

## Thera360 Detox Protocol

Temperature	Time - Minutes	Time - Days	Frequency
120-125 F <sup>0</sup>	20-30 mins	7	every other day
120-125 F <sup>0</sup>	20-30 mins	7	every day
125-130 F <sup>0</sup>	30-40 mins	7	every day
135-140 F <sup>0</sup>	30-40 mins	7	every day
145-150 F <sup>0</sup>	30-40 mins	7	every day
155-160 F <sup>0</sup>	30-40 mins	7	every day
155-160 F <sup>0</sup>	40-50 mins	7	every day
155-160 F <sup>0</sup>	50-60 mins	7	every day
165-170 F <sup>0</sup>	40-50 mins	7	every day
165-170 F <sup>0</sup>	50-60 mins	7	every day

\*\* Drink 8-10 oz. within One hour before session

- Bring Towel to sit on, one for under your feet, also one to wipe sweat off the body during session
- Turn IR Sauna on
- Adjust Comfortable Temperature 120-125 F (or desired temperature)
- Adjust timer for 20-30 min session
- Consult with IR Advisor for specialized protocols

\*\* Drink 8-10 oz. within One hour after session

### Look for body Detox response to self-adjust time and temperature

- Light Headedness
- Blood Pressure -
- Dizziness
- Nauseous
- Lethargic – Low Energy

- If you are using IR sauna everyday and find your sweating a lot.....at least once a week add electrolytes and trace minerals into a glass of water for replenishment

- If you find that you have trouble sweating at first, consider dry brushing the skin to unclog the pores.

- \* Natural Acclimation Timing

- Every patients levels of toxic loads (burden on vital organs) vary
  - For that reason the above system should be monitored by patient / Health professional

In the event that the patient reaches a toxic barrier.....that should note the time and temperature that they experienced that recovery reaction sensation, stop that days session, drink water immediately to dilute toxic load.

Next day session as the temp and time approach that level, note the sensation, if it occurs again, stop and drink water.

Continue next day and so forth until the body has digested the toxic barrier, then proceed to the next level on the IR detox chart.

- \* Children – faster response times, so cut the above durations in half or consult with IR specialist

- \* Chronic Disorders – Staging into treatment plan is critical and it is especially important if the patient is engaging in any protocol that might result in microbial die off or any treatment plan designed to support the bodies natural immune response.