

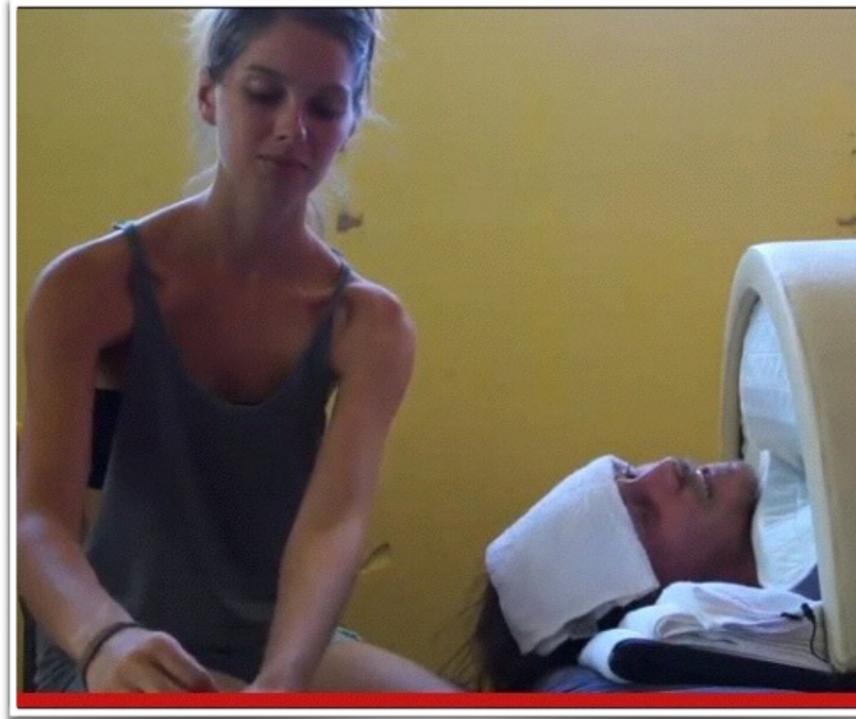


# HEALING @ HOME

How to truly heal chronic degenerative diseases at home!

# AGENDA

- ▶ **WHY**
- ▶ RESEARCH
- ▶ **HOW**
- ▶ HOW OFTEN
- ▶ **HOW TO COMBINE**
- ▶ HOW TO BE SAFE
- ▶ **WHY NOT**
- ▶ **SURPRISE**



**WHY**

**HYPERTHERMIA @ HOME**

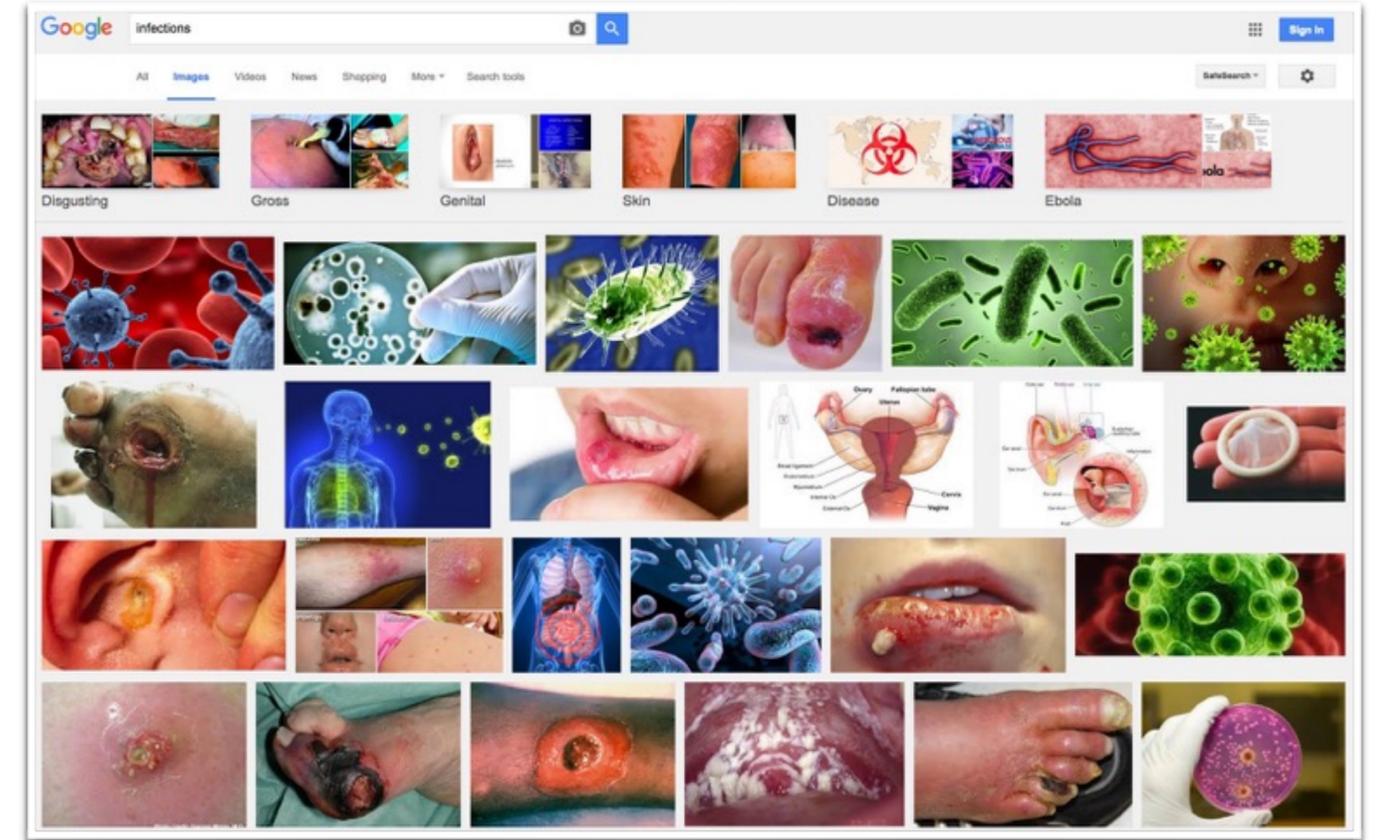
**DISEASE** IS ONLY THE TIP

OF THE ICEBERG

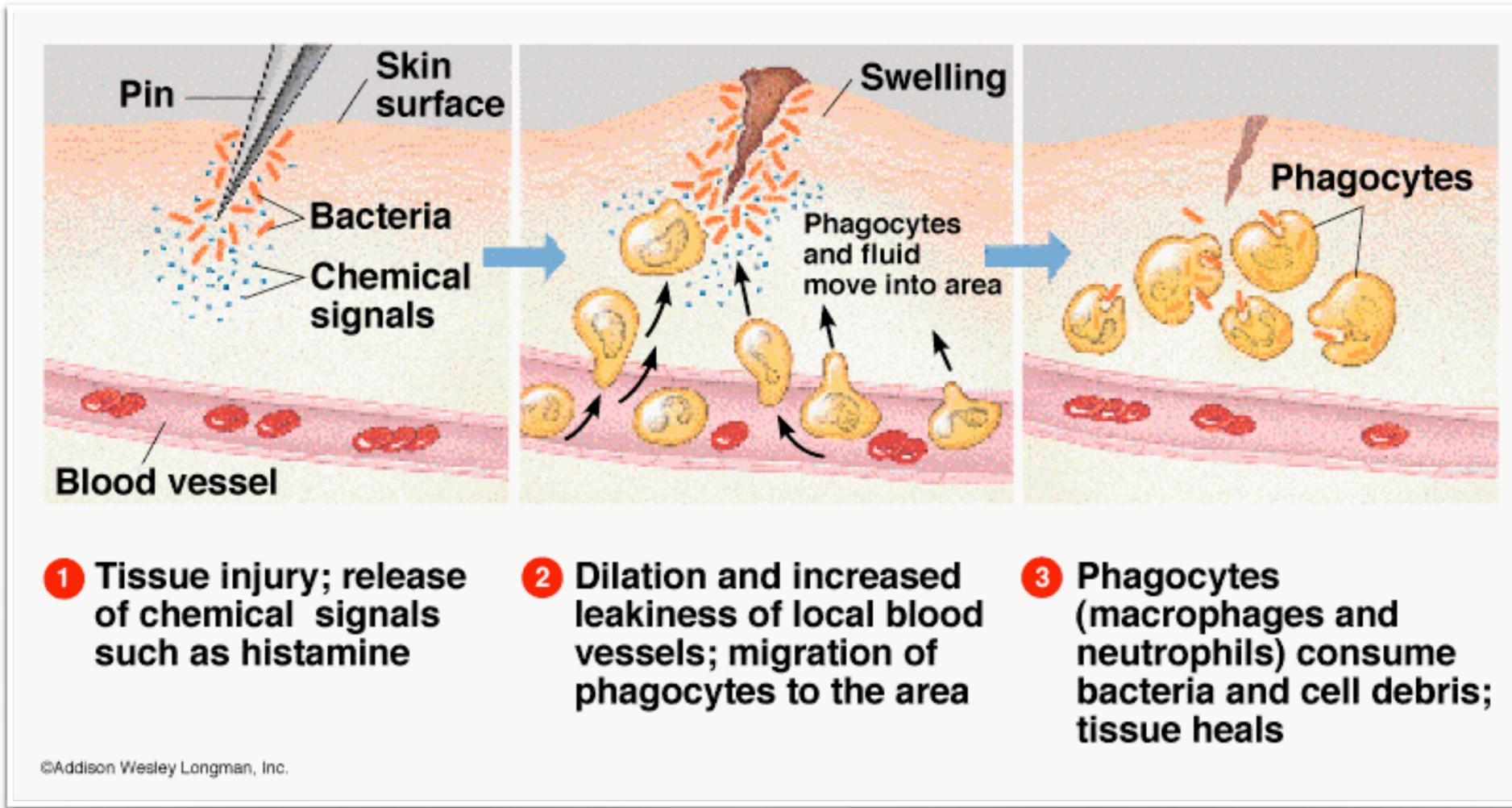


## ALL DISEASES ARE TRIGGERED BY ONE OR A MULTITUDE OF THE FOLLOWING CAUSES :

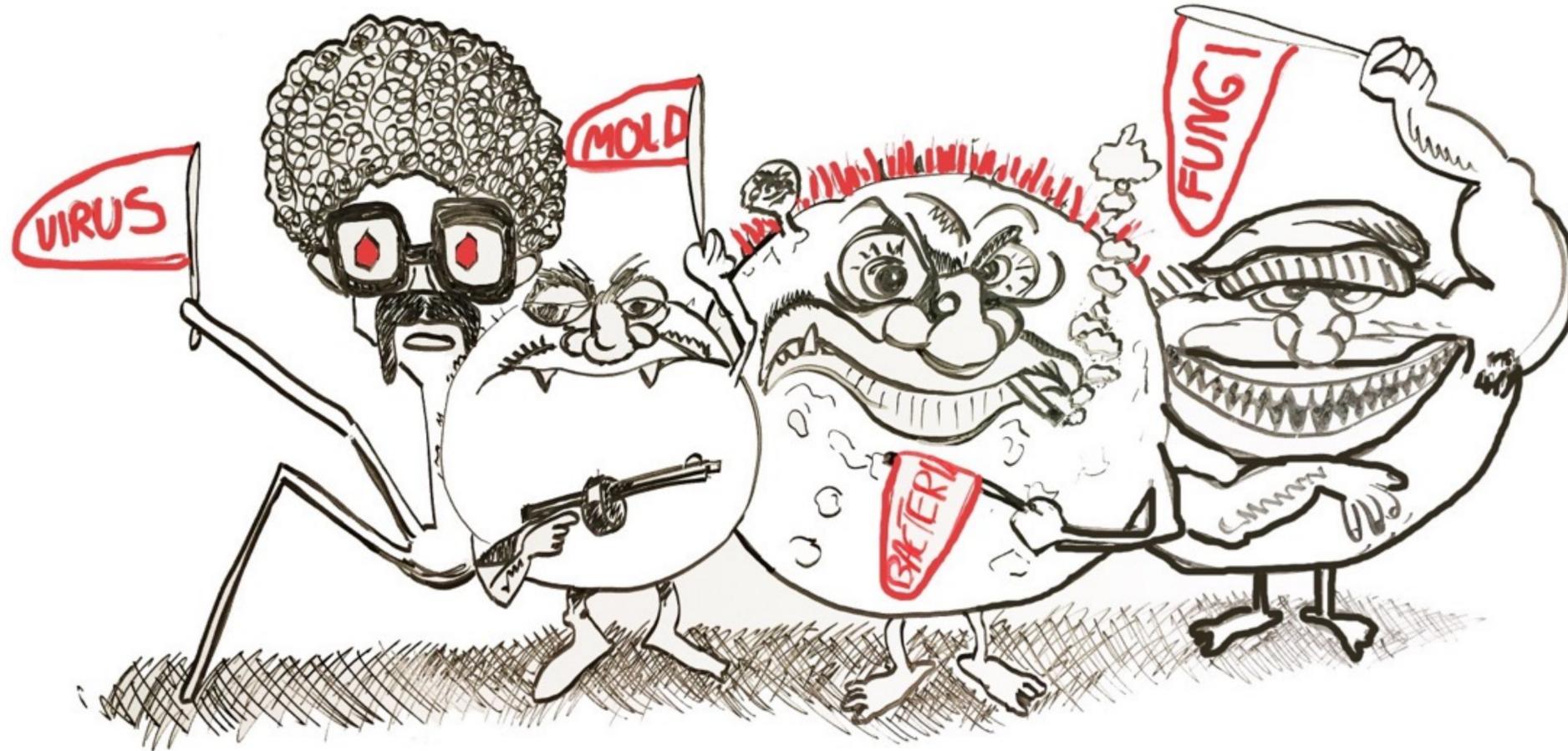
- ▶ **Infections** (reduce immune capacity and create a lot of toxic waste products)
- ▶ **Toxicity** (overload immune system and detox pathways, cause inflammation and give false signals)
- ▶ **Deficiencies** (cause incomplete reproduction of cells, inability to perform at optimal levels)
- ▶ **Inflammation** (chronic inflammation is the result of all other causes) leads to cell degeneration and mutation)
- ▶ **Stress** (leads to inflammation, malabsorption, deficiencies, reduced immune response, toxic overload, exhaustion)



# INFECTIONS

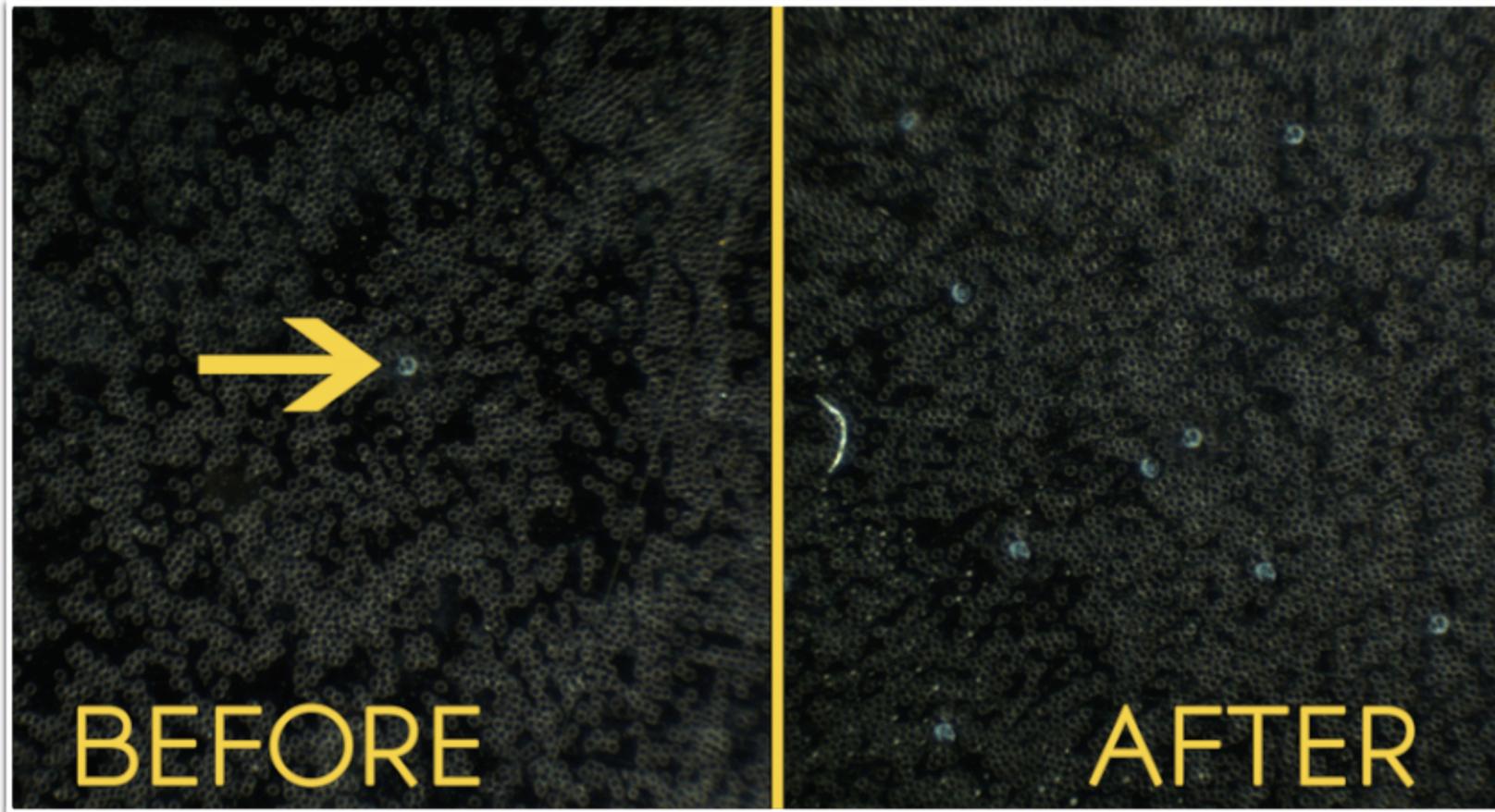


# INFECTIONS



# INFECTIONS

- ▶ Heat shock Proteins are caused by fever



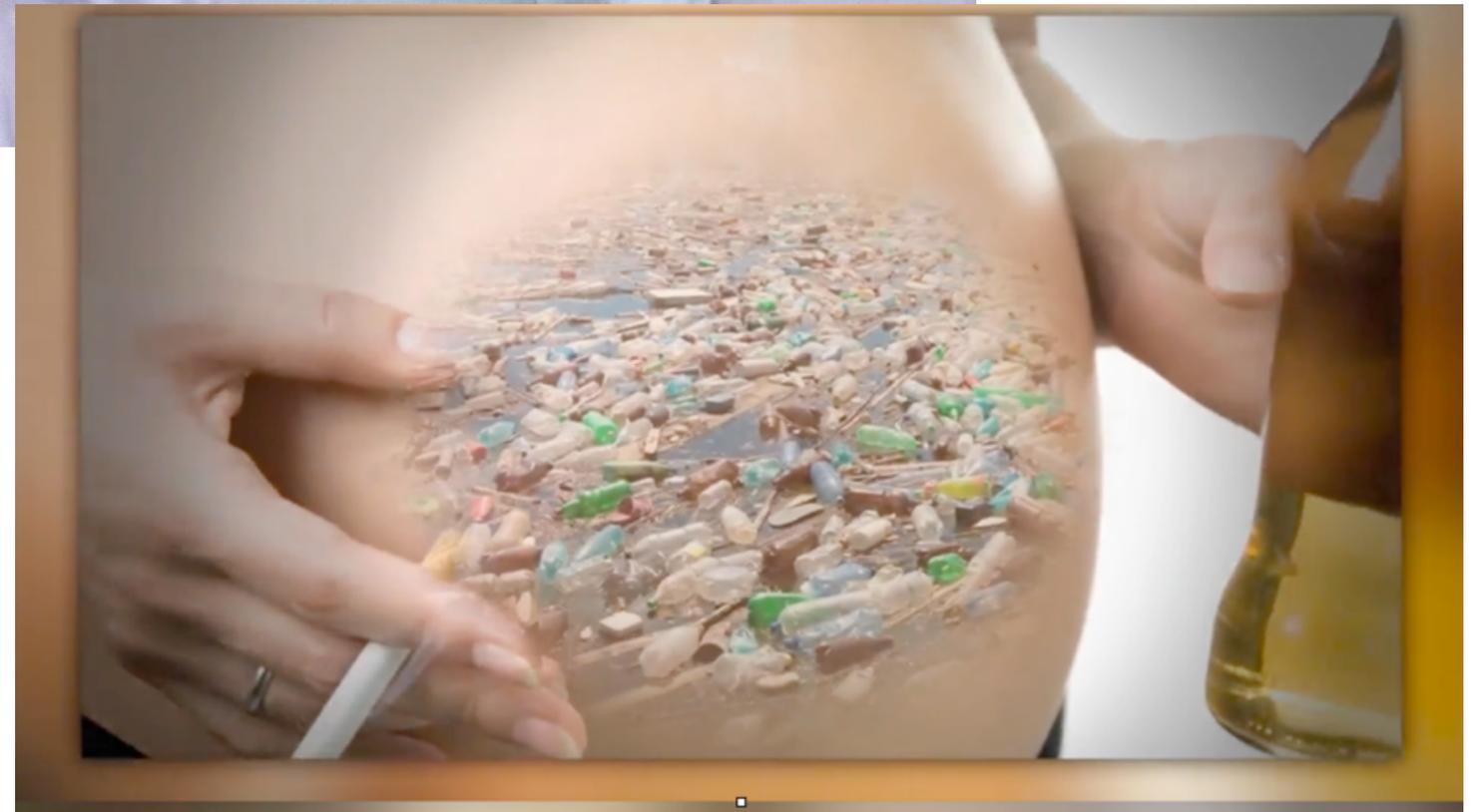
- ▶ **Fever causes increased white blood cell production**
- Fever: increases host cell defenses and metabolic activity
  - When macrophages attack they release **pyrogens** into the bloodstream and cause a fever
  - The higher temperature helps our body fight infection and makes the virus uncomfortable due to the heat.
    - Fever increases the metabolic rate and thus speeds up the defense mechanisms and tissue repair processes
    - An extremely high fever can be dangerous because it can affect the shape of the chemical bonds that give proteins their shape and allow them to function.
- Inflammation is localized response to infection; fever is systemic response to invading microorganisms

# INFECTIONS

# TOXICITY

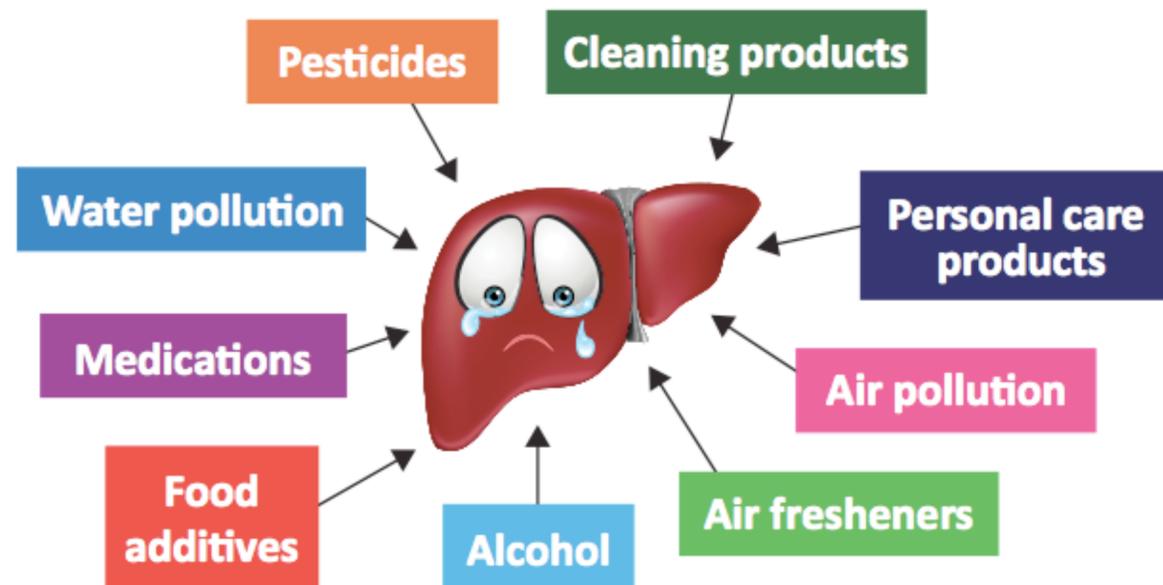
An average newborn has over 287 different industrial chemicals, pollutants & pesticides in the blood. Of the 287 total detected in the umbilical cord blood, scientists know that:

134 of these cause cancer,  
158 are toxic to the brain and nervous system,  
186 cause infertility and  
151 cause birth defects or abnormal development.



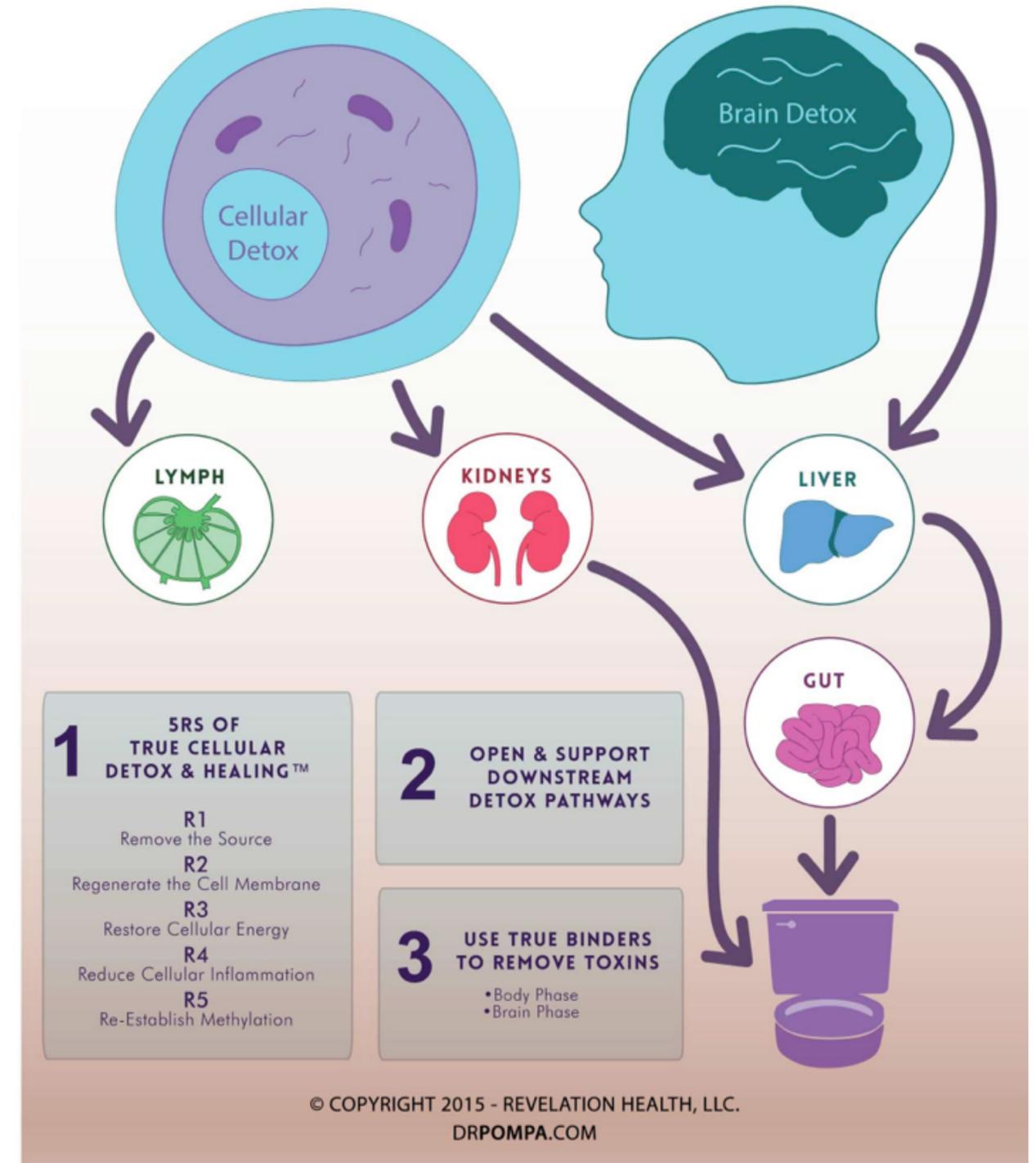
# TOXICITY

All detox pathways require a lot of energy and biochemical processes in the liver and kidney to break down and eliminate toxins



## TRUE CELLULAR DETOX™ ROADMAP

Get Upstream... (All Other Detox is Downstream)



# TOXICITY



 FIR Sauna



NO EMF / 1400 Watt / NO TOXINS  
 HYPERTHERMIA  
SAUNA - DOME

▶ Increased FIR waves will reach deep tissue

▶ Sauna is perfect for detoxification but can not achieve FEVER.

▶ The DOME can offer you both and is also very comfortable and small

# RESEARCH

# HYPERTHERMIA @ HOME

## Sauna Research

- + Crinnion, W.J., Sauna as a valuable clinical tool for cardiovascular, autoimmune, toxicant-induced and other chronic health problems. *Alternative Medicine Review*.
- + Masuda, A. et al., 2005. The effects of repeated thermal therapy for two patients with chronic fatigue syndrome. *Journal of psychosomatic research*, 58(4), pp.383-7. Available at: <http://www.ncbi.nlm.nih.gov/pubmed/15992574>.
- + Lin, C.-C. et al., 2007. Far-infrared therapy: a novel treatment to improve access blood flow and unassisted patency of arteriovenous fistula in hemodialysis patients. *Journal of the American Society of Nephrology : JASN*, 18(3), pp.985-92. Available at: <http://www.ncbi.nlm.nih.gov/pubmed/17267744>.
- + Oosterveld, F.G.J. et al., 2009. Infrared sauna in patients with rheumatoid arthritis and ankylosing spondylitis. *Clinical Rheumatology*, 28(1), pp.29-34.
- + Kihara, T. et al., 2002. Repeated Sauna Treatment Improves Vascular Endothelial and Cardiac Function in Patients With Chronic Heart Failure. , 39(5), pp.2-7.

## Hyperthermia Research

- + Jiang, Q. et al., 2000. Febrile Core Temperature Is Essential for Optimal Host Defense in Bacterial Peritonitis. *American Society for Microbiology*, 68(3), pp.1265-1270.
- + Ostberg, J.R. et al., 2001. Regulatory potential of fever-range whole body hyperthermia on Langerhans cells and lymphocytes in an antigen-dependent cellular immune response. *Journal of immunology (Baltimore, Md. : 1950)*, 167, pp.2666-2670.
- + Rudolf Oehler, Erich Pusch, Maria Zellner, Peter Dungal, Nicole Hergovics, Monika Homoncik, Maja Munk Eliassen, Marianne Brabec, and E.R., 2001. Cell type-specific variations in the induction of hsp70 in human leukocytes by feverlike whole body hyperthermia. *Cell Stress & Chaperones*, 6(4), pp.306-315.
- + Page, R.L. et al., 1987. Whole-body hyperthermia. Rationale and potential use for cancer treatment. *Journal of veterinary internal medicine / American College of Veterinary Internal Medicine*, 1(3), pp.110-120. Available at: <http://www.scopus.com/inward/record.url?eid=2-s2.0-0023380813&partnerID=tZOtx3y1>.
- + van der Zee, J., 2002. Heating the patient: a promising approach? *Annals of Oncology*, 13(8), pp.1173-1184. Available at: <http://annonc.oxfordjournals.org/cgi/doi/10.1093/annonc/mdf280> [Accessed October 21, 2014].
- + Aravindan, N., Shanmugasundaram, K. & Natarajan, M., 2009. Hyperthermia induced NFkappaB mediated apoptosis in normal human monocytes. *Molecular and cellular biochemistry*, 327(1-2), pp.29-37. Available at: <http://www.ncbi.nlm.nih.gov/pubmed/19219626> [Accessed January 12, 2015].

# RESEARCH

# HOW

# HYPERTHERMIA @ HOME

# CHECK LIST

- ▶ Lay MAT on soft surface
- ▶ Cover with 2 layers of TOWELS
- ▶ Set up LOWER DOME on mat
- ▶ Install UPPER DOME on mat
- ▶ Plug in all components to CONTROLLER
- ▶ Get 1 large towel to cover the top opening
- ▶ Roll another towel up as headrest.
- ▶ Get 2 smaller towels and soak in a big basin with cold water

# CHECK LIST

- ▶ Prepare with loads to drink.
- ▶ Turn all components including Mat on 9 (full power)
- ▶ Dress in a long john or cotton long sleeve, long legs pyjama
- ▶ Climb into the dome and start the marathon under supervision
- ▶ Set the temperature control to 38C / 100.4F to max 39C / 102.2F
- ▶ Insert the thermometer into the rectum (Butt) and monitor carefully.
- ▶ Enjoy the heat. It's YOUR healing and relax time. At least at the start.

# CHECK LIST

- ▶ Your guardian can cool your head with cool water and wet towels.
- ▶ This is a full time job and requires a lot of dedication and consciousness
- ▶ Keep an eye on the temperature and write down all significant observations
- ▶ Pull the plug when you have reached the set temperature.
- ▶ Let the body do it's job on it's own when it kicks in to own fever reaction
- ▶ Keep temperature at or below 40C / 104F with cooling / ventilation technique

# CHECK LIST

- ▶ **Stay as long as you can.**  
If you need to pee use a bed pan or males a bottle
- ▶ **Males can cover their genitals with a towel or cloth. Can be very hot!**
- ▶ **If your feet and bottom are too hot turn down the lower dome and the mat**
- ▶ **Keep around 4 to maintain temperature rise. You don't want to cool out**
- ▶ **1 hour is kind of minimum if you can. The longer you maintain fever the better**
- ▶ **DRINK, DRINK DRINK. You can easily drink a litre or 2 while you are in the dome.**

# CHECK LIST

- ▶ **When your temperature drops and you want out cool down to 39C / 102F**
- ▶ **Then have someone help you that you don't get dizzy and fall.**
- ▶ **Have a warm shower and dress with cotton and wool to keep warm**
- ▶ **Go back to bed and sleep as long as you can. You will keep sweating**
- ▶ **Take this time out as a healing time to regenerate and visualise how all immune cells now do their job.**

**HOW OFTEN**

**HYPERTHERMIA @ HOME**

# HOW OFTEN

## ▶ SAUNA

Every second day if you so like

## ▶ HYPERTHERMIA

Once a week to start with.

When you feel better you can reduce to once every 2 or even 3 weeks

Before going on a trip. When coming home from a journey.

When you want to achieve high performance like sports or competitions.

When you feel a flu or a cold building up in your system.

When you are stressed and need a deep relaxing and healing sleep



# HOW TO COMBINE

# HYPERTHERMIA @ HOME

# HOW TO COMBINE



## ▶ ALKALINE

Basica, Sodium Bicarbonate, Alkaline water during and before treatment

## ▶ ANTI OXIDANT

IV Vitamin C, Bioenergy C, Liposomal Vitamin C, Glutathione, Astaxantin,

## ▶ SUPPLEMENTS

Electrolytes, pinch of Salt in water, Magnesium, Zinc, Selenium,

# HOW TO COMBINE

▶ PEMF



DCM 3500  
BUNDLE 2  
Save on shipping when you bundle

▶ IV/Supplements



▶ Hyperthermia



NO EMF / 1400 Watt / NO TOXINS  
HYPERTHERMIA  
SAUNA - DOME

**HOW TO BE SAFE**

**HYPERTHERMIA @ HOME**

# HOW TO BE SAFE

- ▶ Breast implants



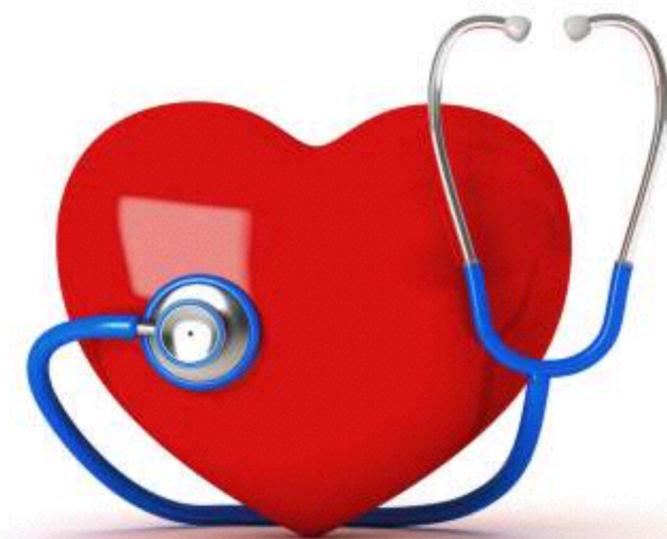
- ▶ Scar Tissue



- ▶ Radiation Burns

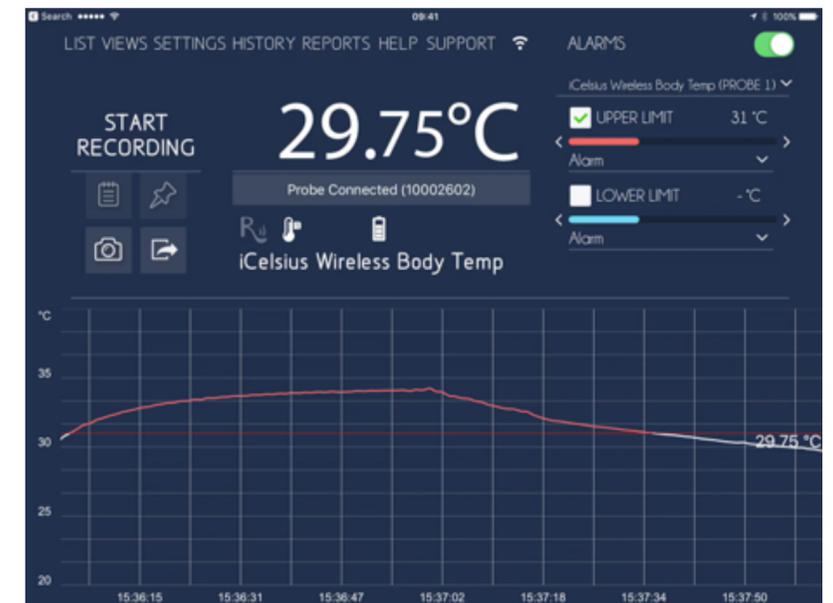


- ▶ Heart problems



# HOW TO BE SAFE

## ▶ TEMPERATURE CONTROL



# HOW TO BE SAFE

- ▶ Hydrate and Flush



- ▶ Check Pulse



- ▶ Cool the head
- ▶ Second person to monitor temperature
- ▶ Monitor Pulse and Oxygenation

**WHY NOT**

**HYPERTHERMIA @ HOME**

# WHY NOT

Because you may be scared to do something that is not offered by your doctor

- ▶ Because you are scared to cause harm
- ▶ Because you have learned that fever is a disease
- ▶ Because you don't know what to do when your fever goes high
- ▶ Because you have no one to help you and monitor the progress
- ▶ Because your family, or doctor do not support you.

# SURPRISE

# HYPERTHERMIA @ HOME

# SURPRISE

▶ Check list



▶ 2 full body size towels



▶ Pulse & Oximeter



▶ iCelsius  
BT Wireless

▶ ORGANIC HEMP HYPERTHERMIA DOME



# SURPRISE

▶ Check list



▶ 2 full body size towels

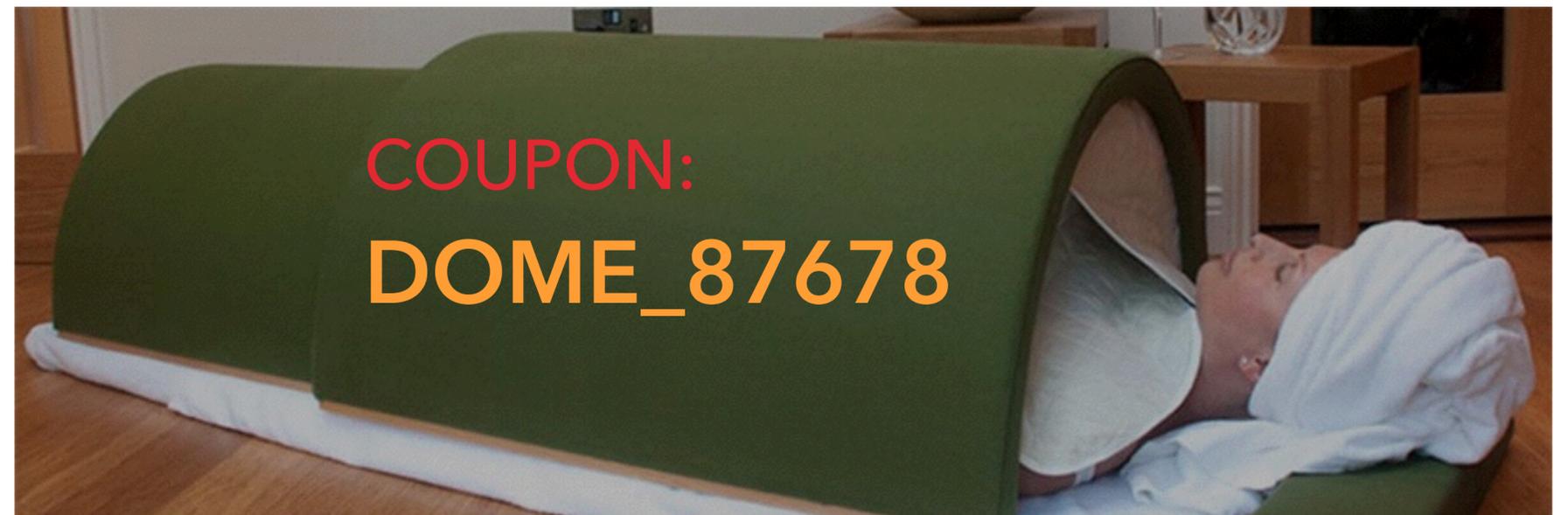


▶ Pulse & Oximeter



▶ iCelsius  
BT Wireless

▶ ORGANIC HEMP HYPERTHERMIA DOME



COUPON:  
DOME\_87678