrolytes in 12 ounces of filtered water
- It is recommended that you do one sauna in the AM and one in the PM (before your bedtime supplements). Please see your daily protocol for details on when to take your sauna.
- Start with 20 minute saunas, gradually working up to 30-40 minutes over several weeks.
- Some prefer to not do a sauna on a full stomach.
- After each sauna, perform dry skin brushing (see instruction sheet) and take a warm shower (not hot) to rinse off the toxins on your skin. It is important to use a shower filter as to not expose yourself to the chemicals in the tap water.
- During a healing crises or detoxification reaction, you may shorten the sauna to 15 minutes and increase the frequency up to 4 times daily.

Sources:

- Shower filters available from our office, Jimbo's, Whole Foods Market or www.radiantlifecatalog.com.
- Cedar sauna with lamp kit and sauna tents available from Cedarbrook Saunas (Brekke) 800.426.3929. www.saunasauna.com Tents are \$850 plus shipping. Cedar sauna quotes by request.
- Tent saunas available from Dr. Larry Wilson for \$549 plus shipping at 928. 776.-8288 or www.drlwilson.com.
- "Manual of Sauna Therapy" by Dr. Larry Wilson available at 800.528.4067 or www.drlwilson.com.
- Chlorella and Electrolytes are available in our office



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This information is not intended to provide medical advice or to take the place of medical advice and treatment from your personal physician. Readers are advised to consult their own doctors or other qualified health professional regarding the treatment of their medical problems. Those taking prescription medications should consult with their physicians and not take themselves off of medicines to start supplementation without the proper supervision of a physician familiar with nutritional supplementation.

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