

This chart shows patient reductions in various toxic chemicals following a sauna detox regime:

EFFECTIVE RATE FOR REMOVAL OF CHEMICALS EHC-DALLAS ©

CHEMICAL	%
STYRENE	100.0
CHLOROFORM	90.0
DICHLOROBENZENES	90.0
TRIMETHYLBENZENES	88.9
DICHLOROMETHANE	77.3
BENZENE	72.7
TRICHLOROETHYLENE	68.4
XYLENES	60.9
ETHYLBENZENE	60.9
TETRACHLOROETHYLENE	60.4
TOLUENE	55.3
1,1,1,-TRICHLOROETHANE	48.9

Below are the common uses and negative affects found with the toxins removed by a Medical Sauna.

*All below information cited from the Center for Disease Control and Prevention (CDC) and Agency for Toxic Substances & Disease

STYRENE

Used in plastic food containers, disposable cups, latex and rubber like car tires.

Affected Organ Systems: Hepatic (Liver), Neurological (Nervous System), Ocular (Eyes)

CHLOROFORM

Used largely for air conditioning applications as a refrigerant.

Affected Organ Systems: Cardiovascular (Heart and Blood Vessels), Developmental (effects during periods when organs are developing) , Hepatic (Liver), Neurological (Nervous System), Renal (Urinary System or Kidneys), Reproductive (Producing Children)

DICHLOROBENZENES

Used most commonly in herbicides.

Affected Organ Systems: Dermal (Skin), Developmental (effects during periods when organs are developing) , Hepatic (Liver), Ocular (Eyes), Renal (Urinary System or Kidneys)

TRIMETHYLBENZENES

Used in dyes and pharmaceuticals and occurs naturally in coal, tar and petroleum.

Affected Organ Systems/ symptoms: irritation eyes, skin, nose, throat, respiratory system; bronchitis; hypochromic anemia; headache, drowsiness, lassitude (weakness, exhaustion), dizziness, nausea, incoordination; vomiting, confusion; chemical pneumonitis (aspiration liquid)

DICHLOROMETHANE

Used in aerosol and pesticide products, and paint stripper.

Affected Organ Systems: Cardiovascular (Heart and Blood Vessels), Hepatic (Liver), Neurological (Nervous System)

BENZENE

Used in rubbers, lubricants, dyes, detergents, drugs, pesticides, oil, gasoline, and cigarette smoke.

Affected Organ Systems: Hematological (Blood Forming), Immunological (Immune System), Neurological (Nervous System)

TRICHLOROETHYLENE

Used in adhesives, paint removers.

Affected Organ Systems: Developmental (effects during periods when organs are developing) , Neurological (Nervous System)

XYLENES

Used in paint, gasoline, and paint thinners.

Affected Organ Systems: Developmental (effects during periods when organs are developing) , Hepatic (Liver), Neurological (Nervous System), Renal (Urinary System or Kidneys)

ETHYLBENZENE

Used in inks, insecticides, gasoline, and paints.

Affected Organ Systems: Developmental (effects during periods when organs are developing) , Neurological (Nervous System)

TETRACHLOROETHYLENE

Used for dry cleaning of fabrics and for metal-degreasing.

Affected Organ Systems: Developmental (effects during periods when organs are developing) , Neurological (Nervous System), Respiratory (From the Nose to the Lungs)

TOLUENE

Used in making fingernail polish, paints, paint thinners, lacquers, adhesives, and rubber and in some printing and leather tanning processes.

Affected Organ Systems: Cardiovascular (Heart and Blood Vessels), Neurological (Nervous System)

<https://www.cdc.gov/>

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