



Sauna Therapy for Detoxification and Healing

By Dr. Lawrence Wilson

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Sixteen chapters describe the use of saunas for detoxification of heavy metals and toxic chemicals, and for alleviation of infections and other disorders. Topics include sauna physiology, protocols for sauna use, adjunctive therapies, cautions and contraindications.

Other chapters include sauna design, a case history and plans for an excellent, low cost electric light sauna.

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Editorial Review

Review

Wonderful book. Very readable and informative. An important book for every physician and natural healing consultant and patient. --Dr. P.M. - *metabolic cancer specialist*

Sauna Therapy is a book everyone should own. Dr. Wilson explains why we all need to rid our bodies of toxins to correct or prevent damage to our health and to heal our bodies. --Doris J. Rapp, MD

About the Author

Dr. Lawrence Wilson has a medical degree and 34 years experience in the nutrition and metabolic healing field. He is the author of five books and several hundred articles on nutrition and natural healing.

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