

SAUNA DETOXIFICATION RESEARCH STUDY

CAN WE REDUCE ENVIRONMENTAL POLLUTANTS IN HEALTHY ADULTS?

Interested in detoxification of environmental pollutants from your body?
Would you like to participate in a pilot study on the safety and feasibility of
a medically-monitored sauna-based detoxification program?

For 3 consecutive weeks, study volunteers will attend daily 2-3hr visits, including medically-monitored 1-2hr SAUNA sessions.
Vital signs, urine and, weekly blood samples will be collected before, during, and after the study.

ELIGIBILITY:

You may be eligible for this study if you are:

- Between the ages of 21-35
- Are available for daily visits for a 3 week period between now and April 2012
- Not pregnant or trying to become pregnant during or immediately after the study
- Not currently engaged in sauna therapy or other detox protocols
- Not taking any prescribed medications or supplements
- Free of chronic medical conditions
- Non-obese with a BMI between 19-29.9
- A non-smoker



LOCATION:

Bastyr University Clinical Research Center in Kenmore, WA

COMPENSATION:

Compensation for participating in the study is up to \$250

Call for more information (425) 602-3415

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