

# VINEYARD PERSONALIZED MEDICINE



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## THE HEAT CHAMBER DEPURATION PHYSICAL THERAPY PROGRAM

The physical therapy program has been designed to accommodate the patient with environmental sensitivities. The treatment program of exercise, sauna, massage and supplementation considers the problems and limitations of each patient. Also, the structural design of the unit has been developed to minimize exposure to environmental toxins. This ensures that an individualized program is accomplished in a less toxic environment with contamination kept to a minimum. Thus, the effective reduction of the chemical body burden is not affected by indoor air pollution. If you purchase a sauna, I recommend Heavenly Heat which is poplar and glass – free of pesticides and adhesives and can have Infra Red boxes added to regular rocks for heat.

The HEAT CHAMBER DEPURATION PHYSICAL THERAPY PROGRAM: is one of exercise, heat therapy, massage, vitamin, mineral and oil supplementation. During the physical therapy program, the chemicals are released from the fatty tissue into the blood stream and then excreted. The patient may experience a temporary worsening of symptoms, due to the release of chemicals. This will pass and improvement is generally noted. The exercise regimen and Niacin supplements stimulates the cardiovascular system. The dry heat sauna then removes some of the blood toxins through perspiration. Showering then cleanses the skin. Massage of all areas of the body mobilizes toxins from the fatty tissue. The administration of oral oils is intended to bind toxins as the liver and bile remove them from the bloodstream. Vitamin and mineral supplements are given to ensure that proper electrolyte balance is maintained. The regimen is done once or repeated several times a day to the patient's tolerance. The vital signs of the patient are monitored frequently.

Laboratory analyses monitor kidney and liver functions and electrolyte balance. Other blood tests detail the level of pesticide or volatile chemicals in the blood. This therapy program with supplementation and laboratory blood analyses is intended to reduce body burden and diminish health risk. Cholesterol often rises initially, for example.

Another important element of the depuration program is the emphasis on less-chemically – contaminated products, supplements and construction design.

## PROFILE FOR HEAT CHAMBER DEPURATION PHYSICAL THERAPY PROGRAM

- Patient arrives having consumed purified water (16-24 oz. as tolerated)
- Patient changes into own exercise clothes
- Vital signs taken: Weight, Blood Pressure, Pulse, Temperature
- Niacin to patients tolerance – start low (25 to 125) and if no flushing response go up the next time. Max 500 - 1000 at a time and 2,000 a day.

Other supplements taken at the outset can be (1 unless stated otherwise) :

Niacin (start with 50 mg)	Milk Thistle	NAC		
Ca d glucarate	Vitamin C 2000 (less if diarrhea)	Alpha-ketoglutarate	Minerals (3)	Psyllium, Oil (2 tbsp)

**Exercise for 20 minutes or to tolerance on bikes, treadmill or rower.**

**Sauna for 30 minutes. Shower. Vital signs taken again. Massage for 10 minutes. In 30-60 minutes, patient should mix in 12 oz. water:**

- **1 Tbsp. SuperChar (activated Charcoal powder)**
- **1 Packet - Cholestyramine**
- **1 heaping Tsp. - Bentonite Clay**

**The main thing to remember is that sauna can make you initially get sicker. Remember to start slowly with 5 minutes the first day and then 10 minutes 2 to 4 days later if you are very ill. Then do 15 minutes in a few days. If you are exhausted for days then it is too much and you are very toxic so take it easy. If you feel fine then move quickly towards twenty minutes of sweating per day – usually a 30 minute sauna. The healthier your autonomic nervous system the faster you will sweat. So you may take forever to sweat initially and over time sweat more quickly – this is a good sign.**

**If you ‘Crash’ or become ill always consider that it is because of sauna and take a break and restart more slowly and for less minutes. I encourage the use of Intravenous vitamins the day before or after to strengthen the body’s ability to detoxify before sauna. In general I recommend fixing the hormone deficiencies, then any dysautonomia, oxygen deficit, nutritional deficiency with 6 IV’s over two weeks or less BEFORE GETTING INTO THE SAUNA! This way you may avert the dreaded crashing phase.**

**It is likely that you will become more chemically sensitive during this time. You can think of this as sign of getting well – not sicker. Becoming more sensitive is useful in that you can use your nose to protect yourself from chemical and mild exposures in the environment that can make you acutely and chronically ill. Have a mask from Dallas or my office handy in your possession in case this happens. Do not go shopping in stores where chemicals abound in the air from packaging, cardboard, clothing. If it smells bad somewhere – do not enter! You want to keep your toxic load as low as possible. You should create an oasis bedroom (read Edelson, Living with Environmental Illness) and definitely get a charcoal air filter (available at the clinic) for this bedroom. You need a place to rest and breath clean air after sauna – if your home is awful then you have to fix it to your liking – and quickly.**

**Remember: enter the sauna phase carefully and if you become very ill slow down if you cannot take it and consider IV’s and a break from sauna. It may make dysautonomia worse. Sauna may make mental illness worse. The goal is to avoid hospitalization, misery, and to carefully detoxify with physician guidance – so be careful and have fun! Sauna may be a part of your routine for the next few years and you may phase it out as you become more ‘normal’ but will always be there to go back to help ‘clean you out’ in the future. You may do it every day (with a day off a week) for a year or two and then back down to twice a week in later years – whatever makes you happy.**