

USE A SAUNA TO SWEAT THE MERCURY OUT OF YOUR BODY

Initiate sweating and increased circulation by exercising 20-30 minutes on a stationary bicycle, trampoline, or treadmill.

Immediately following the exercise, sit in the sauna for up to 30 minutes, followed by a cool (but not cold) shower. The temperature from a "low heat" sauna should be between 140-180°F in contrast to the 200-210°F for a non-therapeutic standard sauna. The sauna may be repeated again followed by a plunge into a bath or under a shower whose temperature is 65°F. Over a period of 3-4 days, increase your time in the sauna to a total of up to 2 hours divided into 30-minute periods with a short cooling-off period in between. It's important to shower and towel dry because the removal of sweat prevents reabsorption of toxins.

While doing the sauna program, consume adequate amounts of water to avoid dehydration. This is a minimum of 2 quarts before and after entering the sauna. Replace your electrolytes lost to perspiration with grape or prune juice and take a cultured milk product to compensate for calcium-magnesium loss through the skin.