



Far Infrared Heat Therapy A Tool to Help Combat Autism

by Kim Henderson

April marks National Autism Awareness Month. It's no secret that this disorder is more prevalent than ever before. The first time many of us were introduced to autism was in the 1988 Academy- Award-winning film *Rain Man*. Who can forget the beloved character Charlie played by Dustin Hoffman? At the time, it seemed like a mysterious, rare disease that affected only a small minority of the population. And indeed, it was. Even as recently as 10 years ago, autism affected only 1 in 10,000 children. Today it affects 1 in 150 children. The increase is astonishing. Yet, there is hope for sufferers. *DPHL* is excited to report that far infrared heat therapy can help those with autism as it supports the body's detoxification pathways and promotes relaxation.

Although it is strongly debated in the medical field, there's good reason to believe that autism is linked to heavy metal toxicity in the body—whether the source be from childhood vaccinations or exposure to environmental toxicants—and inflammation generated by the viral exposure inherent in vaccination. The connection to vaccines was first made when it was observed that the greatest increase in the incidence of autism (between 1987 and 1992) coincided with the timing of the near-tripling amount of vaccines containing thimerosal being given to children. *DPHL* asked Dr. Rachel West, an osteopath who works closely with autistic patients, her opinion on this connection. She says, "I am 100 percent sure there is a connection between not just thimerosal [a mercury containing preservative used in vaccines], but all preservatives in the vaccines (now there is aluminum), as well as inflammation from the chronic viral exposure in the viruses."

In testimony before the U.S. House of Representatives Committee of Government Reform, given on April 25, 2001, Dr. Jeffery Bradstreet, M.D., went a step further pointing out environmental influences: "But vaccines are only one potential source for the rising [number of] neurodevelopmentally abnormal children. Chronic exposure to

environmental toxicants, particularly for the unborn, has been identified by the Environmental Protection Agency (EPA) and the World Health Organization (WHO) as a serious issue. The list includes PCBs, pesticides, complex petrochemicals, off-gases from plastics and carpets, and thus the list seems to be unending for the potential problems we are creating for our children.” Additionally, studies have shown that autistic children test higher for heavy metals in their systems than do normal children.

Here’s where far infrared heat therapy can make a difference. The deep penetrating heat supports the body’s detoxification pathways, flushing heavy metals out of the system, and serves to quell inflammation, making it uniquely beneficial to those who suffer from autism. Dr. West says, “Far infrared heat therapy helps reduce inflammation and increase blood flow which will help to decrease the body’s hold on toxic metals. It also helps decrease the cellular hold on the metals.” Autistic children are “treated” through a variety of means such as special education, medication, diet, and chelation therapy, to name a few. Whatever the treatment protocol, Dr. West says that “far infrared therapy may be helpful as a noninvasive, relaxing adjunctive therapy for ridding the body of heavy metals.”

In her own practice, Dr. West recommends and uses Sunlight Saunas. She says, “Most patients find the sauna very calming, relaxing and nurturing. Many of the children have high lactic acid levels and high ammonia and therefore experience chronic discomfort that they often cannot communicate. Lactic acid is what builds up when you are sore after a workout. That is why these kids often are hypersensitive, or are self-injurious and do well with squeeze-type stimulation and hard pressure. The sauna might be very soothing in these cases. Plus, the sauna makes a great playhouse for the kids, and it does not need to be heated very high for benefits.”

In addition to supporting detoxification and relaxation, regular use of a far infrared Sunlight Sauna aids in pain relief, weight loss, skin purification, improved circulation and promoting healthy blood pressure. It’s an overall health boost and helpful to those with chronic fatigue syndrome, fibromyalgia, arthritis, certain skin conditions and heart disease.

About Far Infrared Heat

Far infrared heat, the type of heat Sunlight Saunas generate, differs from a traditional hot rock/steam sauna. Far infrared light is part of the sun’s invisible light spectrum and has the unique ability to penetrate human tissue. It feels like sunbathing, yet is completely healthy and safe because it does not cause the skin to burn. Far infrared heat works by increasing the body’s core temperature, which produces a much deeper, more detoxifying sweat.

What is autism?

Autism is defined as the most severe range of neurological conditions called autism spectrum disorders. It limits the ability to communicate, form relationships, and respond appropriately to the environment. Symptoms might include loss of language and eye contact, extreme withdrawal, violent or repetitive behavior and extreme sensitivity to light and sound.