

Discover The Link Between Toxins And Fibromyalgia

Fibromyalgia and Toxicity

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1. What is toxin overload?

We've all heard that phrase before, but what does it mean? And more importantly what does it mean for our health?

Toxins surround us on a daily basis - they are in everything: from the food we eat, the water we drink to the air we breathe.

We also introduce them willingly to our bodies in the form of exposure to household cleaning products, washing powders, cleansing products, makeup, perfume and hair products to name but a few. Each one of these products contains a myriad of natural and man-made toxins that our body's take in and store.

Over time the build up of toxins reaches a point where toxemia can occur. Toxemia is essentially blood poisoning. This can have a knock on effect to the immune system, putting it under strain.

Dr Henry Bieler, who wrote 'Food is Your Best Medicine', showed that high toxin levels within the body was often the cause of many common diseases and sickness, including colds, 'flu, allergies, asthma, Fibromyalgia, CFS, IBS, digestive disorders, skin complaints, rheumatoid arthritis and migraines.

Dr Bieler's discovery showed that our primary source of toxins unfortunately comes from our diet. Our choice of foods plays a huge role in the toxicity level in our blood.

Stimulants like caffeine, sugar and salt, fats, hydrogenated fats, processed foods, additives and preservatives and eating foods we have intolerance to. All of these food choices contribute to the level of toxins coursing through our bodies, placing them under stress and contributing to our ill health.

2. What do toxins have to do with fibromyalgia?

It is thought that a number of medical conditions are caused by the stress on the body from a build up of toxins, or occur when the body attempts to get rid of the excess toxins. The route these toxins take to try and exit the body is dependent on the individual effected and this will determine the condition or ailment.

For example, it is thoughts that if the mucous membrane or lining of the respiratory tract is the last exit point for toxins a cold can develop. This is because high levels of toxicity have repressed the immune system giving the cold virus easy entry to the body and it is often wrongly being accused as the root cause of the illness. When potentially the body's reactions to the toxins were to blame as the high levels had lead to the repressed immune system.

For Fibromyalgia sufferers the route by which toxins enter and exit the body can be varied which may reflected in the number of symptoms a Fibromyalgia sufferer can have.

3. What are the treatment options for toxicity?

The first factor that needs to be addressed when considering the elimination of toxins from your body is to examine what foods you are eating:

- Are they healthy, fresh foods that have been prepared from scratch, lightly cooked and with most of their nutrients intact?
- Or are they processed, convenience foods that 'fill a hole' rather than nourishing your body?

By giving your body a daily diet of healthful, immune boosting foods you are doing two things.

1. Reducing the level of toxins entering your body; and

2. Helping your body to deal with and expel the existing toxins that are present.

Once you have your diet under control take a look around your home and tot up the number of household cleaners, gardening products, washing products and personal hygiene products you have.

All of these, unless they are natural products that contain clearly non-toxic substances, can be full of chemicals and other toxins that your body may absorb. Any products that have a strong smell are usually the ones to avoid.

Sweating can aid the body in expelling toxins, heavy metals and pesticides, once they have become lodged within the body; and exercise, as we all know is a great way to build up a sweat.

If you feel up to it, doing some form of exercise that raises your heart rate and starts you perspiring can help to expel toxins from the body. For that 'extra sweat' try wearing a few layers to trap your body heat.

However, if the thought of vigorous exercise is just too horrible to bear then there is a convenient way to achieve a sweaty state without the exercise – by using a Far Infrared Sauna.

A Far Infrared sauna raises the core body temperature creating a controlled type of 'hyperthermia' (the opposite of hypothermia).

Heat allows toxins to be released from cells within the body and they are then moved into the lymph fluid, where they remain before being expelled through sweat. This manner of removing toxins from the body bypasses the liver and kidneys, leaving them unburdened by the process.

The Far Infrared sauna works differently to traditional saunas, which heat your body from the skin inwards, only penetrating a few millimeters beneath the surface of the skin.

The Far Infrared sauna, on the other hand, relies on infra red light that penetrates deep into the muscles and fat of the body, allowing the detoxification process to take place at a deeper level.

Rather than heating the air around you, the Far Infrared sauna heats you. This leaves your skin at a normal temperature, but encourages sweating to promote detoxification.

Having used a Far Infrared sauna I found it to be comfortable and it was a good opportunity to sit and read a book without disturbance. It's important to stay hydrated as you do sweat. A lot! I sipped water throughout my sessions. A towel around your neck is useful to catch the beads of sweat from your head and is handy for wiping your face with.

A shower afterwards is a great reward, although I took the approach of sitting for few minutes and cooling down before showering.

Far Infrared Saunas come in a number of forms, either purpose built cabins you can install in your home or as a portable option, which is the one I used.

The portable options are highly convenient, as they are a cinch to set up, you can take them on vacation or travel with them, and they easily store away when not in use.

To find out more information about getting your own Far Infrared click on the following link – [Reduce Toxicity with a Far Infrared Sauna](#)