



Our mission is to empower individuals like you to enhance your vitality and well-being by eliminating harmful, stored toxins, fostering a non-toxic, organic lifestyle, and helping you look and feel your best as you age gracefully. With Detoxination, you can embark on a transformative journey that revitalizes your body, clears your mind, and elevates your overall well-being.

Disclaimer and Your Journey:

Before you embark on your Detoxination journey, it's essential to understand that Detoxination has not been approved by the U.S. Food and Drug Administration (FDA) for the treatment of any medical conditions. It's a holistic approach to detoxification and well-being. Always consult with your healthcare provider before starting any new wellness protocol.

Important Health Considerations

Before embarking on the journey of Detoxination, it's crucial to be aware of certain health conditions and situations that may impact your eligibility for the program. Your well-being is our top priority, and understanding these cautions, contraindications, and preclusions is essential to ensure your safety and success in your Detoxination journey.

How to use this page

- **Cautions** = proceed only with thoughtful adjustments, awareness, and (when appropriate) discussion with your prescribing clinician.
- **Contraindications** = do **not** proceed unless you have explicit medical clearance and individualized oversight.
- **Preclusions** = **do not** proceed at this time; re-screen after the situation has resolved or you have been medically cleared.

CAUTIONS

Adrenal Fatigue Syndrome (AFS)

Detoxination can be helpful but should be approached carefully. Early AFS (Stages 1–2) often tolerates sauna heat. Advanced AFS requires caution, as heat stress may worsen symptoms. Begin with **immediate-release niacin 50 mg**, increasing by **50–100 mg as tolerated**. Start sauna cycles at **110–120°F (43–49°C)** for the first few days, extending time and temperature only as tolerated.

Alcohol / Alcohol Abuse

Alcohol reduces antidiuretic hormone, increasing urination and fluid loss; saunas can compound dehydration. Emphasize **pre-hydration, electrolytes, and post-sauna fluids**. Postpone sessions after recent heavy drinking.

Cardiovascular Conditions (history of high/low blood pressure, irregular heartbeat, CHF, impaired coronary circulation)

Heat exposure increases cardiac output and peripheral blood flow, which may affect blood pressure and rhythm. Proceed only with careful monitoring and **consult the client's healthcare provider** when necessary; shorten sessions and keep temperatures moderate (**110–140°F / 43–60°C**) until tolerance is demonstrated.

Children (age 4+, able to follow instructions, accompanied by an adult)

Children's core temperature rises faster due to higher metabolic rate per body mass and limited circulatory adaptation. Use **lower temps (110–130°F / 43–54°C)**, shorter intervals, close observation, and liberal hydration.

Chronic Conditions / Diseases Associated with Reduced Sweating

Examples include Parkinson's disease, Multiple Sclerosis, central nervous system tumors, and diabetes with neuropathy. Reduced sweating impairs heat dissipation; keep temperatures low, shorten exposure, and **obtain physician guidance** before starting.

The Elderly

Age-related changes in circulation and lower sweat-gland output can impair heat regulation. Use conservative **time/temperature progression**, emphasize hydration/electrolytes, and monitor vitals.

Heat Sensitivity

Begin with **shorter durations at lower temperatures**; increase time and heat only as tolerance improves.

Hypothyroidism

Hypothyroidism can blunt sweating, yet regular sauna may improve thermoregulation over time. Start **short and cool**, titrating both **time and temperature** as tolerated.

Implants (metal and silicone)

Metal pins, rods, artificial joints generally **reflect FIR** and do not heat significantly in infrared saunas; still, clients should **consult their surgeon** if concerned. In **dry/convection saunas**, metallic implants can become intolerably hot; use **extreme caution**. Silicone absorbs infrared; implanted silicone (e.g., nasal/ear prostheses) may warm but has a high melting point (**~392°F / 200°C**). Confirm with the surgeon and, if applicable, manufacturer. **Breast implants**: risk of harmful leakage is higher in dry/convection saunas; prefer lower-temperature infrared settings and physician input.

Joint Injury / Pain

Acute injuries (<48 hours): avoid heating until swelling and pain subside.

Chronic pain: may benefit from gentle heat; proceed gradually.

Medications

Some prescription drugs interact with heat and/or niacin. Clients should **consult their prescriber or pharmacist** about thermoregulatory effects (blood pressure, heart rate, anticoagulation, photosensitivity) and about **niacin** interactions. Adjust heat exposure and monitor closely.

Menstruation

Sauna may **temporarily increase menstrual flow**. Clients may continue for pain relief if desired or pause during menses based on comfort and preference.

CONTRAINdications

These conditions warrant **no Detoxination** unless the supervising clinician and the client's healthcare provider jointly clear and co-manage the case.

Enclosed Infections and Open Wounds

Avoid vigorous heating with dental, joint, or other enclosed infections, and in the presence of open wounds, due to the risk of exacerbation and impaired healing.

Hemophilia

Heat and dehydration may increase bleeding risk; Detoxination is not appropriate.

Heart Disease (e.g., CAD, recent myocardial infarction)

Heat stress can elevate heart rate and blood pressure and may destabilize ischemia or precipitate arrhythmia. Do not proceed.

Kidney Disease (especially moderate to advanced CKD)

Heat stress and dehydration can burden renal function; do not proceed without nephrology clearance. In most cases, avoid Detoxination.

Liver Disease (clinically significant impairment)

Increased hepatic blood flow and dehydration may worsen function; avoid Detoxination unless the treating provider specifically approves and co-manages.

Type 1 Diabetes

Rapid shifts in glucose utilization and heat stress complicate glycemic control. Do not proceed without the **diabetes care team's** explicit clearance and a monitoring plan; in most settings, Detoxination is **contraindicated**.

PRECLUSIONS

Situations in which Detoxination should be **deferred** until the condition resolves or a safer window is confirmed.

Pregnancy

Potential transfer of mobilized toxicants to the fetus and risks from heat/dehydration. **Defer** until after pregnancy and medical clearance.

Breastfeeding

Heat stress and fluid/electrolyte shifts can alter milk supply and composition; mobilized toxicants may reach breast milk. **Defer** until breastfeeding is complete.

Fever

Fever already stresses thermoregulation; dehydration risk is higher. **Defer** until afebrile and fully recovered.

Certain Medications (active courses or unstable regimens)

If medications affecting blood pressure, heart rhythm, coagulation, thermoregulation, or psychiatric stability are in use—or if recent changes have been made—**postpone** until the prescriber confirms safety. Some **psychiatric medications** may be destabilized by heat and/or detox processes; defer or obtain prescriber coordination and a monitoring plan.

Heart Conditions (arrhythmias, unstable angina)

Unstable rhythm or ischemia poses acute risk with heat exposure. **Defer** until cardiology clearance confirms stability.

Hemodynamic Instability

Unstable blood pressure or autonomic dysregulation increases risk of syncope or adverse events. **Defer** until stabilized.

Severe Dehydration

Defer until **euvolemia** is restored and the client demonstrates the ability to hydrate and retain electrolytes reliably.

Severe Skin Conditions

Open wounds, severe eczema, or burns can worsen with heat/sweat exposure. **Defer** until healed or cleared by the treating clinician.

Participant Agreement and Waiver

I, _____, understand that Sabre Hawk, LLC, offers a program called Detoxination. This program involves the use of saunas, niacin, exercise, supplements, and other techniques aimed at detoxifying the body. Detoxination is provided under the guidance and supervision of Daniel Root, CEO, and expert practitioner.

I acknowledge that Detoxination is not a medical treatment or therapy. It is a wellness program that may have benefits for some individuals but is not a substitute for professional medical advice, diagnosis, or treatment.

Risks and Contraindications

I understand that there are potential risks associated with Detoxination, and certain medical conditions may preclude my participation in the program. These conditions include, but are not limited to, hemophilia, heart disease, kidney disease, liver disease, and Type 1 diabetes.

FDA Disclosure

I acknowledge that Detoxination has not been evaluated or approved by the U.S. Food and Drug Administration (FDA) and is not intended to diagnose, treat, cure, or prevent any disease. The information provided about Detoxination is for educational purposes only and is not a substitute for professional medical advice.

Release of Liability

I voluntarily choose to participate in the Detoxination program offered by Sabre Hawk, LLC, and I assume all risks associated with my participation. I release Sabre Hawk, LLC, Daniel Root, and David E. Root, MD, MPH from any liability for injuries or harm that may result from my participation in the program.

Consultation with Healthcare Provider

I understand that it is my responsibility to consult with my healthcare provider before starting Detoxination if I have any medical conditions or take medications that may be affected by sauna use or other components of the program.

I have read and understand this Participant Agreement and Waiver, and I agree to its terms.

Signature: _____ Date: _____