

**Chemical Detox**  
For Fire Fighters



**SaunaRay**  
Medical Grade Saunas 

*“We know it’s Cancer that’s killing us.  
Now we have a tool to prevent Cancer.”*

- Chief Trent Elyea Collingwood Fire Dept., Ontario Canada

Fire fighting is the only profession in North America where an employee cannot legally refuse to work under dangerous or toxic conditions.

**In 2006** Medical Researchers at the University of Cincinnati published definitive evidence that firefighters are at greater risk of Multiple Myeloma, non Hodgkins Lymphoma, Prostate and testicular cancers. <sup>(1)</sup>

**In 2006** U.S. Medical Doctors also published the first sweat detoxification study showing dramatic improvement for 273 New York Firefighters suffering from chronic lung, heart and thyroid malfunction after working in the smoldering embers of the World Trade Center. <sup>(2)</sup>

*It is now understood that sweating is the firefighter’s number one defense against illness.*

**In 2007** the World Health Organization officially declared the profession to be a “Possible Human Carcinogen”.

Fire fighting was placed on the Class 2b Carcinogen list along with exposure to lead, DDT, and formaldehyde. <sup>(3)</sup>

*For the 21st Century fire fighter, the high risk of cancer is now as real as a collapsing roof.*

**In 2009** the U.S. National Institute for Occupational Safety and Health (NIOSH) determined that fire fighters have an elevated risk of Cancer based on a definitive study that followed the health of 30,000 American firefighters over a period of 60 years. <sup>(4)</sup>

**In 2010** Medical Doctors in Canada discovered human sweat contains high concentrations of phthalates <sup>(5)</sup>, bisphenol A <sup>(6)</sup>, and heavy metals <sup>(7)</sup> – the same toxins that are making firefighters sick.

*This discovery paved the way for chronic illness and Cancer Prevention in the firefighter profession.*

***“I bought my detoxifying unit from SaunaRay because it’s reliable, made in Canada, and built without any of the modern day toxins we encounter in our jobs.”***

[Deputy Chief Neville Murphy, Kingston, ON, Canada.](#)

Today most provincial and state governments across North America have adopted “presumptive legislation” for more than a dozen cancers and heart disease.

Fire services focusing on employee wellness are embracing the SaunaRay Detox system for fire fighters. It combines gentle infrared medical grade heaters with mild exercise on a stationary bike to coax a quick and profuse sweat without raising the core body temperature. Fire fighters remain call-ready while detoxing on-shift. They report a normalization of blood pressure, greater energy, and lower toxic body odor after a fire call.

#### Sources:

- (1) [Journal of Occupational and Environmental Medicine - “Cancer Risk Among Firefighters: A Review and Meta-analysis of 32 Studies”](#)
- (2) [The Townsend Letter April 2006. - “Chemical Exposures at the World Trade Center”.](#)
- (3) [International Association for Research on Cancer](#)
- (4) [Journal of Occupational and Environmental Medicine - “Cancer and Mortality in US firefighters from San Francisco, Chicago and Philadelphia \(1950-2009\).”](#)
- (5) [Phthalate plasticizer concentration in human sweat – The Scientific World Journal](#)
- (6) [Sweat detoxification and bisphenol A – Journal of Environmental and Public Health.](#)
- (7) [Heavy Metal concentrations in Sweat 10X greater than Urine – Archives of Environmental Contamination and Toxicology](#)





*“I used to smell like smoke for a week after a fire call. Now I can eliminate that smoke-smell in one hour of cycling in this Chemical Detox unit.”*

- Jessie Bull, Professional Fire fighter Collingwood, ON Canada.

## How it works

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**Like Being in a Greenhouse:** Our Medical Grade ceramic elements work like a “greenhouse” by concentrating the heat in the infrared spectrum. It is easy to breathe in the gentle warm air, but you sweat profusely and detoxify more swiftly than any other proven method.

**SaunaRay** chemical detox chambers employ “far infrared” heating technology that promotes human sweat without raising the core body temperature. They have been trusted in medical studies and are the industry standard in Naturopathic teaching colleges across North America.

**Comfortable Heat:** Traditional sweat chambers require super high heats of 180F (80C). This causes the side effect of over-heating, and potential toxic flush into the bloodstream. SaunaRay’s unique infrared heating systems operate below core body temperature 78-100F (27-40C). This means accumulated toxins do not re-enter the blood stream, and instead are expelled via sweat.

**All Natural:** Infrared heat comes naturally from the sun. It is perfectly mimicked using SaunaRay’s medical grade ceramic infrared heating system. This allows people inside to sweat more quickly.

*“I highly recommend this combined approach of exercise and low heat sauna. It’s a preferred method for elimination of many toxicants from the human body.”*

- Dr. Stephen Genuis MD, Medical Researcher,  
University of Alberta

**Cycling inside:** Mild exercise on the stationary bicycle acts as a catalyst to generate a gentle sweat in seven minutes and a profuse detoxifying sweat in 15 minutes.

**Science has now proven** that this is the number one way for fire fighters to remove chemicals absorbed through the lungs, or the skin.

**Medical Grade Construction:** SaunaRay Chemical Detox chambers are made without toxic glues, plastics, chemical fire retardants, plywood or fiber board. The unique medical grade heating system is designed with ceramic plate elements, mounted on stainless steel to guarantee zero toxic off gassing inside the warm chamber.



# Improve Overall Health

*“I was on long-term disability. I was allergic to everything. After six weeks in my SaunaRay I started back to work. This sauna belongs in every fire hall to prevent disease before it starts.”*

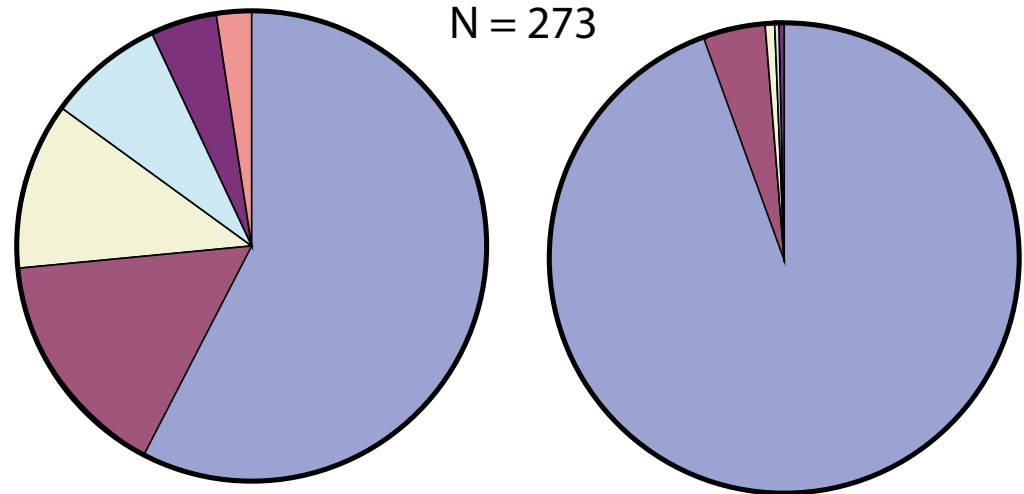
- Dan Koroscil, Fire Cause Determination Inspector. Ontario Fire Marshal's Office, Canada.

## NYFD Sweat detox

Hundreds of NYFD fire fighters fell sick with chronic illnesses after responding to the 9-11 attack on the World Trade Center. As a group they came to rely on a large number of pharmaceuticals, were in regular pain, and taking regular sick leave. After sweating for an average of 1,000 hours over a period of three months, they normalized their health.

### Change in Use of Medications with Sweat Therapy in NYFD Firefighters:<sup>(2)</sup>

N = 273



**Before Sweat Therapy**

Almost half taking regular pharmaceuticals

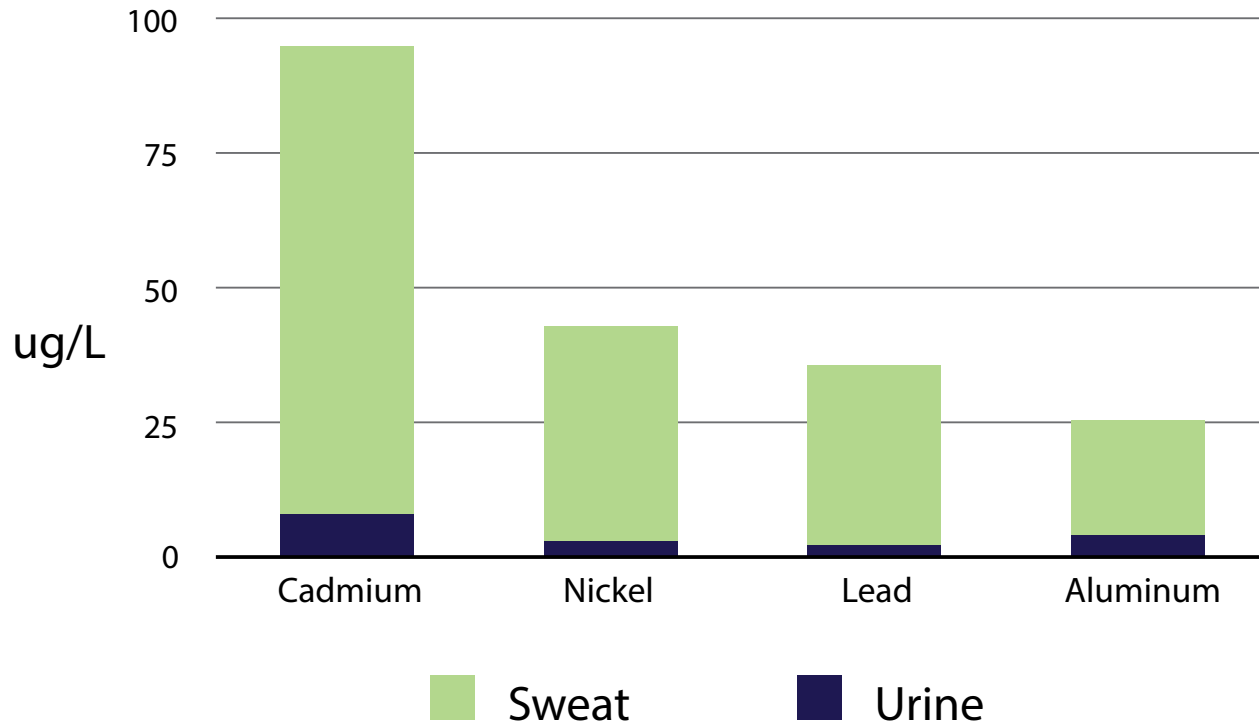
**After Sweat Therapy**

Pharmaceuticals dramatically reduced



Represents the number of daily medications being taken

## Heavy Metal Excretion in Human Sweat vs. Urine



### Sweat vs. Urine

In 2010 medical researchers at the University of Alberta determined that Heavy Metal toxins associated with many cancers affecting firefighters, can be removed in sweat ten times more efficiently than any other method.

Chart Copyright SaunaRay Inc. Jan 2015.

## Diseases covered under Presumptive Legislation may be Prevented with regular Sweat Therapy.

Diseases over represented in Fire Fighters	Covered under Presumptive Legislations	Associated Toxin	Toxin Eliminated Via Sweat?
Bladder Cancer	Yes	Lead, Plastic	Yes
Brain Cancer	Yes	Lead, Plastic	Yes
Colorectal Cancer	Yes	Heavy Metals, Arsenic	Yes Yes
Esophagus Cancer	Yes	Plastics	Yes
Heart Disease	Yes	Heavy Metals	Yes
Kidney Cancer	Yes	Lead Cadmium	Yes Yes
Leukemia	Yes	Heavy Metals	Yes
Lung Cancer	Yes	Nickel	Yes
Multiple Myeloma	Yes	Pesticides Heavy Metals Plastics	Yes Yes Yes
Non-Hodgkins Lymphoma	Yes	Pesticides	Yes
Prostate Cancer	Yes	Cadmium	Yes
Skin Cancer	Yes	Heavy Metals	Yes
Testicular Cancer	Yes	Cadmium, Plasticizers	Yes Yes
Urethra Cancer	Yes	Heavy Metals	Yes

### Sources for Firefighter Cancer chart.

[Bladder Cancer from Occupational exposure to plastics: Canadian Cancer Society.](#)

[Brain Cancer, vinyl, textiles and plastic: - U.S. National Institutes of Health](#)

[Breast Cancer and bisphenol A. – BreastCancer.org](#)

[Colorectal Cancer and Heavy Metals – Journal of Toxicology and Applied Pharmacology](#)

[Esophageal Cancer and Plastic– New York State Dept. of Health.](#)

[Heart Disease and Heavy Metals – U.S. National Institutes of Health](#)

[Kidney Cancer, Cadmium & Lead - International Journal of Epidemiology](#)

[Leukemia and heavy metal particulate: Harvard University](#)

[Lung Cancer associated with Nickel exposure – The American Journal of Epidemiology](#)

[Multiple Myeloma, Plastics and Pesticides. – Multiple Myeloma Foundation](#)

[Non Hodgkins Lymphoma from pesticides and herbicides - American Cancer Society.](#)

[Prostate Cancer and Cadmium – Journal of Toxicology and Environmental Health](#)

[Skin Cancer and Heavy Metals – Mayo Clinic](#)

[Testicular Cancer, plasticizers and cadmium. - U.S. National Institutes of Health](#)

[Urethra Cancer associated with Heavy Metals: Textbook of Uncommon Cancers, Third Edition.](#)

Chart Copyright SaunaRay Inc. Jan 2015.



*“My SaunaRay Detox Unit is the best investment I’ve ever made in my health.*

*- [Jim Fitzpatrick, Firefighter, Markham ON](#)*

## Exclusive offer to fire Stations: Rent-to-Own (RTO)

- No money down.
- Immediate delivery.
- Small monthly payments.
- Fund easily out of Operating Budget.

Single Bike sauna	(regular 110V outlet)	52" x 39" x 78" tall	\$4,995
Double-Bike sauna	(240V outlet)	96" x 51" x 78" tall	\$6,995
Three-Bike sauna	(240V outlet)	72" x 72" x 78" tall	\$7,995
Four-Bike sauna	(240V outlet)	96" x 72" x 78" tall	\$8,995

**SaunaRay’s Rent to Own** option is exclusively available to fire halls and provides immediate delivery. The SaunaRay detox chamber is fully warranted and maintained during the course of the rental term. A portion of each monthly payment is assigned to purchase. After four years the ownership is transferred to the fire dept.

Contact SaunaRay Toll Free 1-877-992-1100 | Email: [info@saunaray.com](mailto:info@saunaray.com) | Web: [www.saunaray.com](http://www.saunaray.com)



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