

I am writing this testimonial regarding the Far Infrared Sauna (also referred to as FIR Sauna) from High Tech Health because it is literally saving my life. It is my hope that you as the reader will take this information and, along with your own research, embark on the same journey that I am taking. I was diagnosed with Stage 3 metastasized breast cancer 7 months ago. It is the HER2 type which means it is an estrogen receptive cancer. I was told that I could not be operated on unless I went through 6 weeks of chemotherapy because of where the golf ball sized tumor is located. I chose not to take that route. I chose to get to the root of the problem and actually cure my body, to make it stronger instead of breaking it down with chemicals.

After running blood tests, my doctor found that I am **FULL** of phthalates from fabrics that I have been working with for years in my drapery business. Our bodies look at phthalates as estrogen and these phthalates had been feeding my cancer daily. My doctor said that my case was so serious that I needed to **IMMEDIATELY** get into a Far Infrared Sauna because that was the only way to get the phthalates (plastics) out of my body. He explained that this was why I was not able to lose weight. He said my body chemistry was so altered by the plastics that it wouldn't be able to release excess weight even if I fasted! He also said that I needed to read the book "Detoxify or Die" from Dr. Sherry Rogers, MD. Everywhere I searched online, the book was backordered but I was thrilled to find that High Tech Health had it in stock and they shipped it to me immediately. What an **amazing** read!! It is a **MUST!!** Dr. Rogers not only explains how we absorb dangerous toxins and plastics but how the FIR sauna draws them safely and painlessly out of our organs through the four means of detox, our breath, our urine, our intestines and our sweat. It is extremely important to read her book **before** beginning use of the sauna. She not only tells you what to take for supplements before going into the sauna, but also what to take immediately after each session and when to take your regular vitamins and supplements for the day so your body best absorbs them.

I began my search for a FIR sauna from High Tech Health immediately. I found a Natural Healing Wellness Center 60 minutes from my home that had a FIR sauna from High Tech Health and offered a half hour session for \$75.00. However, my doctor said I needed to be in the sauna for an hour a day! That would have totaled \$4,500.00 per month in addition to gas money and travel time! That was \$1,500.00 more than purchasing my own sauna! Because I could no longer make my window treatments due to the chemicals and phthalates in the fabrics and my income was suddenly limited, a very dear friend purchased the sauna for me immediately as a gift. What a beautifully constructed unit! I am extremely sensitive to chemical odors, but the Far Infrared Sauna from High Tech Health is constructed from pure, unfinished wood and put together with water soluble glue so there are absolutely no odors. I just sit in the sauna once a day, turn on the interior light, and read a novel as the sauna helps me sweat my toxins and phthalates out! And because it is a dry heat, I come out feeling energized!

I was totally shocked to actually see hard, disc-like shapes of plastic appear on my legs and disappear after a few more sessions in the sauna. Even the backs of my hands would get a plastic film on them which would disappear after sweating through a few more sessions. My towels that I take into the sauna to constantly wipe my skin off are **SOAKED** by the end of the session! Although I have one of the fastest growing cancers, my tumor has not grown in the 6 months that I have been using my sauna. This is due to all the chemicals and phthalates being drawn out of my body on a daily basis. And I've lost 15 pounds without even changing my diet!! That is a testimony in itself!! And to prove that the sauna is promoting detox through all the natural processes, after 6 months in the sauna I can still smell the deadly chemicals coming out of my body! It is a wonder I have survived until now, until discovering this amazing detoxifying unit.

Since I had to change professions, I now drive 45 minutes to and from work as an office manager for a construction company each day. And for the past 4 months my husband has noticed that the inside of my car windshield has formed a haze that has to be professionally cleaned off regularly. Guess what? That is my body detoxifying through my breath!! I had been breathing the steam from pressing the drapes for years and the toxins are now coming out through my lungs!

Whether you have been diagnosed with cancer or have been working in a field that has exposed you to dangerous chemicals, **PLEASE, PLEASE**, do your research, read Dr. Roger's book, and purchase this life saving unit from High Tech Health. I **know** that it is saving my life and I know that it can help save yours.

Sincerely,  
K. Smith  
Virginia, USA

HIGH TECH HEALTH  
INTERNATIONAL

