Beyond Pills: How Infrared Therapy Targets the Root of Chronic Inflammation Transcript

(Transcripts are generated by AI and may contain errors)

Summit Introduction and Sponsor Message

Well, welcome back to the conquering Chronic Inflammation Summit. I'm your host, Doctor David Jacobs, and today I'm interviewing Connie Zach from Sunlight and we're talking about going beyond pills, how infrared therapy targets the root of chronic inflammation.

We're doing a deep dive on infrared sauna therapy. And Connie is one of the the world's leading experts on infrared sauna therapy. And she's a co-owner of Sun Lighten, the global leader in infrared light therapy and infrared sauna manufacturing.

After seeing how spending time in an infrared sauna transformed her brother's traumatic health issues, Connie and her husband committed everything they had to helping others through the benefits of nature's healing infrared light.

They've now spent more than 25 years bringing light, hope and happiness to people around the world and sun Lighten is the leader in infrared sauna therapy.

Guys, if you're interested in infrared sauna, check out Get Sun Light Incom forward slash doctor Joggers and use the coupon code joggers at checkout. That'll save you up to $600 on your order.

And even if you're interested in just learning more about sauna, not only listen to this interview, but just check out Jets Dot sunlight Inc.com and their team is great.

They'll help educate you and find the best sauna for your budget and your health goals, so be sure to check them out. You can use that coupon code joggers to save money if you are going to purchase, but other than that, just go and check out the different infrared sauna options out there.

This is one of the best anti-inflammatory healing tools you can use. You know, people see complete transformation in their health by committing to a regular habit of using an infrared sauna, something I personally do, as I'll talk about in, in this interview and something I highly recommend, so be sure to check that out.

Get that sunlight and.com/shocker joggers. Use that coupon code joggers at checkout.

Connie Zach's Origin Story and Sunlighten's Beginnings

Save up to $600. And without further ado, let's go to the interview with Connie. Zach. Well, I'm here with Connie. Connie? Zach, the developer of Sunlight Nurk, a co-owner of sunlight.

And we're talking all about beyond pills. How infrared therapy targets the root of chronic inflammation. And so Connie great to connect with you here.

Let's talk about sunlight and and how that came about how you guys developed this great infrared sauna therapy company. Thank you. Well, thanks for the compliment.

Sunlight was started over 20 years ago. My brother was really ill, and he was diagnosed with heavy metal toxicity from his mercury leaking into the mercury from his fillings leaking into his body from his dentist.

So that, diagnosis led to a solution that his dentist recommended, which was infrared. His dentist told him that he had been doing some research, and there was some data suggesting the infrared can potentially detoxify the body.

And my brother had tried everything and nothing worked. So he tried infrared sauna and it changed his life and it put him back on the road to recovery, slowly but surely.

And it was the slowly but surely aspect that led me to believe there has to be a, better way to do this and to, you know, turn it off. Perfect the technology.

And I left my my corporate job in pharmaceuticals. I was at Procter and Gamble and, had a home office and decided to just leave and bring infrared technology to the world.

Yeah. That's great. You know, and, and I talk a lot about functional nutrition, how the food we put in our body is so critically important because food is a form of information that we're bringing to the cells of our body.

But light is just as important. The light that we're exposed to or not exposed to is is a form of information that's helping tell the cells how to adapt to their environment.

And infrared is a wavelength that we don't actually see, but we're exposed to it in nature when we go outside. Can you explain more about infrared, what it is?

Yeah, and thanks for bringing up the the concept of light because I think it is so important for people to understand that at the importance of light, energy and getting as much light energy into the body as possible is something we do not do as much as our ancestors did because they were outside. More so infrared is this magical wavelength of light that comes from the sun.

The majority of the sun rays, sun's rays are in the infrared spectrum. There's three different parts of the spectrum of light, which is far infrared, mid infrared, and near infrared.

And each part has specific frequencies that that the body needs in order to transform the cells. So I always talk about in infrared as energy medicine because it's really it's more than just heat.

It is really something that transforms, you know, and supercharges your cells. And it's really infrared is needed. It just like just like the sun is needed for plants with photosynthesis.

I mean, the infrared is that same type of, of wavelength that's needed for, for us to survive. And it's a very safe and natural and healing wavelength, the feeling of infrared, if people are listening, I've never liked if they're not kind of familiar with an infrared sauna, but that but they want to know how it feels.

What Infrared Is and How It Works

It's when you go outside and it it's cloudy, and all of a sudden the sun peeks out from the clouds. That feeling of, oh, gosh, there's a sun. And you just you feel it's almost like a blanket around.

You just feel this wonderful natural energy. That's the way you feel when you get inside of sunlight and so on. It. Yeah. Yeah, absolutely. And infrared again, we don't actually see it.

Right. But when we're going outside were exposed to it. And is there a particular time of day when you know the different different elements or the different wavelengths of infrared are more available than others?

Well, the data shows that, you know, sunrise and sunset are some of the ideal times to be outside to help with your circadian rhythm. So you know, the the infrared as you can't see it, but you can't feel it.

And the two wavelengths of far infrared and mid-infrared are felt by heat. Right. And then near infrared which is completely invisible and you have to receive it by LEDs is light energy.

You cannot see it at all. And then there's red light which is right next to near infrared that is visible. And the difference between red and Nir, I get that question a lot, is that Nir penetrates a little bit deeper and it penetrates

the skin.

So it's extremely powerful and so does red. But it doesn't go as deep. And then red is visible. And Nir is not visible. And so that those are the four different.

It's really three because near infrared and red light or that kind of the same same spectrum. But I try and separate it out because red you can see in near infrared you can't see.

And those two are received by light energy. Mid and far are received by heat. So you would sweat with far and mid. You would not sweat with nir and red and the sauna that we have behind us.

Impulse has all four wavelengths delivered separately, independently and where you can isolate them, or you can have them all together in six different programs, which we can talk about.

than infrared. Need help with inflammation in general infrared helps by so many different ways. So first of all, far infrared has been studied to help activate a gene that controls inflammation.

So it helps to make sure Am and reduce inflammation with with that mechanism of action. It also is known to help circulation and increase blood flow and increase oxygen to the tissues.

So that helps with, reducing inflammation. It also helps to reduce oxidative stress which is huge with inflammation, a huge with aging, as you know. And then probably one of my favorite, benefits because I'm just so about doing, you know, easy things to help the mind.

Is it really it helps to decrease stress by balancing your hormones and decreasing cortisol. And that stress is such and, stress leads to chronic inflammation.

So those are some of the ways that it, that infrared helps. Powerfully helped charge our mitochondria. And and also, you know, helps with circulation as well with the nitric oxide production.

Right. So it helps improve circulation oxygen delivery to all the different tissues. Also the mitochondrial melatonin production as well. Right. And so yes, helps clean up oxidative stress around the mitochondria.

Yes. Yeah. The impact on mitochondria is is is, you know, overwhelmingly positive the because what's great about infrared is you have those three, you know, to four different parts of the spectrum that activate the body's cells in different ways.

And so for example, with far infrared, that's absorbed into the cells. And it significantly helps the mitochondrial function. It helps to power up more mitochondria and you so you get more energy.

And then Nir and red light and together known as photo via modulation. There's tons of data showing how how much they penetrate the skin and then supercharge your mitochondria as well.

So you're getting you're you're getting this whole body, you know, impact that it decreases inflammation. And it's one of the few natural therapies that I know of that affects every single system in your body because, there's, there's different wavelengths and each wavelength is absorbed at a different part of your body.

It starts to increase the flow and increases circulation, which promotes, you know, the activity of every single system. I mean, there is no system in your body that is not impacted by the infrared wavelength.

And as a result, you know, you get this wonderful decrease in inflammation, which helps you, you know, increase longevity. Because inflammation leads, you know, to increase accelerated aging.

Yeah, absolutely. And and when it comes to saunas, there's obviously dry saunas and steam saunas and a lot of people have gone in and experienced those.

What is different about an infrared sauna than your typical dry or steam saunas?

Infrared Sauna Benefits for Inflammation and Mitochondria

The way the heat is delivered. So that's the bit. The big difference is the experience. So when you're inside in sunlight and sauna, it is feels gentle and radiant because the infrared energy bypasses the air and it goes directly into your body.

And so the result of that is you are experiencing this heat and light at lower temperatures. And what's happening is your body, you when you're like breathing, it's not I got feeling a lot of times of going into a traditional sauna.

Sometimes it takes your breath away, you know, because it's so hot and a lot of people can't stand there very long because it's so hot. Infrared is not that way at all.

It, it it's it's gentle. You still sweat and you're still increasing your heart rate and is still getting all these amazing benefits. But it's a very enjoyable experience because the energy is absorbed into the body.

Traditional or dry saunas. You get hot because the air is hot, so you're in you're immersed in an environment with hot air and that's your experience.

And this is that's why I call it energy medicine, because it's a transfer of energy into your body, and into your cells. And then it starts to work, you know, it starts to increase the blood flow.

And and you can feel and you can feel everything working, which is so awesome. And you can I can sometimes feel if I have pain associated with inflammation in my body, I can start to feel everything's starting to reduce.

It's really it's very, very powerful, you know, very enjoyable, but very powerful, powerful weapon. Yeah, absolutely. Now heat in general is very therapeutic.

Right. So getting in any type of sauna there's there there can be incredible benefits. Obviously the sweating you're helping to improve circulation. You're helping to move toxins out of your body.

But also just the heat activating heat shock proteins which help reduce inflammation and activate autophagy and cellular healing. So there's great benefits to just the heat in general that you'll experience in a sauna.

But infrared actually is what penetrates deep into the tissues and actually helps to increase that mitochondrial melatonin production and charge up the cellular structures.

Exactly, exactly. All heat. It's all heat is good. Infrared is just a different a different type and impact to the body, in different ways. And my you know, the thing I really like is and how it affects every single system.

So it, it significantly helps with detoxification. And as I mentioned, you know, with my brother's story and, you know, it helps with detoxification through sweat but also through all of the other organs because that that flow that's happening inside your body is something that I really strongly believe so many people need today, because I think a lot of people just aren't as mobile and they just have, you know, things going on their body that's causing inflammation and they're just stuck, you know, and this helps the this energy, by the way, that it's absorbed into the cells, especially if you get all the different wavelengths because then you you're, you know, attacking everything.

It starts to increase the flow and increase the mobility of everything. And you know that mitochondria like just if you can just like picture, you know, helping to increase the function of your mitochondria.

I mean that's just so powerful. Yeah, absolutely. I mean, ultimately cellular health is going to come down to mitochondrial health. And I always say the quality of your life is going to come down to the amount of high functioning, stress resilient mitochondria that you have in the cells of your body.

And infrared is one of the ways that we enhance overall mitochondrial function and ability to adapt to stressors, basically that that element of resilience.

So it's really powerful. Now how should somebody go about using first off, how should they go about looking for an infrared sauna. And then what is the best way to use it.

So looking for one, the what's most important is the quantity, of infrared getting into your body and you thinking of it as like multivitamins or supplement or food or you just start talking about nutrition, you know, as far as you want.

If you're eating certain things for the benefits you want to have, it is as much absorbed into your body as possible, right? Because that's why you're eating it.

And it's the same thing with infrared is you don't want any waste. You want all of that energy into your body. And what we've worked on for so many years, it's enlightened, is mastering the quantity of infrared into your body so that you can't get more infrared.

Any place else that's enlightened, which is a nice peace of mind factor to people listening. So you're getting at 99% absorbed. So that's really important.

I particularly, you know, passionate about all of the wavelengths separately, independently isolated. So I think that's something to look for. You know, can you get far infrared. Can you get mid-infrared.

Can you get near separately then red. Because that's important to separate them out but have them in the same place. So that's important I think the quality of the cabin if you're looking at a wooden cabin is really important.

Yeah. The quality of the wood, the quality of materials is sustainable. Ability of the wood is really important to me. It's important to sunlight and you know, so we use all, you know, all wood that, you know, sustainable and we work with, you know, we're very particular about the companies that we work with.

And we I've been working with at all of our suppliers for a very long time. So we know them really, really well. Emfs and safety, is really important.

So I think that's something to look for. And we cancel out all of our names. So that's not a that's not an issue. And you know, I think also I mean for, for us, what what we're really proud of is when we started this, we've evolved over the years and we control every part of the process.

So most like companies that sell infrared, they outsource it from Asia. And then they, you know, ship it to you. But we design and manufacture and research and patent and I mean, this is all our stuff.

And, and then we source and we, you know, put it together and, and then, you know, and then we ship it to you. So we own every part of the process. So I think that's really, important as well.

As far as you said, the other question was, yeah, yeah.

Infrared vs Traditional Saunas

Before we do that, you know, you touched on materials, but I think that's really important too, because, you know, the wood pieces are often glued together for a lot of sessions and a lot of the glues have toxic chemicals in them.

And so how do you guys go about, you know, constructing the actual sauna? What kind of materials are being used? Yeah. So we had everything we've done over the years.

It's all because of mistakes, you know, and learning. And so when we first started, oh my gosh, it was just it was so hard because we didn't know what we didn't know.

And, and we trusted, you know, manufacturers and we trusted suppliers and we just, you know, learned, through hard knocks. And one of the things we learned early on was that, when you assemble the sauna, you eat, you know, the wood, bends and it changes depending on when it, when how it's heated.

And so what we did is we created an environment where we use magnets to make sure the, the wood panels are sealed really tight to, to prevent warping and cracking.

And that's really important, you know, so we also made sure that any type for the most part, magnets are a main way to put the sauna together. There are some times where we do have to use other things, and we make sure that it is completely safe and, and kind of use the edible test to like, is it something you can eat?

You know? And if it's not that, we're not going to use it. So, the materials are really, really important. And I want to also say today that the type of words.

Let's talk about that for a second. I haven't talked about this in a while. And this is really important for people. When you get into an environment and then you heat it, you know, and it's wood, you have to make sure that that work because woods or wood, like what can be toxic.

There's lots of different types of woods. Exactly. A chart called the toxic wood chart. And from people who have had adverse events associated with just being exposed to wood.

And then you heat it up and you can imagine. And again, this is something we learned back in the basement from people calling up and then saying, oh my gosh, my eyes itch or my skin has a rash and what's going on?

And so we went on a quest to find hypoallergenic woods and to make sure. So that's something that's unique, you know, to sunlight and and you know, we did it because we had people that complained.

And we're the I mean, we're in this business because it's healing and it's nontoxic and it's safe and natural. And so we want to make sure every step of the way we're consistent with our design, and we don't do anything, you know, to hurt people.

We're more than a product company. We're a really like a wellness company in all aspects. So it's really important to us that we want you to be, you know, healthier.

Our brand promises. You know, we want to bring light, hope and happiness to people everywhere. Yeah, yeah, I love that mission statement. And let's talk about how to use your sauna.

Yeah. So, you want to start low and slow? And what I mean by that is everybody is different, and most people are not. I mean, they don't you don't get a lot of infrared energy.

And so you want to, you know, start to just see how you feel and then go up. And I like to recommend first, you know, ten minutes, you know, 15 minutes and then work up.

The ideal point when you start to be acclimated is 40 minutes. That's ideal. If you could only do 30, that's fine. Consistency is more important than intensity.

So consistent use all the studies. Talk about consistent use. And that's what like for inflammation consistent use is what like brings down those inflammatory biomarkers.

And so that's what you want to do. It's better to do 15 minutes 3 to 4 times a week. Then one day at 40 minutes. So the other thing that's really important is to hydrate.

That's critical. I mean, that's if you if you only remember one thing about your experience, that's it. Yeah. Is to make sure you hydrate before, during and after because this energy is I mean it's going to move stuff around and then and it it's also going to remove, you know, some of your, your electrolytes.

So you need to pay attention to that, you know and to replenish. So it's going to remove bad stuff. But you know there's also you just want to make sure you pay attention to your minerals and, and I always do so electrolytes afterwards.

And sometimes when I'm in there I'll put some sea salt, you know, and, coconut water, while I'm inside my sauna. Yeah. Good hydration is key. In general, you want to keep things moving through your body like a river not being stagnant like a pond.

In Chinese medicine, they say stag necessity, blood, lymph, right. And metabolic waste. Stagnation is at the root of chronic disease. And so you want to be hydrating. Well, anyways.

And then the sauna really helps with improving circulation, improving all the drainage, opening up and moving, moving things out and improving overall drainage pathways.

So yeah, that's a key tip. Now, is there a particular temperature range that you find, tends to work best? Yeah. Great question. I'm so glad you brought up temperature I this is an this is an import.

This is like I'm at meth.

Choosing a Sauna: Materials, Safety, and EMFs

A lot of people pay so much attention to temperature because that's the indicator of success for traditional saunas. Right. So you go in traditional sauna.

Dry sauna is typically 171, 8190. I mean just depends. But around that area. And that's how you know that it's hot with infrared. It doesn't work that way. Temperature is irrelevant.

So what the most important thing is you want the transfer of the waves into your body and the transfer begins the moment you turn the sauna on, as soon as you turn it on.

In fact, that lowest temperature, like right when you turn it on the far infrared waves are most easily absorbed because the wavelength is the longest at that particular moment in time.

As temperature rises, the wavelength shortens, and you don't get as much energy into your body. So to answer the question exactly, because people are going to be saying, well, what?

You know, just so I have an idea, 110 to 140 is a good range that you will probably see while you're in there, but it is not an indicator of success. So the indicator of success I love what you brought up.

Stagnation, you know, is you want that energy in there just to eliminate stagnation, right? And to increase mobility and get everything moving in your body so you can promote detoxification, decreased inflammation, you know, better sleep, better mood, more energy.

And that only happens through that transfer of of energy. So don't worry about temperature. It's also think about temperature as what's what do I enjoy it like you know you can play around with it.

And what's my personal preference. And if you, you know, have the best experience, you know, when you're in there, then you can kind of look and see, okay, I kind of like it when it's around, you know, 110 I got like 120 and then you can just, you know, you know, reapply that the next time.

But depending on what's going on in my day, I'll either go in, I'll turn it on and get in and then, you know, spend 22 to 40 minutes in there. Or sometimes if I want that experience of a little bit, you know, hotter, then I'll turn it on and go do some stuff, get my, you know, salt water and everything and then come back and start my start my day or start my it's not a session.

Yeah. That's good. It's good to know. You know, a lot of people think it has to be really hot. And I know for myself I enjoy it when it's really hot. Like I like that heat stress.

And I think I sweat so much more and I'm activating more of those heat shock proteins. But what you're saying, as far as absorbing the different rays, a different infrared, wavelengths, you're actually going to absorb more at a lower temperature.

Is that what you were? Yes. Yes. And and I agree with you and I, I mean, there's, there's benefit, you know, the heat shock proteins are, are magical.

Right. And we know how that infrared can impact them. And I mean, I love activating them and making your body stronger and building up resilience and all of those benefit.

So you can do both. And it really is. My recommendation is once you start to, you know, have the experience is find the experience that's going to lead to consistent use because it's more about that.

And if you like it hotter and you like me, I love that feeling too. I love, I love, I feel I get so much more energy, you know, after a sunlight and session, both like physically, mentally, I just feel clearer.

I, I'm ready to go. And so, I will do both. However, the times that I just, I turn it on and get in our times where I want to make sure I get my session in.

And so I always tell people because they sometimes I hear from people, they say, well, you know, I turn it on and then I have to wait for it to warm up, and you don't have to wait for it to warm up.

That's the key in that. So, either way it works and you're going to get benefits both ways for sure. And a if you like the higher levels of heat then that's off.

Then do that. Yeah. Yeah. Compliance is really key. And there's a lot of people like you and I are and are in great health. And so we can handle that heat stress of having the heat really elevated.

We've been using saunas for a long time. Whereas a lot of people out there, they're dealing with chronic inflammatory conditions and they're worn out.

And so too much heat stress actually overloads their system and they get worse. And so just getting in before the before it really gets hot is actually one of the best ways for people that are dealing with these sort of complex chronic illnesses to start bringing down inflammation and start to improve the amount of stress they can handle, the amount of heat stress that they're able to handle.

I, I kind of compare it to, walking versus, let's say, doing high intensity interval training. Right? So walking is actually, you know, tons of research about all the great benefits we get from walking is so healthy for our body.

Of course, there's tremendous benefits to doing high and high intensity interval training as well, that are more advanced than walking. But there's a lot of people that if they were to try to do high intensity interval training, they would overtrain they would actually overwhelm their system and aggravate inflammatory conditions.

And so just walking for those people are is extremely therapeutic. And if you are really healthy, walking actually is still very therapeutic. And you can do the hit.

Yeah. I've started incorporating actually both Aaron and I his by my business partner and also my husband and co-founder and all of that. So we have, we have started, incorporating walking after post meals.

So and it is become such a just a wonderful time to download and to share the day and as well as, again, going back to that flow and movement, you know, and getting your, you know, helping with that digestion and it just feels and I also I'm a huge fan of hit I, I'm a huge fan of hit after I do it I don't love it.

Yeah I'll be honest. I do not love it while I'm doing it, man. It's hard, but but when I when I've done similarly, you know, I just get that just, you know, that new change and, and I really, I really love that.

And we didn't talk about the mood aspect, but I do want to mention because that's really important, is the infrared really helps your mood and it really helps.

You just, you know, it sets off all these happy chemicals in your body.

How to Use an Infrared Sauna Effectively

You just feel lighter and more restored after words and, and happier, you know, and and that, to me, is just such a it's just such a beautiful, benefit.

And something that I don't talk about a lot, but I, I always notice myself just how much, how much more energy I have, afterwards and how, like, levity.

I'm just lighter, you know, afterwards and as a result, I just I feel better, and I feel great, and my mood is improved, and that's really important. Yeah, absolutely. 100%.

We know that depression, anxiety, these are conditions are related to brain inflammation and poor mitochondrial function in the brain and sauna, obviously.

The infrared obviously help with that. And it really is a great metaphor for using it, kind of thinking about it, kind of like exercise, like there's a lot of times where I'm thinking, gosh, there's so many other things I could do, but but I, you know, I need to go do whatever, 20 minutes in the sauna.

A lot of times I think that in my head I'll think I'm too busy for this. But then after I do the sauna, I'm like, why would I ever go a day without doing this?

You know, so because I feel so much better. It's kind of like that with exercise. A lot of times, you know, anybody that has pursued fitness, we've all we've all, you know, all of us have experienced it where it's like, you know what, I don't want to I don't want to go through the pain or the, the fitness.

And I also could do a lot of other things with this time. And I'm busy. So we kind of have this natural inertia in our head, but then we get the workout in, and then later we feel like, wow.

Like, I'm so glad I got that workout in. And it's kind of the same thing with sauna. And I find that that's the biggest issue is, a lot of people just have a lack of compliance when they get the sauna and, and I've, I've at times struggled with that.

Fortunately, actually, since our last conversation, I've committed to, 90 to 120 minutes every single week, broken up. You know, usually it's 20 minutes a day or something like that.

Yeah, five days a week. And yeah, it's it's been life changing. That's a, that's a great that's a great goal. And 20 minutes is great. Like I love hearing that because I think so often we get into this mental trap where we talk ourselves out of something because it's not perfect.

You know, we let you know, perfection. Be the enemy of good enough and and good enough. Is 2015 20 minutes. You'll be shocked at how how much better you feel with just a little bit of time consistent, you know, with consistent years.

So I love that you're doing I love that you're doing that. Yeah. Actually, after our last conversation, I was like, which was about a year ago. It's like, you know, I need to just I've got this on.

I just need to be able to to commit to it. And so I've just integrated into my morning routine and like I said, I do it

usually 3 to 5 times a week. And my goal is typically a minimum of 90 minutes altogether.

That's that's usually my goal. And I would say most weeks I'm hitting that and up upwards, you know, at times I get up over 100, oh, over 100 minutes a week.

And, yeah, it's been it's been amazing. My my mood, my productivity, my ability to focus and concentrate. So even though I thought, gosh, I don't have that time, you know, I've got four young kids, marriage business to run.

I've got all these things that I'm doing. I can't afford 100 minutes a week to to put into that. But I found that I'm so much better in every role of my life by committing that time and of course, I'm reading during that time too.

So it's like I'm learning about different topics. I'm thinking about different things. I'm writing a book right now. It gives me time to just process thoughts and think.

And so it's not like, you know, just stagnant time. There's you can do things well while you're in the sauna. Yeah. That's one of my favorite benefits is habit stacking, you know, and and doing what else.

What else do I need to do? And instead of just doing whatever I'm going to do at my desk or something like that, I'll just take that into the sauna. And because now I am, you know, having this wonderful healing experience, reducing inflammation, you know, helping with pain, getting, you know, more energy, which is great because I've got such a, you know, busy schedule, like you said, you know, managing kids and business and all of that stuff that it's like, how do I fit it all in?

But when I go in there, I figure it out, you know, or, you know, I can get other things done. Or the other thing is, you know, I I'll just time out, you know, and do meditation or breathwork, you know, stretching.

And there's just so that the list goes on and you can do anything. I love that you do in the book thing because I find, as I think I mentioned earlier, that my head, I mean, my mental, the mental clarity because I'm getting all this oxygen, you know, from the from the promotion of blood flow and oxygen to the tissues and everything.

Everything's helping with my brain function, increased brain flexion, decreasing inflammation. And as a result, you're just think clear. And I find I get a little creativity in there.

So I start to come up with all sorts of different thoughts. And so, you know, I think the book idea is amazing because I would a great use of your time, you know, and another benefit, another thing you could do, post, we haven't talked about this, but another thing you could do post sauna is, you know, do a cold shower or you could do contrast therapy.

You know, you could do an I planned, I mean, and then that helps as well. Keep up. You know, you just activated your heat shock proteins. You just helped with resilience inside the sauna.

And then, you know, cold can significantly helps with your, you know, resilience. So, that's another thing that you can do. Yeah. Love it. Really good stuff.

Also good idea to take some sort of like a detox binder. Something like zeolite for the humic acids liberalize. Another option. Charcoal. Activated charcoal.

There's, diameter Earth, lots of different types of binders. So as these toxins are liberated, obviously we're moving them through our sweat, but also they're getting into circulation.

And, you know, part of hydrating. Well, we're urinating them out. You know, we're defecating them out. But the more we can bind them, the the better elimination we're going to have.

So taking a binder before you go in can be really helpful.

Temperature, Compliance, and Habit Stacking

A lot of people will do things like tud CA as well, which helps move your bile. Right. And bile is one way that you help, help eliminate toxins. And it will help trap more toxins.

And so you can you can stack a bunch of things to help with detoxification, to help with cellular health. You mentioned, doing a cold plunge or a cold shower.

So getting some cold stress right after you get the heat stress is actually it's it's you probably have the most tolerance to it. You know, I know for myself, I kind of I kind of crave the cold shower after I get out of the sauna.

But you're also getting another form of hermetic stress, right? On the cells and challenging them to adapt, which makes you more resilient, right? I, I love that, you know, some other tips as you can do dry brushing before, you know, I know a lot of people that do a castor oil pack inside the sauna.

So that's, you know, something else that you can do. And, Yeah, it's a great idea. Castor oil pack in the sauna? Yep. In the sauna. Yeah. So, I mean, it's a it's just a it's a great way to promote detoxification as well.

The dry brushing is, it's great. I mean, I, I, usually end my sauna session with a couple of yoga poses and just getting myself grounded and centered, and that mentally is just, it's it's really just great to put yourself kind of back, you know, in the just grounded place.

And I start to think about my intentions, okay, what am I about to do. And it's just a it's just a great tool. I mean, it, and and you know, we're talking about inflammation.

It's just it's, you know, impacts and decreases inflammation throughout your entire body while you can do other things. I mean, what a great what a great way to treat yourself.

Yeah. It's great guys. You can check out Sun lighten.com or you can go if you're looking at getting a you know, a great infrared sauna go to get dot sun lighten.com/doctor joggers.

You can use a coupon code joggers at checkout. That'll save you $600 and go go out there and browse. She's got a bunch of different types of saunas. So a lot of different options that you can look at.

And anything people should know, you know, as her as you're navigating through your website. There's four different collections that's important. So and I've talked a lot about all four wavelengths because it's really important that everybody knows, you know, that about the infrared spectrum and the power of each wavelength.

So it's that's important. However far infrared something I didn't touch on far infrared is the foundation of the 3 to 4 wavelengths. And it is the one that activates the inflammation, you know, inflammatory marker.

I mean, near infrared also help with, that as well. But if you if you're not ready yet, you know, I've talked a lot. I mean, I feel like I've set the stage for, like, the, the yes, the, the highest level, which is impulse, behind me.

But if you're not ready for that, that's okay. I would rather you get started with something than wait until you know you're ready. And the solo, which is a lie down portable model, is super easy to use, plug and play. I mean, it's just so simple.

That's an excellent foundational choice that'll help you with detoxification, build up a better sleep, better mood, decrease inflammation like almost everything that we talked about.

So that's a great way to get started. And then we have three other collections, series that have different technologies. Not all of them have the four wavelengths signature and also just has far infrared amplify has a blend for, more intense experience.

And that impulse has all four. And then one other thing that people should know is if, you want to start with the light therapy with near-infrared and red light, we also have a standalone panel that you can get that has the exact, frequency needed to transform the cells for everything we talked about, because you have to be so careful today with products out there because, you know, red light is red light is red light to the consumer, right to you.

And like me, if you just see it, you don't know which frequency it has. But sunlight has the right frequency.

Detox, Contrast Therapy, and Recovery Tips

And that's what's really important. You don't want a red light bulb, you want a particular nanometer frequency that's going to, you know, impact your mitochondria and help with your cell health and decrease inflammation.

So that's something else that they should know. Trying to think if there's anything else. I think that's pretty I mean, our team is so knowledgeable and they're so passionate about helping people and finding the right fit.

So that's my number one recommendation is to get in contact with somebody. And you can do it by chat. You can do it by text, you can do it by calling.

And you can tell them how you want to, you know, be reached. But they will, answer all of your questions, make you feel comfortable, make sure that you get the right product for you.

Well that's great, Connie. And, guys, again, you can check out get dot sunlight and.com/doctor joggers. And there's coupon code joggers. You can save up $600 on your sauna.

And of course talk to their team so they can help customize the right sauna for you and Connie. You guys are doing a great job bringing health, hope, and happiness to people are light I should say light, hope and happiness to people.

And any last words of inspiration here for our audience? You know, I am so thankful that, you know, you asked me to come on and I'm so thankful that you are doing this summit.

I think inflammation is just at the root of all of these so many problems, and is a problem that, you know, a lot of people have, and this is a way that we know for sure that can help, decrease inflammation and also, you know, reduce any type of pain and, and help to, you know, turn back the biological clock.

And, and the great news is you feel great. I mean, you feel great while you're doing it. And, you know, we want people to feel better and to be able to do more what they love to do with the people they love to do it with and live their fullest life.

And that's what we've committed our, our lives to. And, infrared is one of the ways that we bring that that commitment to life.

Sunlighten Product Options and Closing Thoughts

So I am available. So if anybody has other questions after they view this, if you want to reach out to me at sunlight tonight, feel free to do that. Our team is available.

I want people to be educated and knowledgeable and feel good about, you know, their decisions. And I'm happy to help. Well, thanks again, Connie. Hopefully this inspired you guys.

If you already have a sauna to get in it and start using it. And if you don't, again, reach out to get dot sunlight and.com/doctor joggers. And you can use our coupon code jackers at checkout to save money on your order.

And, we'll see you all on a future interview. Be blessed everybody.