

# **Legge School of Natural Health Care**

---

## **HEALTH COURSE**

---

# HEALTH COURSE

**Title:** Legge Health Course II

**Published By:**

Legge School of Natural Health Care  
202 Main Street West  
Listowel ON N4W 1A1  
Canada  
1-800-695-7338

[leggeschoolofnaturalhealthcare@gmail.com](mailto:leggeschoolofnaturalhealthcare@gmail.com)  
[www.leggeschoolofnaturalhealthcare.ca](http://www.leggeschoolofnaturalhealthcare.ca)

All rights reserved.

Copyright © 2015 by Legge School of Natural Health Care  
This book may not be reproduced in whole or in part without permission.

ISBN: 978-1-988056-12-8  
Legal Deposit – Library & Archives Canada 2015

**Disclaimer:**

This Health Course is for educational purposes only, and is not intended to diagnose, prescribe or treat for a specific disease. If you have a health concern, please consult your health physician.

# Legge School of Natural Health Care

---

Congratulations on your interest in fitness, health and youthfulness.

**LEGGE SCHOOL OF NATURAL HEALTH CARE** has been offering Courses for over 20 years, and thousands of clients and students have benefitted from the Programs. The Course Curriculum is constantly being updated as new research and technology becomes available. These Courses have been recognized as containing some of the most valuable information for improving your family's level of health and fitness on every level.

## **FITNESS COURSE**

**Cardiovascular Training**

**Strength Training**

## **HEALTH COURSE**

**Sauna Cleansing**

**M.E.D. Therapy Spa**

## **YOUTHFULNESS COURSE**

**Whole Body Vibration (WBV)**

**Inversion/Oscillation**

## **NUTRITION COURSE**

**How the Body Works**

**Nutrition Profile**

**Cleansing Program**

**Natural Supplements**

## **RELATIONSHIP HEALTH COURSE**

**How to Heal Relationships**

**Good Relationships Heal the Mind and Heart**

For each Course that you complete you will receive free of charge a **\$75.00 Gift Card** from LEGGE FITNESS SUPERSTORES. When you complete all 5 Courses you will receive a **Certificate of Completion**.

# HEALTH COURSE – Sauna Cleansing

Sauna Cleansing has been practiced as a healing therapy for thousands of years in many parts of the world. Throughout Russia, northern Europe, and the Scandinavian countries, saunas have been used to successfully prevent and treat many different types of diseases. In some Scandinavian countries they say, “If a sauna won’t cure you, then nothing will.”

In North America the native Indians have used “sweat lodges” for sauna cleansing for many generations. Most countries and cultures around the world have used some form of “sauna or steam bath experience” for cleansing and detoxification for thousands of years.

**Sauna Cleansing** is achieved by simply raising your body core temperature by being exposed to heated air, steam, or infrared heat in a sauna room. By raising your body core temperature you are creating an **artificial fever**, and the body goes into overdrive to try and cool itself back down to 98.6 degrees Fahrenheit. In order to do this, fluid from the sweat glands and lymphatic system is pushed out through the skin which is called “perspiration”. Having water on the skin has a cooling effect on the body, and as a result the core temperature is lowered. By creating this artificial fever many positive things happen in the body.

Total body perspiration is one of the fastest ways to cleanse the body. By drinking pure water to replace the fluid lost through total body perspiration, the lymph fluid and also the blood can be quickly purified. This takes the burden off of the two kidneys because a person can drink a lot of water, and it passes out through the skin rather than going through the kidneys and the bladder. Exercise or sports can provide a similar benefit. For example, a person could be playing tennis vigorously for a couple of hours, and drink about two litres of water without having to go to the washroom because of the heavy perspiration. However, if that person was just sitting at a desk and not perspiring, and drank two litres of water, it would go through the kidneys to the bladder and they would have to go to the washroom.

An example to help people understand the cleansing process of drinking pure water to replace fluid loss through heavy perspiration would be like changing the oil in a vehicle. The oil collects or absorbs impurities from the engine over time, and also the viscosity changes and the oil becomes thicker and less slippery. The solution is to drain the old oil out of the engine, and replace it with new oil. The same thing happens in the body when a person perspires heavily, and replaces that fluid loss by drinking pure water. Impurities, toxins and acids are removed from the body, and the blood and lymph fluid becomes cleaner, more slippery and more alkaline. This is exactly what the body needs to function properly and up to its potential.

**Sauna Cleansing** is a great way to perform this “oil change” in your body. Some people use vigorous exercise or sports to achieve a high level of perspiration, but it is not normally total body perspiration, and even more importantly exercise and sports can produce high levels of lactic acid because of muscles metabolizing nutrients to produce energy. As a result, the body can become more acidic and less alkaline. The advantage of sauna cleansing is that a high level of total body perspiration can be achieved to cleanse the body and make it more alkaline, without producing a high level of lactic acid.

There is two to three times more lymph fluid in the body than blood. Lymph fluid is the intercellular fluid that flows between the trillions of cells in the body, and cleanses the cells by removing waste products. Blood is pumped by the heart, but lymph fluid has no pump, and is primarily moved by muscular contraction. Lymph fluid moves downward with gravity, and then needs to be recirculated to the upper body to be filtered and cleansed by going through the lymph glands (nodes) which are mainly located in the torso and upper body. The lymphatic system is part of the immune system so keeping the lymph fluid healthy and clean is vital to the overall health of the body. Sauna cleansing is one of the most effective ways to cleanse the lymph fluid and the lymph glands.

**In tropical climates, degenerative diseases such as cancer, heart disease and diabetes are very rare in the native population.** People perspire throughout the whole year because of the high heat levels twelve months of the year. This cleanses the lymphatic and immune systems, and toxins are removed from the body on a regular basis. Also, in tropical climates people are more active outside year round, and they receive the benefits of far infrared heat from the sun throughout the year. In cooler climates, people do not perspire year round, and they do not get as much far infrared heat from the sun in the cooler months. As a result, toxins build up in the body, and this can put an extra burden on the lymphatic and immune systems. Using an infrared sauna, and also a hydrotherapy spa provides cleansing and detoxification benefits year round which can help prevent degenerative diseases, and keep the body healthy, strong and youthful.

Another important consideration is that the modern lifestyle of the last 80 years approximately, has been polluting our bodies with man-made chemicals that people have never been exposed to before in human history. Food additives, pesticides, toxic off-gassing from manufactured products, hydrogenated and homogenized fats, altered and processed foods, artificial coloring, artificial sweeteners, artificial flavours, preservatives, GMO foods, drugs, vaccinations, hormones, engine exhaust, industrial wastes, and literally thousands of chemicals that we absorb through the air we breath, the water we drink, and the food we eat, are overloading our lymphatic and immune systems. Even air conditioned homes, offices, stores and vehicles means people perspire less in the summer months, and as a result their body cannot detoxify properly through whole body perspiration. Never before in human history has there been a greater need for Sauna Cleansing and Hydrotherapy!

“A sauna used to be thought of as a luxury. Studies now confirm that **diet and environmental chemicals cause 95% of cancers.** Furthermore, as the first generation of man exposed to such an unprecedented plethora of daily chemicals, we have learned that stored or undetoxified chemicals can mimic any disease. ‘Incurable’ chronic diseases that were thought to have no known cause often disappear once toxic chemicals are gone. Since the far infrared sauna is the safest, most efficacious and economical way of depurating stored toxins, this makes it a household necessity.” This quote is from Dr. Sherry Rogers M.D., Northeast Center for Environmental Medicine – Internationally known expert in environmental medicine and author of “Detoxify or Die” and “Tired or Toxic?” Most of the effectiveness of the far infrared sauna is because of its ability to produce total body perspiration at a comfortable level of heat, compared to the high temperature of the traditional sauna and steam bath. However, **total body perspiration at a comfortable temperature can also be achieved with hydrotherapy,** with many of the same benefits that the far infrared sauna offers!

By the way, it is important to use pure water for cleansing. Bottled water is not good because of toxins absorbed from the plastic and also detergent residues from cleaning the larger water cooler bottles. The source of the water in the bottles is sometimes questionable as well. Distilled and reverse osmosis systems remove all minerals and trace minerals. Carbon filters can be a breeding ground for bacteria, and pathways can develop in the carbon that reduces the surface area that is in contact with the water. A quality filtering system like the **Royal Doulton System** from England uses a diatomaceous earth filter. It is ideal because it removes most bacteria, microorganisms, toxins and chemicals, but leaves the trace minerals in, and even adds trace minerals. It also oxygenates the water, and makes the water more alkaline. There is no other water filtering system on the market that compares to the Doulton System. It is simple, cost-effective and attaches to most taps.

There are several different types of saunas that can be used to raise the core temperature of the body. The **traditional sauna** is heated by a sauna heater which is normally electric, but could be wood fired. There are sauna stones on the heater which are very hot, and when you pour water on the stones the water vaporizes and becomes steam. This type of sauna is usually made of cedar because mold and bacteria will not grow in a cedar sauna. That is important because where there is warmth and moisture bacteria will grow. In some cases plumbing or a drain is not necessary for this type of sauna. This is a high heat sauna because the air in the sauna can be heated to very high heat, and the steam off the rocks is 100 degrees Celsius.

For people who want more steam, a steam generator can be used to create a **steam bath sauna**. Plumbing for water coming to the generator is necessary, and also a drain for water leaving the sauna room. This type of sauna is usually built into a shower stall of glass, acrylic or ceramic tile, and ventilation to the outside is necessary because of the high volume of steam. This is a high heat sauna because steam is 100 degrees Celsius.

The most popular type of sauna nowadays is a **far infrared sauna**. Infrared is a frequency of light which we cannot see, but it primarily heats objects and moisture rather than the surrounding air. The heat from the sun is infrared. The sun is 93 million miles away and there is no hot air coming from the sun to planet earth, because it is so far away. That is why it is very cold in space, and even as you move away from the earth's surface the temperature drops quickly. High mountains on the equator are covered with snow and ice throughout the year. The best way to understand infrared heat from the sun is to go outside on a sunny day in the winter, and stand in a protected area away from the wind. The sun will feel very warm and will easily penetrate your clothing and get right into your body. If a cloud comes along and blocks the sunlight you will immediately feel cold. As soon as the cloud passes you will immediately feel the infrared heat from the sun penetrating your body again. What happened was the cloud blocked the infrared frequencies of light from the sun and you felt cold, and as soon as the cloud moved the infrared frequencies of light warmed your body. If you had a thermometer beside you the air temperature would not have changed, but your body's perception of heat certainly changed. Most natural substances on earth will absorb infrared heat, and will also give off infrared heat. Ceramic stones, the earth, rocks, animals, and people all give off infrared heat once they are warmed.

The **far infrared sauna** should be heated with emitters made of solid ceramic stones or tiles housed in surgical stainless steel demagnetized housing. This type of emitter produces the most natural and balanced infrared for your body, without off-gassing or producing EMF's (electrical magnetic fields). The sauna room should be made of solid, natural cedar so mold and bacteria will not grow in the sauna. Cedar is naturally anti-bacterial and anti-

fungal. However, the next best choice would be Poplar wood for people who want a different aroma or appearance. The sauna should be made in Canada to satisfy the stringent standards of CSA (Canadian Standards Association). Don't be fooled by product on web sites, or in the big box stores that is not made in Canada, and is made of a man-made material that looks like wood, but isn't. These products often have high EMF's, and toxic off-gassing from glues and chemicals that are used in manufacturing. The whole principle behind sauna cleansing is to detoxify the body, not to add toxins to the body.

Another benefit of the **far infrared sauna** compared to other saunas is that the optimum temperature for cleansing is between 40 and 60 Celsius. This is a much lower temperature than traditional saunas and steam bath saunas usually operate at. This lower temperature makes it user friendly for people with heart conditions, or other health problems where a high heat sauna is not recommended. Infrared heat is used for premature babies, and for people suffering from hypothermia because it heats the moisture in the body, rather than heating the skin. It is the safest, most therapeutic heat.

Saunas can, and should be used throughout the year, not just in the cooler months. The body needs detoxifying and cleansing at all times, and the summer months do not give you the total body perspiration that a sauna provides. The **far infrared sauna** cleanses at a cellular level by heating the moisture in the cell which provides the broadest range of benefits for all the systems of the body.

In summary, Sauna Cleansing will benefit all **12 Systems of the human body**. To fully appreciate all of the health and fitness benefits, it is important to understand the 'Two Main Body Functions'. Below is a brief outline, but the 'Whole Body Vibration' and 'How The Body Works' Sections in this Course explain the 'Two Main Body Functions' in more detail.

## **The Two Main Body Functions**

The body has a program, and it is cellular based. In other words, everything that happens in the body begins in the cells. There are **two main body functions** happening at the cellular level. A person's level of health or wellness is dependent on how well these two functions work.

**1) The cells pump in**, or absorb nutrients from the bloodstream and lymph fluid through their cell membrane. The cells use these nutrients for energy to perform their duties that they are responsible for in the body.

**2) The cells pump out**, or eliminate wastes into the bloodstream and lymph fluid through their cell membrane. These waste products are the result of the cell burning, or metabolizing nutrients for energy.

A key point to understand is that **cells do not 'pump' when we are not moving**. In other words, cells only pump in and out effectively when we physically move our body. It is only when our body moves that cells pump or 'vibrate' as a result of the effect of gravity. Cells are about 70% fluid on average, so they are like microscopic 'water balloons'. When we move, the G-forces of gravity causes the cells to jiggle or vibrate, which allows them to pump in nutrients, and pump out waste products through their cell membrane. So movement keeps the cells healthy, and being sedentary makes the cells unhealthy.

Just like a motor takes in fuel to burn for energy, each individual cell in the body takes in nutrients to burn for energy. The motor produces waste products which we call exhaust, and each cell produces waste products which include uric acid, lactic acid, carbon dioxide, etc. If each cell gets enough movement or G-forces, it can pump in nutrients efficiently, and pump out wastes efficiently. As a result it will be healthy and function up to its potential. If the cell doesn't get enough movement it can't absorb nutrients and eliminate wastes efficiently, and it will be unhealthy and malfunction. **The health of the body as a whole is dependent on the individual cells getting enough movement so they can pump in and out effectively.** Healthy cells equal a healthy body.

## **Benefits of Sauna Cleansing for the 12 Body Systems**

**1) Circulatory System:** Far Infrared heat improves circulation throughout the entire body by dilating blood vessels, improving the delivery of nutrients and oxygen to all of the trillions of cells in the body, and the elimination of waste products from the trillions of cells in the body. The body has a program and it is *cellular based*. Each of the cells in the body is a pump. The cell pumps out toxins, and pumps in nutrients. Far infrared frequencies stimulate the trillions of cells in the body helping to create a healthier, stronger and more permeable cell membrane. Remember, **Healthy Cells = a Healthy Body**.

**2) Digestive System:** Using an infrared sauna increases the metabolism which improves the digestive process. You can burn up to 600 calories per session, making it ideal for weight management.

**3) Endocrine System (Glandular System):** Far infrared heats the moisture in the trillions of cells in the body, and the cells are about 70% moisture on average. This means that in a short period of time you feel very warm throughout your body. This stimulates the glandular system, because of the need to cool the body's core temperature. Also, people who experience SAD (Seasonal Affective Disorder) can benefit from far infrared sauna use.

**4) Hepatic (Liver/Gallbladder) System:** The liver is the largest organ in the body, and one of the 5 channels of elimination. By inducing perspiration and using the skin to detoxify, you are taking some of the burden off of the liver. This will allow the liver to detoxify more effectively.

**5) Immune System:** In the fall, winter and spring far infrared sauna use is essential to boost the immune system, because most people are not getting enough far infrared light in the cooler weather because of the lack of sunlight. Far infrared boosts the Immune System by promoting detoxification of heavy metals, chemicals and toxins.

**6) Lymphatic System:** Cleanses the entire lymphatic system through optimum total body perspiration.

**7) Muscular System:** Deep penetrating heat warms and relieves tension and soreness in all of the 400+ muscles, and 200+ joints in the body within a matter of minutes.

**8) Nervous System:** Relaxes the central nervous system decreasing stress, anxiety and fatigue. The electrical communications within the nervous system are enhanced and kept healthy by the challenge of having to cool and detoxify the whole body.



**9) Reproductive System:** The reproductive system benefits as part of the endocrine (glandular) system (see above), and by improved nutrient delivery and assimilation.

**10) Respiratory System:** The penetrating heat helps to loosen congestion and mucus, making breathing easier. It's great for anyone with a respiratory condition, cold or flu.

**11) Skeletal System:** Far infrared heat penetrates deep into the bones, soothing arthritic, stiff and tired joints.

**12) Urinary System:** Drinking pure water and using far infrared heat is a safe and comfortable way to heat the core, and cleanse the body through perspiration which takes the burden off the kidneys. This is why the skin has been called the "third kidney".

Hippocrates, the father of modern medicine taught,

"If you overheat the body, you can prevent or cure any disease."

---

Complete the following interesting Review, and email, fax or bring it to LEGGE FITNESS SUPERSTORES to be checked. You will receive a \$75 Gift Card when you complete the 'HEALTH COURSE'.

# SAUNA CLEANSING – Review

## Section A – TRUE or FALSE: (Circle either T or F)

1. Sauna Cleansing has been used as a healing therapy for thousands of years. T F
2. Total body perspiration makes the body more toxic. T F
3. Using a sauna to raise the body core temperature creates an ‘artificial fever’. T F
4. Native Indians have just started using ‘sweat lodges’ to detoxify. T F
5. There is two to three times more lymph fluid in the body than blood. T F
6. The lymphatic system is part of the immune function in the body. T F
7. If a person drinks a lot of water it will bypass the kidneys. T F
8. If the body is overheated it produces perspiration to cool itself. T F
9. Sauna cleansing can produce a high level of lactic acid in the body. T F
10. Heavy perspiration from sauna cleansing can relieve the kidneys. T F
11. Exercise and sports can produce high levels of lactic acid in the body. T F
12. Lymph fluid is pumped by the heart. T F
13. Blood is primarily circulated by the skeletal muscles. T F
14. A Scandinavian saying is, “If a sauna won’t cure you, then nothing will.” T F
15. A traditional sauna operates at a lower temperature than an infrared sauna. T F
16. Infrared is a frequency of light from the sun which does not heat air. T F
17. Steam bath saunas operate at a higher temperature than an infrared sauna. T F
18. Infrared saunas are not effective for weight management. T F
19. The safest, most therapeutic heat is infrared heat from a quality sauna. T F
20. The skin has been called the ‘fourth kidney’. T F
21. Hot air from the sun heats the earth. T F
22. Drinking water during total body perspiration will bypass the kidneys. T F
23. Sauna cleansing helps cleanse the blood and lymph fluid. T F

**Section B – MULTIPLE CHOICE:** Circle only the answer which most accurately completes the statement.

1. Sauna cleansing is achieved by ...
  - A) Drinking pure water
  - B) Raising body core temperature in a sauna room
  - C) Heavy perspiration
  - D) Moving lymph fluid
  
2. Perspiration is the body's attempt to ...
  - A) Create an artificial fever
  - B) Detoxify
  - C) Relieve the kidneys
  - D) Cool itself
  
3. Exercise and sports is a great way to ...
  - A) Make the body more alkaline
  - B) Replace sauna cleansing
  - C) Slow down the metabolism
  - D) None of the above
  
4. A quality infrared sauna ...
  - A) Is not made of man-made material
  - B) Uses solid ceramic stone emitters
  - C) Does not have high EMF's
  - D) All of the above
  
5. Total body perspiration is ...
  - A) The result of exercise
  - B) The result of drinking a lot of water
  - C) The result of using a sauna
  - D) The fastest way to cleanse the body
  
6. An infrared sauna ...
  - A) Is hotter than a traditional sauna
  - B) Should be used between 40 and 60 degrees Celsius
  - C) Is hotter than a steam sauna
  - D) All of the above
  
7. Sauna cleansing ...
  - A) Makes the body more alkaline
  - B) Makes the body more acidic
  - C) Replaces exercise
  - D) Lowers the body core temperature
  
8. The body's program is cellular based and ...
  - A) Each cell is a pump
  - B) Cells pump out toxins
  - C) Cells pump in nutrients
  - D) All of the above

9. Hippocrates, the father of modern medicine taught ...
- A) If you overheat the body you will lose weight
  - B) If you overheat the body you will relax the body
  - C) If you overheat the body you will get stronger
  - D) If you overheat the body you can prevent or cure any disease
10. Heavy perspiration and high water intake will ...
- A) Help cleanse and detoxify the kidneys
  - B) Overheat the body
  - C) Burn calories
  - D) None of the above
11. By raising your body core temperature in a sauna you are ...
- A) Losing weight
  - B) Improving digestion
  - C) Doing a cardiovascular workout
  - D) Creating an artificial fever
12. The body's attempt to cool itself in a sauna results in ...
- A) High calorie burn
  - B) Stronger muscles
  - C) Stronger joints
  - D) None of the above
13. The glandular system is stimulated in a sauna by ...
- A) The quiet, relaxing environment
  - B) The cardiovascular benefits
  - C) Total body perspiration
  - D) Trying to lower the body core temperature
14. The skin has been called the 'third kidney' because ...
- A) Drinking pure water and heavy perspiration can quickly cleanse the body
  - B) Two kidneys are not sufficient to purify the blood
  - C) Uric acid and lactic acid can burden the kidneys
  - D) Some people don't drink enough pure water
15. A quality infrared sauna is ideal for cleansing at a cellular level because ...
- A) Healthy cells equal a healthy body
  - B) Infrared heat improves circulation
  - C) It heats the moisture in the cells rather than just the air
  - D) The body has a program and it is cellular based
16. The best way to understand infrared light from the sun is to ...
- A) Go outside on a sunny day in the winter and stand in a protected area
  - B) Notice the heat difference when a cloud blocks the infrared light from the sun
  - C) Use a thermometer to see constant air temperature when a cloud passes over
  - D) All of the above

**Section C – MATCHING COLUMNS:** (Write the number from Column A beside the *best match* from Column B)

Column A

1. Thousands of years
2. Sweat lodges
3. Oil change on vehicle like ...
4. Raising body core temperature ...
5. Water on the skin
6. High levels of lactic acid from ...
7. Steam generator
8. 40 to 60 degrees Celsius
9. 70% moisture on average
10. Solid ceramic stones
11. 98.6 degrees Fahrenheit
12. Total body perspiration in sauna ...
13. Alkaline, oxygenated water
14. Traditional sauna
15. Infrared heat is ...
16. Off-gassing
17. Infrared heat cleanses at ...
18. Lymph fluid is ....
19. SAD
20. Two to three times more ...
21. "If you overheat the body you can ...
22. High calorie burn
23. Core temperature is lowered
24. Lymph fluid and blood purified ...
25. Drinking water with heavy perspiration ...
26. Cedar wood
27. CSA Certification for sauna
28. Carbon filters
29. Distilled and Reverse Osmosis water
30. Bottled water
31. No hot air from the sun because ...
32. Infrared light heats
33. Covered in ice and snow
34. Alkaline body is healthier ...
35. Impurities and toxins removed from body
36. Blood is pumped by the ...
37. Lymph fluid has no ...
38. Steam bath temperature
39. Far Infrared heat is the safest heat ...
40. Healthy cells equal ...

Column B

- \_\_\_ Intercellular fluid
- \_\_\_ High mountains on the equator
- \_\_\_ Seasonal Affective Disorder
- \_\_\_ Anti-bacterial, anti-fungal
- \_\_\_ Heart
- \_\_\_ A frequency of light
- \_\_\_ Average moisture of cells
- \_\_\_ Used in steam bath sauna
- \_\_\_ Body temperature
- \_\_\_ Used by native Indians
- \_\_\_ Pump
- \_\_\_ A healthy body
- \_\_\_ 100 degrees Celsius
- \_\_\_ Breeding ground for bacteria
- \_\_\_ Infrared sauna emitters
- \_\_\_ Sauna cleansing goes back
- \_\_\_ Through perspiration
- \_\_\_ Man-made material
- \_\_\_ Canadian Standards Association
- \_\_\_ Lowers body temperature
- \_\_\_ No minerals
- \_\_\_ High heat sauna
- \_\_\_ It's 93 million miles away
- \_\_\_ 600 calories per session
- \_\_\_ Than an acid body
- \_\_\_ A cellular level
- \_\_\_ Prevent or cure any disease"
- \_\_\_ Toxins from plastic
- \_\_\_ Sports and exercise
- \_\_\_ Will bypass the kidneys
- \_\_\_ By total body perspiration
- \_\_\_ The moisture in the cells
- \_\_\_ Lymph fluid than blood in body
- \_\_\_ Fluid change in body
- \_\_\_ Creates an artificial fever
- \_\_\_ Diatomaceous earth filter
- \_\_\_ Temperature for infrared sauna
- \_\_\_ Fastest way to cleanse the body
- \_\_\_ For babies and hypothermia
- \_\_\_ Through sauna cleansing

## **Section D – FILL IN THE BLANKS:**

Sauna Cleansing has been used as a healing therapy for \_\_\_\_\_ of years in many parts of the \_\_\_\_\_. Sauna Cleansing is achieved by simply \_\_\_\_\_ your body \_\_\_\_\_ temperature in a sauna room. By raising your body core temperature you are creating an \_\_\_\_\_ fever, and the body goes into \_\_\_\_\_ to try and cool itself back \_\_\_\_\_ to \_\_\_\_\_ degrees Fahrenheit. In order to do this \_\_\_\_\_ from the sweat glands and lymphatic system is pushed out through the \_\_\_\_\_ which is called perspiration.

Total body perspiration is one of the fastest ways to \_\_\_\_\_ the body. By drinking \_\_\_\_\_ water to replace the \_\_\_\_\_ lost through total body perspiration, the \_\_\_\_\_ fluid and also the \_\_\_\_\_ can be quickly purified. This takes the burden off of the two \_\_\_\_\_ because a person can drink a lot of water, and it passes out through the \_\_\_\_\_ rather than going through the kidneys and \_\_\_\_\_.

There is \_\_\_\_\_ to three times more lymph \_\_\_\_\_ in the body than blood. Lymph fluid is the \_\_\_\_\_ fluid that \_\_\_\_\_ between the trillions of cells in the body, and \_\_\_\_\_ the cells by removing \_\_\_\_\_ products. Blood is \_\_\_\_\_ by the heart, but lymph fluid has \_\_\_\_\_ pump, and is primarily moved by \_\_\_\_\_ contraction. Lymph fluid moves \_\_\_\_\_ with gravity, and then needs to be recirculated to the \_\_\_\_\_ body to be \_\_\_\_\_ and cleansed by going through the lymph \_\_\_\_\_ (nodes) which are mainly located in the \_\_\_\_\_ and upper body. The lymphatic system is part of the \_\_\_\_\_ system so keeping the lymph fluid healthy and clean is \_\_\_\_\_ to the overall health of the body. Sauna cleansing is one of the most effective ways to \_\_\_\_\_ the lymph fluid and the lymph \_\_\_\_\_.

It is important to use \_\_\_\_\_ water for cleansing. Diatomaceous earth water filters remove most harmful substances, but leave the \_\_\_\_\_ minerals in. The filter even adds some trace \_\_\_\_\_, and \_\_\_\_\_ the water, and makes it more \_\_\_\_\_.

The heat from the sun is \_\_\_\_\_. If you go outside in the winter on a \_\_\_\_\_ day, and stand in a \_\_\_\_\_ area, the sun will feel very warm. If a \_\_\_\_\_ comes along and \_\_\_\_\_ the sunlight you will immediately feel \_\_\_\_\_. As soon as the cloud passes you feel the infrared \_\_\_\_\_ from the sun. If you had a \_\_\_\_\_ beside you the \_\_\_\_\_ temperature would not have changed, but your body's perception of heat certainly changed. Most \_\_\_\_\_ substances on earth will \_\_\_\_\_ infrared heat, and will also give off infrared heat.

Traditional saunas are \_\_\_\_\_ heat saunas, and \_\_\_\_\_ bath saunas are also high heat because steam is \_\_\_\_\_ degrees Celsius. Infrared saunas have an optimum temperature range of 40 to \_\_\_\_\_ degrees Celsius which is more user friendly for people with \_\_\_\_\_ conditions or other health problems where high heat is not recommended. Infrared heats the \_\_\_\_\_ in the body rather than just the air. The body has a \_\_\_\_\_ and it is \_\_\_\_\_ based. Each of the cells in the body is a \_\_\_\_\_. The cell pumps out \_\_\_\_\_ and \_\_\_\_\_ in nutrients. Far infrared \_\_\_\_\_ stimulate the trillions of cells in the body helping to create a healthier, \_\_\_\_\_ and more \_\_\_\_\_ cell membrane.

# HEALTH COURSE – M. E. D. Therapy Spa

**Hydrotherapy** or “water therapy” is a healing art which goes back thousands of years in recorded history. Most of the major civilizations have practiced some form of water therapy. There are many proven scientific benefits of using water as a therapy.

Therapy spas, or “hot tubs” as they are commonly called, have been used for many decades around the world with amazing benefits. **The M. E. D. therapy spa** provides warm water with a depth of about 2 feet with no seating obstructions, and should be at least 5 to 6 feet in diameter. There are also 1 inch massage jets to further relax the muscles and joints with the percussion effect from the water coming out of the jets. Bath tubs and whirlpools are not deep enough, and not wide enough to provide the benefits of a M. E. D. spa. There are 3 main benefits at work in a M. E. D. therapy spa. One is **Massage**. The second is **Exercise**. And the third is **Decompression**, which is why it is called a **M. E. D. Spa**.

The **heat** from the water penetrates the body very quickly. Water temperature is usually between 100 degrees and 104 degrees Fahrenheit. **The Softub Therapy Spa**, which is hand-made in Canada, is one of the best M. E. D. spas available, and it has the advantage of going to 106 Fahrenheit. Water transmits heat much faster than air, and a person’s body core temperature elevates much faster than it would in a sauna. This is interesting because the air temperature in a sauna is at least 120 degrees Fahrenheit, and often goes much higher especially if steam is introduced into the sauna room. Many of the same benefits of detoxifying and cleansing that are achieved in sauna cleansing can be achieved in a therapy spa. By raising your body core temperature you are creating an **artificial fever**, and the body goes into overdrive to try and cool itself back down to 98.6 degrees Fahrenheit. In order to do this fluid from the sweat glands and lymphatic system is pushed out through the skin which is called “perspiration”. Having water on the skin has a cooling effect on the body, and as a result the core temperature is lowered. By creating this artificial fever many positive things happen in the body.

Total body perspiration is one of the fastest ways to cleanse the body. By drinking pure water, to replace the fluid lost through total body perspiration, the lymph fluid and also the blood can be quickly purified. This takes the burden off of the two kidneys because a person can drink a lot of water, and it passes out through the skin rather than going through the bladder and kidneys. Exercise or sports can provide a similar benefit. For example, a person could be playing tennis vigorously for a couple of hours, and drink about two litres of water without having to go to the washroom because of the heavy perspiration. However, if that person was just sitting at a desk and not perspiring, and drank two litres of water, it would go through the kidneys to the bladder and they would have to go to the washroom.

An example to help people understand the cleansing process of drinking pure water to replace fluid loss through heavy perspiration would be like changing the oil in a vehicle. The oil collects or absorbs impurities from the engine over time, and also the viscosity changes and the oil becomes thicker and less slippery. The solution is to drain the old oil out of the engine, and replace it with new oil. The same thing happens in the body when a person perspires heavily, and replaces that fluid loss by drinking pure water. Impurities, toxins and acids are removed from the body, and the blood and lymph fluid becomes cleaner, more slippery and more alkaline. This is exactly what the body needs to function properly and up to its potential.

**Hydrotherapy and Sauna Cleansing** are the two best ways to perform this “oil change” in your body, and do an **internal detoxification or cleansing of the body**. Some people use vigorous exercise or sports to achieve a high level of perspiration, but it is not normally total body perspiration, and even more importantly exercise and sports can produce high levels of lactic acid because of muscles metabolizing nutrients to produce energy. As a result, the body can become more acidic and less alkaline. The advantage of hydrotherapy is that a high level of total body perspiration can be achieved to cleanse the body and make it more alkaline, without producing a high level of lactic acid.

There is two to three times more lymph fluid in the body than blood. Lymph fluid is the intercellular fluid that flows between the trillions of cells in the body, and cleanses the cells by removing waste products. Blood is pumped by the heart, but lymph fluid has no pump, and is primarily moved by muscular contraction. Lymph fluid moves downward with gravity, and then needs to be recirculated to the upper body to be filtered and cleansed by going through the lymph glands (nodes) which are mainly located in the torso and upper body. The lymphatic system is part of the immune system so keeping the lymph fluid healthy and clean is vital to the overall health of the body. Hydrotherapy and sauna cleansing are the most effective ways to cleanse the lymph fluid and the lymph glands.

**In tropical climates, degenerative diseases such as cancer, heart disease and diabetes are very rare in the native population.** People perspire throughout the whole year because of the high heat levels twelve months of the year. This cleanses the lymphatic and immune systems, and toxins are removed from the body on a regular basis. Also, in tropical climates people are more active outside year round, and they receive the benefits of far infrared heat from the sun throughout the year. In cooler climates, people do not perspire year round, and they do not get as much far infrared heat from the sun in the cooler months. As a result, toxins build up in the body, and this can put an extra burden on the lymphatic and immune systems. Using a hydrotherapy spa, and also an infrared sauna provides cleansing and detoxification benefits year round which can help prevent degenerative diseases, and keep the body healthy, strong and youthful.

Another important consideration is that the modern lifestyle of the last 80 years approximately, has been polluting our bodies with man-made chemicals that people have never been exposed to before in human history. Food additives, pesticides, toxic off-gassing from manufactured products, hydrogenated and homogenized fats, altered and processed foods, artificial coloring, artificial sweeteners, artificial flavours, preservatives, GMO foods, drugs, vaccinations, hormones, engine exhaust, industrial wastes, and literally thousands of chemicals that we absorb through the air we breath, the water we drink, and the food we eat, are overloading our lymphatic and immune systems. Even air conditioned homes, offices, stores and vehicles means people perspire less in the summer months, and as a result their body cannot detoxify properly through whole body perspiration. Never before in human history has there been a greater need for Hydrotherapy and Sauna Cleansing!

“A sauna used to be thought of as a luxury. Studies now confirm that **diet and environmental chemicals cause 95% of cancers**. Furthermore, as the first generation of man exposed to such an unprecedented plethora of daily chemicals, we have learned that stored or undetoxified chemicals can mimic any disease. ‘Incurable’ chronic diseases that were thought to have no known cause often disappear once toxic chemicals are gone. Since the far infrared sauna is the safest, most efficacious and economical way of depurating stored toxins, this makes it a household necessity.” This quote is from Dr. Sherry Rogers M.D., Northeast Center for Environmental Medicine – Internationally known expert in



environmental medicine and author of “Detoxify or Die” and “Tired or Toxic?” Most of the effectiveness of the far infrared sauna is because of its ability to produce total body perspiration at a comfortable level of heat, compared to the high temperature of the traditional sauna and steam bath. However, **total body perspiration at a comfortable temperature can also be achieved with hydrotherapy**, with many of the same benefits that the far infrared sauna offers!

By the way, it is important to use pure water for cleansing. Bottled water is not good because of toxins absorbed from the plastic and also detergent residues from cleaning the larger water cooler bottles. The source of the water in the bottles is sometimes questionable as well. Distilled and reverse osmosis systems remove all minerals and trace minerals. Carbon filters can be a breeding ground for bacteria, and pathways can develop in the carbon that reduces the surface area that is in contact with the water. A quality filtering system like the **Royal Doulton System** from England uses a diatomaceous earth filter. It is ideal because it removes most bacteria, microorganisms, toxins and chemicals, but leaves the trace minerals in, and even adds trace minerals. It also oxygenates the water, and makes the water more alkaline. There is no other water filtering system on the market that compares to the Doulton System. It is simple, cost-effective and attaches to most taps.

The **buoyancy** that is achieved in 2 feet of water depth is one of the benefits of using a M. E. D. therapy spa. People can lose about 75% or more of their body weight in 2 feet of warm water. That means a 200 pound person only weighs about 50 pounds in a therapy spa. In the space station astronauts are about 2 inches taller because of the absence of gravity. It doesn't mean their bones are getting longer, but the spaces between the bones are getting bigger. There are 26 vertebrae in the spine, and there is a fluid cushion called a “disc” between each one. By relaxing the back muscles, tendons and ligaments, the space between each vertebrae increases by up to 1/16 of an inch. This can translate into an inch and a half of spinal decompression, which allows the discs to rehydrate with fluid. The buoyancy or weightlessness achieved in a M. E. D. spa provides a wonderful therapy for all the 400+ muscles and 200+ joints of the body. The Softub Therapy Spa has no permanent seating to obstruct movement, so a person can perform the **20 Functional Movements for exercise and decompression**. Some people will measure **1 to 2 inches taller** while they are in a M. E. D. Spa because of the total body decompression!

Tight muscles restrict nerve impulses, and interfere with blood flow and lymph flow. Compressing a garden hose, or putting a kink in it will interfere with the flow of water through the hose. This is a good example of what tight muscles can do to the nerve impulses, blood flow and lymph flow throughout the body. This sabotages the two main body functions which are the absorption of nutrients into the cells of the body, and the elimination of waste products from the cells of the body. The massage from the **1 inch percussion jets** is an important benefit of using a M. E. D. spa. The deep muscle percussion will penetrate into the muscles and joints making the body more flexible and limber. When the muscles are relaxed the nervous system relaxes, and the blood vessels are not restricted, and the lymph vessels are not restricted. This enhances the two main body functions. Remember, healthy cells equal a healthy body.

Many people nowadays are using a **Swim Spa to combine hydrotherapy with cardiovascular exercise!** In a quality Swim Spa you are swimming against a current that you can control the speed of, and therefore you can swim at whatever speed you want, and you never reach the end of the Swim Spa. Professional swimmers use and recommend Swim Spas for all of their unique and outstanding benefits. In a properly designed Swim Spa there will

be two currents, with one on each side of your body so you can have balanced resistance on both sides. It's not good to have a single current hitting you in the head. When you are swimming in a Swim Spa you never need to turn around like you would in a swimming pool, so it provides continuous activity and the ideal way to improve your swimming technique. Also, the water is not deep enough to be a concern for people who can't swim yet, and it is the best and safest way to learn how to swim! All of the muscles and joints are being used in swimming, which provides one of the best cardiovascular workouts there is. You can even do a total body workout without swimming at all. A person can do shoulder presses, chest presses, arm exercises, leg and hip exercises, and stomach and back exercises, just by moving their body against the current. A Swim Spa is heated so it can be used throughout the year. At one end of the Swim Spa is your hydrotherapy spa which can be used before and/or after your cardiovascular training. A Swim Spa provides both of these amazing programs, hydrotherapy and cardiovascular, in a smaller, more affordable package than purchasing a hot tub and a swimming pool separately. **(See Section on Cardiovascular Training.)**

An important consideration with a therapy spa or a Swim Spa is to use a **natural water treatment program**. Because you are soaking or swimming in the water, and your skin is a membrane, and the pores are open, you don't want to be in a "chemical soup". A public hot tub, or public swimming pool will have higher concentrations of chemicals, and is not recommended because the goal is to detoxify the body, not to add more toxins to it. Natural water treatment is healthy for the users, and will help to protect your therapy or Swim Spa. It is also simpler, and less expensive than chemicals.

In summary, a Canadian-made M. E. D. therapy should be used year round for **massage, exercise and decompression** and to maximize the benefits to all **12 Systems** of the human body. To fully appreciate all of the health and fitness benefits, it is important to understand the 'Two Main Body Functions'. Below is a brief outline, but the 'Whole Body Vibration' and 'How The Body Works' Section in this Course explain the 'Two Main Body Functions' in more detail.

## **The Two Main Body Functions**

The body has a program, and it is cellular based. In other words, everything that happens in the body begins in the cells. There are **two main body functions** happening at the cellular level. A person's level of health or wellness is dependent on how well these two functions work.

**1) The cells pump in**, or absorb nutrients from the bloodstream and lymph fluid through their cell membrane. The cells use these nutrients for energy to perform their duties that they are responsible for in the body.

**2) The cells pump out**, or eliminate wastes into the bloodstream and lymph fluid through their cell membrane. These waste products are the result of the cell burning, or metabolizing nutrients for energy.

A key point to understand is that **cells do not 'pump' when we are not moving**. In other words, cells only pump in and out effectively when we physically move our body. It is only when our body moves that cells pump or 'vibrate' as a result of the effect of gravity. Cells are about 70% fluid on average, so they are like microscopic 'water balloons'. When we move, the G-forces of gravity causes the cells to jiggle or vibrate, which allows them to

pump in nutrients, and pump out waste products through their cell membrane. So movement keeps the cells healthy, and being sedentary makes the cells unhealthy.

Just like a motor takes in fuel to burn for energy, each individual cell in the body takes in nutrients to burn for energy. The motor produces waste products which we call exhaust, and each cell produces waste products which include uric acid, lactic acid, carbon dioxide, etc. If each cell gets enough movement or G-forces, it can pump in nutrients efficiently, and pump out wastes efficiently. As a result it will be healthy and function up to its potential. If the cell doesn't get enough movement it can't absorb nutrients and eliminate wastes efficiently, and it will be unhealthy and malfunction. **The health of the body as a whole is dependent on the individual cells getting enough movement so they can pump in and out effectively.** Healthy cells equal a healthy body.

## **Benefits of a M. E.D. Therapy Spa for the 12 Body Systems**

**1) *Circulatory System:*** Immersing the body in heated water dilates blood vessels and increases circulation bringing fresh, oxygen-rich, nutrient-rich blood to all the glands, organs and parts of the body. The 20 Functional Movements are a good cardiovascular workout.

**2) *Digestive System:*** All of the internal organs are almost weightless, because of the buoyancy created by the water depth. This eliminates the downward pressure caused by gravity on the digestive track, so it can function better.

**3) *Endocrine System (Glandular System):*** The 3 Master Glands in the brain, the pituitary, pineal, and hypothalamus are all stimulated because the body's core temperature rises rapidly when you are submersed in warm water. This improves all glandular functions in the body, and helps recalibrate metabolism for effective weight management.

**4) *Hepatic (Liver/Gallbladder) System:*** The weightlessness of the organs will improve the functioning of the liver and gallbladder by relieving the downward pressure of gravity, and decongesting the organs of old, deoxygenated blood so fresh, oxygenated blood can replace it.

**5) *Immune System:*** Heating the body core temperature creates an artificial fever in the body to improve immunity to diseases and other ailments.

**6) *Lymphatic System:*** Excellent for detoxification. Perspiration is increased when the body is submersed in hot water. This effectively cleanses the lymph fluid and lymph glands. Drinking pure water and flushing out fluid through the skin will bypass the kidneys, and help cleanse the trillions of cells in the body.

**7) *Muscular System:*** There is no quicker way to relax, rejuvenate and strengthen all of the 400+ muscles and 200+ joints in the body than with massage, exercise and decompression.

**8) *Nervous System:*** Warm water and massage reduces stress and fatigue and is considered to be one of the best remedies for frazzled nerves! Hydrotherapy dramatically improves sleep patterns. The electrical communications within the nervous system are enhanced and kept healthy by the challenge of having to cool and detoxify the whole body.

**9) Reproductive System:** The reproductive system benefits as part of the endocrine (glandular) system (see above), and by removing the downward pressure of gravity from the organs that are located above the reproductive organs in the body.

**10) Respiratory System:** The penetrating heat helps to loosen congestion and mucus, making breathing easier. It takes the downward pressure of gravity off the lungs, and helps to remove excess fluid through perspiration. The 20 Functional Movements are a good workout for the respiratory system.

**11) Skeletal System:** Water is an excellent substance with which to carry heat. Many people who suffer from joint pain, pinched nerves, sciatica, herniated and ruptured discs, and other knee, hip, back, shoulder, and neck concerns find almost instant relief while soaking in warm, deep water.

**12) Urinary System:** Drinking pure water and perspiring, and using the skin as the “third kidney” will relieve the burden on the kidneys. This will also make the body more alkaline.

Hippocrates, the father of modern medicine taught,

“If you overheat the body, you can prevent or cure any disease.”

---

Complete the following interesting Review, and email, fax or bring it to LEGGE FITNESS SUPERSTORES to be checked. You will receive a \$75 Gift Card when you complete the ‘HEALTH COURSE’.

# M. E. D. THERAPY SPA – Review

## **Section A – TRUE or FALSE:** (Circle either T or F)

1. Hydrotherapy is also known as ‘water therapy’. T F
2. Heat from water penetrates the body very slowly. T F
3. Hydrotherapy is a healing art which goes back thousands of years. T F
4. A bath tub or whirlpool tub provides the same benefits as a hot tub. T F
5. Massage, exercise and decompression are 3 main benefits of a M.E.D. Spa T F
6. The M. E. D. spa creates an ‘artificial fever’ by raising body core temperature. T F
7. There is two to three times more blood in the body than lymph fluid. T F
8. Total body perspiration is one of the fastest ways to cleanse the body. T F
9. The buoyancy created in a M. E. D. spa promotes decompression. T F
10. People can lose about 75% of their body weight in two feet of warm water. T F
11. Some people will measure 1 to 2 inches taller in a M. E. D. Spa. T F
12. Spinal decompression allows the discs to rehydrate. T F
13. Tight muscles improves blood and lymph flow throughout the body. T F
14. Massage from the 1 inch percussion jets makes the muscles flexible and limber. T F
15. Swimming is the only way to get a total body workout in a Swim Spa. T F
16. People lose about 25% of their body weight in two feet of warm water. T F
17. A 200 pound person only weighs about 50 pounds in a therapy spa. T F
18. A Swim Spa is the best way to combine hydrotherapy with cardio. T F

## **Section B - MULTIPLE CHOICE:** (Circle only the answer which most accurately completes the statement)

1. Hydrotherapy is a healing art that has been practiced for ...
  - A) The last few decades since hot tubs have become popular
  - B) About 200 years
  - C) Thousands of years
  - D) None of the above

2. The advantage of a therapy spa over a sauna is that ...
  - A) It goes to a higher temperature
  - B) It is not as hot as a sauna
  - C) A person will perspire more
  - D) None of the above
  
3. Body core temperature elevates quicker in a therapy spa than a sauna because ...
  - A) A therapy spa is hotter than a sauna
  - B) Of the percussion from the massage jets
  - C) Water transmits heat faster than air
  - D) None of the above
  
4. The M. E. D. spa provides more hydrotherapy benefits than a bath tub or whirlpool ...
  - A) Because the water is about 2 feet deep
  - B) Because of the powerful 1 inch percussion massage jets
  - C) Because they are over 5 feet in diameter
  - D) All of the above
  
5. The M. E. D. spa is better for neck, back, hip and knee problems than a sauna because ...
  - A) Of the high heat
  - B) Of the detox and cleansing benefits
  - C) Of the massage, exercise and decompression benefits
  - D) You burn more calories in a therapy spa
  
6. People burn a lot of calories in a therapy spa because ...
  - A) They can do stretching exercises and resistance exercises in the spa
  - B) The muscles and joints are relaxed by the massage jets
  - C) Of the high heat
  - D) The body is trying to cool itself
  
7. Total body perspiration is an excellent way to detoxify internally because ...
  - A) Of the high calorie burn
  - B) Of the fluid loss from the body
  - C) A person has to drink more water to replace the fluid loss
  - D) Impurities, toxins and acids can be removed through the skin
  
8. Hydrotherapy in a therapy spa ...
  - A) Makes the body more acidic
  - B) Replaces exercise
  - C) Lowers the body core temperature
  - D) Makes the body more alkaline
  
9. Hippocrates, the father of modern medicine taught ...
  - A) If you overheat the body you can prevent or cure any disease
  - B) If you overheat the body you will relax the body
  - C) If you overheat the body you will gain weight
  - D) If you overheat the body you will weaken the body

10. The skin has been called the 'third kidney' because ...
- A) Uric and lactic acid can burden the kidneys
  - B) Some people don't drink enough pure water
  - C) Two kidneys are not sufficient to purify the blood
  - D) Drinking pure water, with heavy perspiration can quickly cleanse the body
11. The M. E. D. spa provides these 3 main benefits
- A) Massage, exercise and decompression
  - B) Heat, weight loss and relaxation
  - C) Buoyancy, strength training and energy
  - D) Heat, buoyancy and massage
12. Swim Spas are popular because ...
- A) You can swim in warm water all year
  - B) They have a therapy spa built in
  - C) You can do a total body cardiovascular, strength and stretching workout
  - D) All of the above
13. Natural water treatment is a necessity in a therapy spa because ...
- A) It is less expensive than chemicals
  - B) The skin is a membrane and toxic chemicals are absorbed through the skin
  - C) Your therapy spa will last longer
  - D) All of the above
14. Using a quality therapy spa will stimulate the glandular system because ...
- A) Of total body perspiration
  - B) It is so relaxing
  - C) Of the cardiovascular benefits
  - D) The body is trying to lower the core temperature
15. In a therapy spa a 140 pound person weighs about ...
- A) 70 pounds
  - B) 105 pounds
  - C) 35 pounds
  - D) None of the above
16. The buoyancy or weightlessness in a therapy spa will ...
- A) Decompress the 400 plus muscles and 200 plus joints in the body
  - B) Allow the discs and cartilage to rehydrate between the joints
  - C) Improve blood and lymph flow throughout the body
  - D) All of the above
17. The weightlessness of the organs, glands and muscles in a therapy spa ...
- A) Promotes a high calorie burn
  - B) Decongests the tissues of old deoxygenated blood
  - C) Increases perspiration
  - D) All of the above

**Section C – MATCHING COLUMNS:** (Write the number from Column A beside the *best match* from Column B)

Column A

1. Water therapy
2. Buoyancy will ...
3. 106 Fahrenheit
4. Artificial fever causes positive ...
5. Total body perspiration
6. Third kidney
7. Massage in therapy spa ...
8. Swim Spa combines ...
9. Natural Water Treatment
10. Glands recalibrate metabolism ...
11. Decompression allows ...
12. Disc
13. Lose 75% of body weight
14. 1 to 2 inches taller in ...
15. Deep muscle percussion penetrates ...
16. Tight muscles interfere with ...
17. Kink in garden hose is a ...
18. Absorption of nutrients
19. Elimination of wastes
20. 400 plus
21. 200 plus
22. Exercise can make the body more ...
23. Water temperature range in therapy spa
24. 98.6 Fahrenheit
25. Hydrotherapy goes back
26. Bath tubs and whirlpools are not ...
27. Massage, exercise and decompression
28. Sauna cleansing and hydrotherapy are ...
29. Raising body core temperature
30. Distilled and reverse osmosis
31. Carbon filters
32. Diatomaceous earth filter
33. Healthy cells equal ...
34. Water transmits heat ...
35. Lymph fluid is the ...
36. Decongesting organs of old blood allows ...
37. Public hot tubs and swimming pools have ...
38. 3 Master Glands are stimulated because ...
39. Total body workout without swimming ...
40. "If you overheat the body you can ...

Column B

- \_\_\_ Fluid cushion
- \_\_\_ Number of muscles in the body
- \_\_\_ First main body function
- \_\_\_ Temperature of body
- \_\_\_ Breeding ground for bacteria
- \_\_\_ Deep enough or wide enough
- \_\_\_ A high level of chemicals
- \_\_\_ Usually between 100 and 104 F
- \_\_\_ Alkaline, oxygenated water
- \_\_\_ Intercellular fluid
- \_\_\_ Fresh, oxygenated blood in
- \_\_\_ The body core temperature rises
- \_\_\_ Prevent or cure any disease"
- \_\_\_ Thousands of years
- \_\_\_ Hydrotherapy
- \_\_\_ Maximum temp. of Softub Spa
- \_\_\_ The skin
- \_\_\_ Hydrotherapy and cardiovascular
- \_\_\_ Quicker than air
- \_\_\_ Number of joints in the body
- \_\_\_ A healthy body
- \_\_\_ No minerals
- \_\_\_ Two best ways to cleanse body
- \_\_\_ Can be done in Swim Spa
- \_\_\_ Creates artificial fever
- \_\_\_ Decompress the whole body
- \_\_\_ Things to happen in the body
- \_\_\_ Protects you and your spa
- \_\_\_ Second main body function
- \_\_\_ Fastest way to cleanse the body
- \_\_\_ From the 1 inch percussion jets
- \_\_\_ Good example of tight muscles
- \_\_\_ Into the muscles and joints
- \_\_\_ Blood and lymph flow
- \_\_\_ For weight management
- \_\_\_ Joints to rehydrate
- \_\_\_ In 2 feet of warm water
- \_\_\_ Acidic
- \_\_\_ 3 main M. E. D. Spa benefits
- \_\_\_ The M. E. D. Spa



## **Section D – FILL IN THE BLANKS:**

Hydrotherapy or “\_\_\_\_\_” is a healing art which goes back thousands of years in recorded history. There are many proven scientific benefits of using \_\_\_\_\_ as a therapy. There are \_\_\_ main benefits at work in a M. E. D. Spa. One is massage. The second is \_\_\_\_\_. And the third is \_\_\_\_\_, which is why it is called a M. E. D. Spa. The M. E. D. spa should have a depth of about \_\_\_ feet, and should be at least \_\_\_ to \_\_\_ feet in diameter.

Water transmits heat much faster than \_\_\_\_\_, and a person’s body core temperature \_\_\_\_\_ much faster than it would in a \_\_\_\_\_. By raising your \_\_\_\_\_ core temperature you are creating an \_\_\_\_\_ fever, and the body goes into \_\_\_\_\_ to try and cool itself back down to \_\_\_\_\_ degrees Fahrenheit. In order to do this \_\_\_\_\_ from the sweat \_\_\_\_\_ and \_\_\_\_\_ system is pushed out through the \_\_\_\_\_ which is called “perspiration”. This takes the \_\_\_\_\_ off of the \_\_\_\_\_ kidneys because a person can drink a lot of water, and it \_\_\_\_\_ through the skin rather than going through the \_\_\_\_\_ and \_\_\_\_\_.

Hydrotherapy and Sauna Cleansing are the two best ways to do an \_\_\_\_\_ detoxification or cleansing of the \_\_\_\_\_. Compared to exercise a high \_\_\_\_\_ of total body perspiration can be achieved to cleanse the body and make it more \_\_\_\_\_, without producing a high level of \_\_\_\_\_ acid. The \_\_\_\_\_ that is achieved in 2 feet or more of water depth is one of the main benefits of using a therapy spa. People can lose about \_\_\_\_\_% of their body weight in 2 feet of warm water. That means a 200 pound person only weighs about \_\_\_\_\_ pounds in a therapy spa. There are \_\_\_\_\_ vertebrae in the \_\_\_\_\_, and there is a fluid \_\_\_\_\_ called a “disc” between each one. The buoyancy or \_\_\_\_\_ achieved in a therapy spa relaxes the back \_\_\_\_\_, tendons and \_\_\_\_\_, and the space between each \_\_\_\_\_ can increase by up to 1/16 of an \_\_\_\_\_. This can translate into an inch and a \_\_\_\_\_ of spinal \_\_\_\_\_, which allows the \_\_\_\_\_ to \_\_\_\_\_ with fluid. Some people will measure 1 to 2 inches \_\_\_\_\_ in a therapy spa if they \_\_\_\_\_ the decompression \_\_\_\_\_.

The \_\_\_\_\_ from the 1 inch percussion jets is an important part of the therapy. The deep muscle \_\_\_\_\_ will penetrate into the muscles and joints making the body more \_\_\_\_\_ and \_\_\_\_\_. When the muscles are \_\_\_\_\_ the nervous \_\_\_\_\_ relaxes, and the blood \_\_\_\_\_ are not \_\_\_\_\_, and the \_\_\_\_\_ vessels are not restricted.

Many people nowadays are using a Swim Spa to combine \_\_\_\_\_ with \_\_\_\_\_ exercise. In a quality Swim Spa you are swimming against a \_\_\_\_\_ that you can control the \_\_\_\_\_ of, and therefore you can swim at whatever speed you want, and you never reach the \_\_\_\_\_ of the Swim Spa. You can even do a \_\_\_\_\_ body workout without swimming at all. A person can do shoulder \_\_\_\_\_, \_\_\_\_\_ presses, arm exercises, leg and \_\_\_\_\_ exercises, and \_\_\_\_\_ and back exercises, just by \_\_\_\_\_ their body against the \_\_\_\_\_. At one end of the Swim Spa is your \_\_\_\_\_ spa which can be used before and/or after your workout.

Natural water \_\_\_\_\_ is important because your \_\_\_\_\_ is a membrane, and the \_\_\_\_\_ are open, and you don't want to be in a "chemical soup". Public hot tubs and \_\_\_\_\_ pools have \_\_\_\_\_ concentrations of \_\_\_\_\_, and are not recommended because the goal is to \_\_\_\_\_ the body, not to add more \_\_\_\_\_ to it. Natural water treatment is \_\_\_\_\_ for the users, and will help to \_\_\_\_\_ your therapy or Swim Spa.

The Circulatory System benefits from a therapy spa because immersing the body in heated water \_\_\_\_\_ blood vessels and increases \_\_\_\_\_ bringing fresh, \_\_\_\_\_, nutrient-rich blood to all the \_\_\_\_\_, organs and \_\_\_\_\_ of the body. The 20 \_\_\_\_\_ Movements are a good cardiovascular workout.

The 3 Master Glands in the \_\_\_\_\_, the \_\_\_\_\_, pineal and \_\_\_\_\_ are all stimulated because the body's core temperature rises rapidly when you are submersed in warm water. This improves all glandular \_\_\_\_\_ in the body, and helps \_\_\_\_\_ metabolism for effective \_\_\_\_\_ management.

The weightlessness of the organs will improve the functioning of the \_\_\_\_\_ and gallbladder by relieving the \_\_\_\_\_ pressure of gravity, and \_\_\_\_\_ the \_\_\_\_\_ of old, deoxygenated blood so fresh, \_\_\_\_\_ blood can replace it.

The Muscular System benefits from using a therapy spa because there is no quicker way to relax, \_\_\_\_\_ and \_\_\_\_\_ all of the 400 plus \_\_\_\_\_, and \_\_\_\_\_ plus joints in the body than with \_\_\_\_\_, buoyancy and \_\_\_\_\_.

Warm water and massage reduces stress and \_\_\_\_\_ and is considered to be one of the best remedies for frazzled \_\_\_\_\_. Hydrotherapy dramatically improves sleep \_\_\_\_\_.

For the Respiratory System, the penetrating \_\_\_\_\_ helps to loosen \_\_\_\_\_ and mucus, making breathing \_\_\_\_\_. It takes the downward \_\_\_\_\_ of gravity off the \_\_\_\_\_, and helps to remove excess \_\_\_\_\_ through perspiration. The 20 Functional \_\_\_\_\_ are a good workout for the Respiratory System.

The Skeletal System benefits because water is an excellent substance with which to carry \_\_\_\_\_. Many people who suffer from joint \_\_\_\_\_, pinched \_\_\_\_\_, sciatica, \_\_\_\_\_ and ruptured discs, and other knee, \_\_\_\_\_, back, \_\_\_\_\_, and neck \_\_\_\_\_ find almost instant relief while soaking in warm, deep water.

