Introduction and Guest Background

Hi, everyone. Welcome to the Reversing Type 2 Diabetes Summit. I'm your host, Dr. Beverly Yates, ND But this episode is my distinct honor and privilege to interview Mr.

Phil Wilson. Phil has been a pioneer and a leader in the field of infrared saunas and all the benefits they can bring, including to people who have type 2 diabetes or pre-diabetes, or anyone who struggles with sweating others who can benefit from this marvelous, simple, straightforward technology.

Phil, welcome to our summit. Thank you. It's a pleasure to be here. I always enjoy talking about the incredible benefits that far infrared energy can have on the water cells and the organic cells of the body.

It's totally amazing. It is amazing. You know, it's one of those things where you're like, wow, this is a great way for people to tap into their own healing power and to do it in a manner that's safe and repeatable.

We get a lot of good benefits from it. Can you share with us just a brief thumbnail, a little bit about your background? Well, I have a degree in mathematics from Indiana University, an honors degree.

I went to graduate school at Ohio State University in mathematics and spent four years there. I studied the philosophy and history of mathematics and also took a lot of courses in psychology and in philosophy.

So I and in communications. So basically I considered myself a communicator. That's my forte. I'm really good at communicating. At least we will see. Yeah. Exactly.

Okay, great. Great. Well, welcome. I'm so glad you're here. And that we've had a chance to meet and connect, which was really wonderful to meet you in person in a recent conference.

So I know that when people have diabetes, they are often told to avoid the extremes of temperature. And there's a way in which that information is necessary and helpful for their safety.

But then there's a way, ways that information, I think is confusing. So in this session, in this episode, we're going to talk about the effectiveness and safe use of saunas, of relax saunas.

far infrared saunas for those who have diabetes. I would love to know more about these details because I'm sure our audience is interested and they're going to be curious, right?

So let's start at the top. What is far infrared energy? Is it invisible to the human eye? And how would we describe how it feels inside the body when we are exposed to it?

Well, before I answer that, I wanted to further introduce myself. Okay, go right ahead. I've been into health foods and fasting since 1971, and I spent about nine months where 80% of my diet and this is not a healthy thing to do, but it was good for me where I was doing figs, dates and cashews.

But 80% of my diet and I'm but it regardless I'm I'm very clean on very little sugar, very little processed foods Whole foods, a whole diet, a healthy diet.

I've been doing that for 50 years. I opened up a health food store in 1980 and the business selling to health food store owners and health professionals, the cutting edge best kind of products for detoxifying.

And I was selling massage tools and all sorts of weird stuff. And then finally in 2000 to I started selling saunas. In 2001 and 2002, I discovered the relax infrared sauna, which is a cut above the other saunas now to answer your

question.

Yeah. Basically far infrared energy comes from the sun, like ultraviolet, like microwaves, like x rays, like near-infrared, mid-infrared and far infrared They're all part of the infrared spectrum.

Now, Dr. Sherry Rogers in her book Detoxify or Die, makes it very clear that the healthiest energy from the sun is far infrared. Between four and 14 microns, which is 4000 and to 14,000 nanometers.

Now, why particularly this these wavelengths? Well, you you Beverly, are a far infrared light main and most of people on the planet are also this I'd say about 99.9% or maybe and the animals and the birds, the mammals and the birds were all fine, but light beams and we shine at 9.

What Far Infrared Energy Is

4 microns, which is really close to the to the far infrared molecule called water, which shines at eight microns. Now, Hippocrates, the father of modern medicine, said many times, Find me a way to create fever and sweat and I will cure disease.

So right now, Hippocrates, imagine him coming on American soil and saying that and poof, he's got shackled on his arms and he's thrown off the jail because it is illegal to cure anything in this United States except for beef.

It's legal to cure beef. Yes, it is. But and this is how crazy the world is, you know, why can't I just say my daughter, my aunt, my uncle, whoever has been helped a lot about this Ayurvedic medicine, Chinese herbal medicine, 5000 years of history.

That's the beginning of science. Observation, observation, observation. Observe comes from the word, sir. So instead of judging people, you want to switch the light off to or on to observe, and then you're serving.

The worst thing that we can do is judge. And this world is full of judgment. Oh, my God. Judge Not less. Judge. It's not cool. You want to you want to appreciate.

You want to be in or you want to observe and appreciate the beauty in this world. And when you do that, you you solve the dilemma, okay? Because this world is too judgmental.

We want to observe instead and collect data and observe and make your own conclusions. So the far infrared from the sun that we love so much when we go out in the sun, not the heart.

That's the ultraviolet that gets our skin hot. The far infrared deeply penetrates into our body and reach there. Oh, my God. I can't believe how good this feels inside my body.

That's the far infrared between four and 14 microns, which is the same energy as human energy. So we don't resist it like we do ultraviolet. And that can cause a suntan or a sunburn.

But we absorb the far infrared because it's the same as us. In other words, the wave of the far infrared Ray becomes a wave, a cold becomes a particle, and the particles in our body become wave of calls and wave.

And they go in and out, in and out. In other words, the the the wavelengths from the sun are making love with our water molecules in the organic cells of our body.

And what's going to do is going to been the vibrate and vibrate the water molecules. And according to a physicist who I met, this lady physicist, she said that's going to increase the voltage of the water molecule.

Oh, my God. You think maybe that the temperature of the body is going to increase? Well, let me think. We have 100 people. Let's talk about 10 million people like ourselves in our body dancing in a small room.

It's going to get hot so your body temperatures get hot in and hypocrite. You said you did it. Bingo. You know, we can cure you now, even though that's not legal to do it.

But in a sense, you know, I cannot. You cannot. We cannot cure anyone. The body heals itself through obeying the laws of nature or the spiritual laws of the divine.

Okay. That's that's how healing takes place. And when you go into a far infraredsauna like the relax sauna, especially when you go into that, you activate the parasympathetic nervous system.

That's the key. You activate the parasympathetic nervous system and that quiets very slowly. It's still be still and know that you are a guy. So you what you do it.

You feel that nudge that nudges you into the present moment. Oh, my God. You get into the present moment. Yes. What? There's no time. There's no time. There's no pain.

And that's what we do when we sleep. We go into the sleep state with the conscious, neurotic caffeine. Mine is not doing it's flight invite thing. It's just it's just out of the way so healing can take place and the divine energies that come from wherever they come from, from they get into our body.

Now you see cleansing takes place. You've heard of a washing machine in the water. In the water, actually. You've got solid clothes and you got the water.

And can you believe it? The water actually penetrates the solid clothes and cleanses every fiber of those clothes. We say it's wet. Well, the your your your, your body.

When you go into the relax far infrared sauna, it doesn't get wet. It gets lighted because the far infrared light actually penetrates and cleanses every cell of the body.

Can you imagine that a clean engine works better than a dirty engine? Oh, my God. It's hard to believe, but you cleanse the cells of your body. You cleanse the cells of your body, and therefore you're going to detoxify.

Now, I've got a doctor in Tennessee who told me that in 25 minutes in the relax far infrared sauna, he's able to increase white blood cell count sevenfold.

That's a lot. And another person, a couple people have told me they increased body temperature 3.2 degrees in 25 minutes, which I don't know any sauna that can do more than a half degree or one degree.

And that's why the relax sauna stands head and shoulders above any other sun. And it's and it's exciting to to observe when I put people in the relax sauna at the five conferences I've been to in the last 20 years, I've put 150,000 people in the sauna and people say, Well, I'm not supposed to use a sauna because I have M. S.

Well, the Mayo Clinic says if you're a heart patient, you're right. Don't use a regular fitness sauna, don't use a hot tub. But far infrared saunas are really, really therapeutic and very healthy, because in a regular sauna, your heart has to raise to find an equilibrium between the outside temperature and the inside temperature.

And that's what the Mayo Clinic said back in 2000. For far infrared saunas don't do this because they raised body temperature. And if you raise body temperature, even one degree, the outside temperature is no biggie, no sweat, no pun intended.

Now, there's a book called No Sweat. Know Sweat. N O Sweat K N O W Sweat Once you no sweat as your teacher and your healer laughs, No sweat, no stress. See?

And when you activate the parasympathetic nervous system, which is one of the five traits of increase in body temperature, so what does far infrared energy sign?

Do they do one thing and one thing only? They resonate the energy they send off and relax sauna A 98% of that energy in other sun is between 30 and 50%.

How the Relax Sauna Works

To relax on a company ten years to find a way to give you only the pure foreign red light by filtering out the near infrared, which does not resonate with your water filtering out the mid-infrared it only give you the fine foot between four and 14 microns that's going to resonate with your water molecule is going to cause the water cells to pulsate, but it's going to increase the voltage at an increased body temperature and fulfill the dream of Apocalypse Now when you increase body temperature, we already talked about it. You're going to activate the immune system, you're going to increase white blood cells.

You're going to get the white blood cells out of hibernation and they're going to start doing their thing. You're going to number two, you're going to increase circulation.

Now, a pond, a stagnant pond, wonderful breeding grounds for mosquitoes, stagnant areas, your body, wonderful breeding grounds for mold and bacteria. You get the circulation moving and boom, boom, all that's gone.

You actually can heal scar tissue in the sauna. According to a lot of the testimonies, we've had shocks, scars for 30 years, gone in two weeks. Oh, my God. And this.

It came out of their mouth. They said it, not me. I have 800 video testimonial interviews on YouTube. The relaxsaunas.com/YouTube. Now, the the other things that it does, it oxygenates the body.

When you oxygenate the body the anaerobic bacteria, they're dead and the aroma bacteria thrive. That's a third thing immune. And the immune system, the lymphatic system is is mobilized.

The circulation increases that oxygenates the body. And the other the fourth one that I talked about already activating the parasympathetic nervous system.

That's that's humongous. That's the key. And that's why people say, I feel like my grandma has given me a loving hug. And I tell people, it feels like your grandma's giving you a loving hug.

And they say, Now my grandma, then I had to change it. It's the loving grandma. You only do that, you know. But you know, and it feels like you're on a beach in Hawaii or some other Icicle Island.

It feels like your you're basking in divine love or it feels like you're in the presence of the Qigong master, great guru, or simply a being giving you unconditional love.

Now, those are things that it feels like the the common denominator is unconditional love. And I call the energy coming out of the relaxation of the fine spread between four and 14 microns and we're 98% I call it soft resonate, loving light.

It's the loving light of the sun between four and 14 microns. The energy that Dr. Sherry Rogers in her book Detoxify or Die on page 208 says These are the most healthiest rays and the for you and the softness.

So the fifth thing, what else does it do? A young man at a Cantor conference we did about seven or eight years ago in Reno, Nevada. He travels from across L. A.

45 minutes each way, twice a week, just used his mom's wooden sauna, her infrared sauna. And in 25 minutes, with his gym clothes on, he had the best sweat of his life.

And guess what? After he finished the relaxed sauna, he felt, I know this is going to be hard to believe. He felt relaxed. He felt energized. He felt energized instead of exhausted.

So So there's a difference. And people don't quite understand the the difference between a regular a sauna and a wonderful $5,000 infrared sauna. It was night and day.

Now, now, I say the same difference between the relaxed bar in Arizona and any other portable or with an infrared sauna. Now we've tested the relaxation and found out that we not only can increase body temperature significantly more than any other sauna, but the the more important factor is if you do the research heart rate variability, that's what is increased by using infrared saunas, the relax sauna, according to this one guy who posted on reddit.com six years ago, He said the relax sauna impressed him.

It did. Way, way, way more than what the research says it should do. And the other portable saunas that he tested totally failed to do what the Fred Sauna Research Center would and saunas do.

And he was sort of like shocked. But he said, I recommend the relax sauna as one of the only hyperthermia machines that you can do, along with cold showers to increase your health.

And he tested the relax sauna inside and outside temperatures every minute and this and other studies to get his results. So it's not a scientific study, but it's observation and data, which is the heart of where science comes from.

And I have a background, I guess. Well, actually, I don't have a Bachelor of Science. I'm a mathematics major. I have a Bachelor of Arts. So I guess I'm an artist and a communicator instead.

And that's my lot in life. I'm not a scientist. However, I appreciate the science and the heart of the science is observation and data now. Absolutely. Absolutely.

You know, people's lived experiences. They know if they're comfortable in their own skin, if they do something that helps them to feel better, that's really going to be important.

They can tell. Now, I remember I was at a cool and hydrotherapy conference about ten years ago and this one lady was in the sauna said, Oh, I feel the pain.

Yeah, I can feel, you know, now it's gone. And she understood exactly what was going on because sometimes we go through a detoxification process and she was appreciating it.

Often when you have healing or a cleansing reaction, sometimes the reverse of the symptoms appears, so old things will reappear typically, briefly, as the body continues to resolve the issue and I think probably restore the healthy function or the healthy communication for that particular part of the body of those cells.

So it seems like this is the kind of technology that would invoke that response. Yes, exactly. We have put on a five you know, like I said, I've seen 30,000 minor or major miracles about people, their pain going away.

I can almost guarantee you of pain. You've gone to the relax sauna with your clothes on right now for 5 to 10 minutes, and I guarantee you 50% to 100% of your pain will be gone.

And I'll even pay people money if it doesn't. But but, but we get a really lot of good results. As a matter of fact, we put two vaccine injured nurses into the relax sauna about two months ago now or three months ago now.

What happened was it made them cry tears of joy because one lady who's in a wheelchair and they both had shot a little over two years ago, she had feeling in her fingers for the first time since then, another lady could feel the circulation moving from her foot to her hip for the first time.

And to two and a half years. And so when people have diabetes, a lot of times associated, that is with neuropathy. Now there's a financial analyst out of Washington State.

I met him at an expo about six, about eight months ago, and he had a he had a portable son, an 1100 dollars portable son he bought, and he used it maybe once every couple of weeks.

And it never really did much for him. But, you know, it's okay. You know, if you if you live four miles from a grocery store, a service, he that's nice.

So as a bicycle, you know, but not a mercedes, a whole lot nicer. So so at any rate, he got in the sun and he noticed he felt better. It was different than the one he had.

And he got in again. And even though the first time he said, I already have a son, I still go in. Anyway, he ended up buying it. Okay. Not only that, but three weeks later he said his neuropathy is gone.

I didn't even know myopathy, but it was gone. Maybe 96% fixed it. Then he decided, you know, well, I'm I'm a financial consultant. I've got about 50 videos on financial consultant and one on this herbal product.

I want to interview you. So he did. And he every month or so, he sends it out to his people and he's sold about 30 or 40 sun is just done on the interview and his saying, hey, it really helped me a lot.

And we have a doctor, Ebel Eberhart out of New Jersey. This video is ten years, 12 years old, and he's talking for 18 minutes about how he treats diabetes and is a naturopathy doctor and he treats diabetes.

And he's had incredible success with four or five or six different patients that that that video is on relaxsaunas.com/superior. It's on there And you could go watch it and relaxsaunas.com also is the main website but again I had another portable sauna for a year.

I loved it. I had a little camping chair and I would take it out. I'd sit on the floor and after 18 minutes I finally started sweating and after 55 minutes I had a really good sweat.

Nothing like the relax and 2025 minutes, but I didn't know it. Then I got a phone call from Taiwan because I'm I'm pretty verbal and I had about 1560 pages about the benefits of this sun.

And I sold six the first year I had it. And so these people in Taiwan who manufacture the relax sauna, they're not made in China, they're made in Taiwan.

They called me up on the phone and said, Ours is technologically more advanced. It took us ten years. This is 2000 to from 1987 to 1997, to find a way to give you the exact frequency of of water between four and 14 microns.

We've we created a semiconductor chip in Taiwan, makes 94% of the world's semiconductor chips and it filters out the near-infrared. The mid-infrared infrared only gives you what I the soft light, what I call the loving light that resonates with your water molecule.

And so I said, okay, and what's my price? I said, okay, yeah, send me one in arrived two days later, FedEx Express from Taiwan and everyone at my store at my office, they said night and day, I cannot believe how much better this feels and how more.

And it gets hot. There's a guy who does on the internet. He does. He grades all these sun as wooden sun as portable saunas because it's like sort of the hottest portable sauna out there.

Health Benefits and Detoxification

And he recommended as the number one sauna, a portable sauna out there. He and he's been doing this for about two or three years, and we probably get about three or four orders from him every month.

You know, people say, I found out about it to this guy, but we we have a website and there's a lots of educational information. Now you've got a pub MEDCOM.

There's all this research on the benefits of saunas. And now we also found that the relax sauna is really helpful for Lyme disease. So we got a lot. We'd been to about a dozen Lyme disease conferences.

I know this is a diabetes conference, but this one lady who had Lyme disease for two and a half years had neuropathy that came along with it, you know, for the ride.

And so she got it. She had a horrible soreness each of the dozen times for an hour. It never seemed to help from the neuropathy, but the on it in 12 minutes she had tingling in her fingers and she says, I'm buying it.

So so we get a really you know and it's the first year we were still in the relax sauna and there was a big article that was sent to us by the people in Taiwan talking about how good the relax sauna was for diabetes.

Now, three or four years ago, there was about a three month period where we had on the relax on a manual. Those with diabetes should not use a sauna. Then.

That's where there's lots of myths out there. You know, first of all, it it is true that the the wooden saunas are probably not healthy for diabetes or M. S.

because you don't want to get hot on the outside without getting hotter on the inside. And, you know, like the Mayo Clinic and a lot of people with muscles are not supposed to get hot.

I'm not supposed to get hot. Go in the relax sauna, you know, and reluctantly, like, you know, they they go in and a lot of people that most have reported to us, it's really tremendously, profoundly affected their health in a better way.

And so the same as with diabetes, especially the diabetes, too. I know there's a lady in Washington State, this one woman, she went blind and she had diabetes and she said, here's here's the relaxed on a little lamb.

Here's see, I keep it on my you know, it's it's nice. It's like a heater almost. But one C she did this. She didn't know what else to do because she couldn't see.

And she just did this and she did it on her ear and her eyesight returned. Now, this is really more anecdotal. Okay? And also, a couple of weeks later, she had a pop inner ear and all of a sudden she could hear for the first time that in a long time.

But but this is this is what I was told. And I have no reason not to believe it. But I did see this one lady had oral surgery and they used the laser and they burnt your tongue.

And for the previous 36 hours, her tongue was not a happy creature. And I said to use this, she was at our booth and Go ahead, do this and do that. So, you know, and I said, Just come back and get it, you know, two, three, four times a day and see if that helps.

So she did it for five or 10 minutes and then she brought it back. And the next she I didn't see her at all. And so the next day I said, What happened?

Did it help? Yeah, it helped. I haven't had any pain since. And that's been, I guess, six months ago and she still doesn't have any pain. So but anyway, this is see those things, those are semiconductor chips.

Now the relaxed on a radiator has 40 of those chips 20 and each of the two radiators. Now people don't quite understand how does the relax on it in cats lie in the sun, not in the shade.

Now you're you know, when you're when you go out to the hot sun and you feel this deep penetrating warmth, if you're in the shade, you wouldn't experience that because it's a light.

It's a light. It's not the heat and the light. Well, you know, the relax sauna. If we did it like that, we'd have a $10,000 machine instead of a 1500 dollars sauna.

But what we do is we use a principle of light that that's amazing. It's called reflection. Like the moon is reflected sunlight, the the tent, the silver tent or in the black sun.

It's the silver inside and the in the silver sun of the blue inside fine if it goes too close because it goes to your body and you know the core it hits, goes to the blue in the middle, you can see my beautiful, but there's blue cloth, hits the silver and bounces.

So you're experiencing on the lower back, any part of the body is coming off the sides of the tent. And so every nook and cranny of the tent acts as a mirror and mirrors the light to you.

And so you just are in heaven. I mean, you know, I've another definition of heaven living in Las Vegas. Most people don't think this is heaven, but we're on our 29th day of 100 degrees.

The temperatures head and in 100 days in a row reach 100 degrees. That to me is heaven. But but not like the heavenly feeling you have when you're in the relax sauna.

Because you really do feel warmly loved. You do feel like almost I like to say it's a step down version of basking in Divine Love is the best we could do to get out of electricity.

To get that kind of feeling, because it gets you into the present moment. It gets you still, it gets you quiet, it gets you relaxed. What's the name of the sauna?

The relax sauna took me ten years. They asked three people at a booth, How do you feel when you get up Relaxed? How do you feel? Relaxed. How? How'd you feel? Relaxed.

Oh, my God. That's why they call it the relax sauna. It never dawned on me, you know. You know, it's interesting. All these points that you bring up feel, you know, thinking about my work clinically over the years with people of all kinds of health problems, whether it's sleep apnea or congestive heart failure, certainly with diabetes, blood sugar problems and some resistance, gastric problems, all sorts of gastrointestinal issues, both the uncomfortable and the embarrassing, you know, the range of things that people are afflicted with. Right.

And one of the things that comes to mind to me is both the importance of increasing circulation and the importance of the the parasympathetic the chill out, the tight B side of the nervous system.

I feel like in today's world, many of us are just so stressed out that anything that can help us get into that more chilled parasympathetic nervous system, calmer state is really a good thing.

And people with diabetes often have compromised circulation and sometimes struggle to sweat even when exercising. They may not sweat easily. And this is a helpful therapy to get that done because, you know, like you're saying from ancient times, this is something that's part of the healing therapy toolbox for sure.

This the ability to sweat. Phil. Dr. Bill, who is a strong proponent of the relax sauna, says no other sauna can create as many exotic proteins as the relax ionic can.

And he's an acupuncturist, a Chinese medical doctor and a Qigong master and a medical doctor and a holistic dentist. And he he uses ozone and he's got a a cancer clinic on Long Island.

And he's written that book. No sweat, No sweat. He's also written another book called The Seven Spiritual Principles of Something or Other. But anyway, the the The Relax Sauna is highly respected by some of the most well-known holistic health doctors in in the in the world.

And Dr. Hyman, not him, but his son is the best son of there is he's got he's got a little bit of a center in Austin, Texas. We met him at a show recently.

Dr. Paul Anderson recommends a relax sauna and says it heats. It's surprising how much it heats the relax how it heats the body up 101.500, 1.9, which is almost unheard of in the sauna.

There's about five cancer clinics that sell the relax sauna in their their store and recommend their patients to come

and visit for a week to three weeks, take one home or order one and get one and use it.

Continue to use it. Do we have a special offer here at the summit for people attending in order to get these relax far infrared sauna? So if you're here at the summit, make sure you click through the link.

Check out what our sponsor is, is offering, because you have a wonderful opportunity while you're here right now. The Hippocratic Oath Clinic in their store, they have the relax sauna doctor Brian Clement used to call up hotels and say, Do you have a sign of they're up to bed.

I wanted to stay there, but I can't stay there if you don't have a son. Now we travels with the relax sauna and relax on it is the only portable sauna that fits in a suitcase.

It's very compact. It's easy to open up and use. It's easy to close up and take with you. I was really You had told me about that. And I certainly had a fine unpackaged in or unboxing experience.

It's straightforward. I'm putting you out on a limb. You've been using the relax sauna, I. Trust I have. Once I finally got home from a lot of travel, I've actually been able to use it the last few weeks.

Are you enjoying it? Very much so. I first had a chance to try it in person when I saw you at a different conference here a few months ago. And now that I'm finally back and sitting in one place, you know, still, I've been able to use it and I'm really enjoying it.

It's very comfortable. I've tried it both with fully clothed as well as I'd say pajamas and all.

Diabetes, Neuropathy, and Safety

And it's been fine in whatever context. The thing I like about it is that like you're saying, it's so comfortable, I don't feel like it's too hot. And I also feel like it is an easy way, at least for me to, like you say, relax.

It really does. It's really effective for it. Well, you know, it's the only style that you can use for five or 7 minutes in your clothes on, because we have sold so many relax signers to people who have wooden infrared saunas that they like but they don't use because they take ten, 20, 30, sometimes 45 minutes to preheat.

And so I was at a conference in Minnesota, a nutritional doctor conference, and four different doctors who had wooden studies done at home. They bought relax, honest from me.

But but there's there's a joke. I say, Well, gee, I really like the relax sauna. Yeah. What do you want to get one? Well, no, I told you already have a sauna.

Would you use it? No, it takes too long to preheat. I told you that. So you don't get a relax on it. I told you I already have a sauna. Around. The goes right.

So it's like sometimes you just have to cut your losses and just, you know, it's got a money back guarantee and and you really can tell the difference and, and it's night and day certainly between the guy and read it to don't waste your time with any of the 300 and $500 portable saunas and frankly having tried the 811 hundred dollar portable sun is out there, they're just not the same.

They the soft loving like of the relaxed on it makes a huge difference. And it's like Jimi Hendrix, you know could be our spokesman when he says, are you experienced and you know you know that song by James Brown.

I feel good that he wrote the song after being in the relaxed on it for 20 minutes. They jumped out and wrote the song spontaneously. Oh, that's great. Well, he was clearly feeling it.

Yeah, except unfortunately, the relaxed on it. It wasn't invented until after he wrote the song. But it sounded good. Oh, you know, it's so interesting, the origin story of any of the things we think about or what we're familiar with.

And I know that many people who have circulation issues, who have heart issues, who have sleep problems, people who are stressed, people have busy mind, people who have circulation from circulation problems perhaps due to diabetes or cholesterol issues, etc..

They're almost always told not to do the very things that could really be helpful. And it's always with some common sense applied, right? So if someone has gone totally numb, let's say from a neuropathy, from whatever, cause it could be from diabetes or something else, what is your advice to them about using a asana, including this one?

Well, all foreign songs are wonderful. They really are. You know, now the relax sauna works a little bit more effectively or sometimes a lot more. But we've had incredible success with sleep apnea and with with restless leg syndrome and with people with sleep issues.

The first year we were selling the sauna, people said, I've never slept this good in a hotel in my life, you know. And a couple of people said that the first year.

But the the other issues that you asked about, Tell me. Tell me what you asked about. Again. You're so people who have circulation problems, heart disease, cholesterol issues, certainly type 2 diabetes, things like that, where they're always warned to be sure they don't do anything.

That's basically a cold therapy, any kind of cryotherapy or like an ice bath or just a cold shower. People often warned away from that. The same way they're warmed away from doing anything that is heating or in part because the worry is that they won't be able to feel if they are getting burned, like you're talking about this moment where it for climate in many parts of the world right now as we record, there's just an incredible amount of heat in the outside environment that's not the same as your internal sense of heat.

Completely different. But again, I just want to be clear what we're talking about here. Well, I did want to mention that if you have neuropathy, you do want to make sure that you don't put your your your leg, your heel, your foot in front of the radiator, you know, because if you leave it, because anyone who puts it in front of the radiator and they have feeling they cannot remove it in about a minute.

And if you can't feel it's really, really important, you be aware of the radiators and where they are and not to put your feet in front of it. Now after three or four weeks, when you have a feeling then that that's not the case.

But, but you do want to use common sense and be careful and take care of that. Now, for people who live in Arizona, Nevada, or in the United States, any place the United States in the summertime, I found the secret of using the relax sauna in the summertime.

What's the secret? You turn on the air conditioner first? Yeah. I don't want to go in the sun or what? I'm hot. And it dawned on me about 12 years ago, living in Ohio that that I think turn on the air conditioning and get a little cool.

Then I'm going to preach it going in the sun and I can and I can benefit but boy, you drink water before that. That's because the the one the contraindication of using a sauna is dehydration.

But but you drink water before and I heard recently someone was saying you put in a Celtic sea salt or trace minerals in it and the water will be able to be more absorbed.

But at any rate, if you if you use drink water, get in the sauna afterwards. You want to drink water. It's just it's just natural. But I mean, I have a I call it spa day for Phil.

I'll go in for 20 minutes in a drink, water, go in for 20 minutes, get out, bring some water, take a shower, go back in for another 20 minutes, get out, drink some water and maybe take another shower.

Maybe not. And then go in for another 20 minutes. And I feel like I've been at this for 9 hours. I just love that cleansing of the sweat, sweating, sweating, sweating.

I mean, you're not dripping. You're drenched and it just is invigorating for me. And ever since I was 16, I love saunas and I joined gyms three times in my twenties, thirties and forties and fifties or whenever that was before I had the relaxed moment just to use the sauna, you know, I mean to me is like, that's like heaven using a sauna.

And every song I appreciate, I've done those, those Indian sweats for 4 hours and that was nice. But one day I did for four straight hours I used the relax sauna.

I went through about ten towels, about two gallons of water. I just kept on feeling better and better and better and people say to me, How long can you stay in the relax sauna?

I said, Well, if it's a good movie, you could stay a couple hours. But your friends know you build up to that. That's not where you start to start. Gentle on 5 minutes, Let's be sure we're giving.

We let people know where they start from right now. What's nice about the relaxed on it? We have two switches, one for each radiator so you can go in half dose, especially if you're 85, 90 or frail and aren't in the best health.

You can just do one dose. And I found a secret. It took me ten years to learn this. I keep on giving talks. It's the light resonating with your body, not the heat, it's the light.

And so, you know, all of a sudden I'm in the sauna, the whole thing zipped up, and after 22 minutes, you get hotter than hell. I mean, you are not comfortable, you are not a happy camper.

And you have I have no choice but to maintain if unless I'm meditating, you know I can handle it. I'm not. I have to move my body to be able to handle the heat.

And finally it dawned on me. It's the light, not the heat. I opened up the zipper six, seven, eight inches. I was comfortable. I felt good. I was not hot.

And I continued to prefer profusely sweat. Yeah. Turned on that mechanism. You know, that's one of those healing powers of nature. That's something we talked about a lot in naturopathy, in medical school, around the value of a fever, being able to sweat and how important it is for a healing reaction and that, you know, that the immune system is functioning and everything is working and all of your detox and your clean up process is, you know, as your cells get older now with intermittent fasting, you can reach that.

Also with autophagy, there's all these different ways in which the body is so brilliantly designed to be cleaning itself up and to detox and to cleanse and to process and to reset.

In today's modern world, just there's so many interfering factors feel, you know. So I appreciate that it's something as simple as getting in the sauna and using it can turn all that on for you and the light.

It just makes sense. You know, I personally think we are a spiritual beings having a physical experience. And so if there's a light therapy that helps us get reconnected to these basic things, then that that seems like that's a great thing.

That Daniel Brinkley says. We are spiritual light beings and as you said, but we are actually spiritual, far infrared light beings. And most know that we shine far infrared light.

When you hug someone, you're feeling their fine red light energy.

Practical Use and Closing Thoughts

It's resonating with you. Chickens land the eggs. You know how to turtle eggs. Hatch the farm from the sun, Light comes from the sun goes through the sand two inches and resonates with the water molecules in the turtle, activating the embryo to grow into a turtle.

Now, another thing that people don't understand is that near-infrared penetrates the body 1 to 2 millimeters, only far infrared penetrates 40 to 50 millimeter ears, 20 to 40 times more.

Now, a near-infrared laser is a different animal. It can penetrate nine inches at a single frequency. There's a company that promotes near-infrared and says, here, here's the proof.

But no, it's not the proof. It talks about the lasers, not the light bulbs. We did we did a test in 2004 showing that the Philips near-infrared light bulb compared to the relax sauna little lamp, 150 to 200 watt.

But we had 150 watt lamps and the 250 want Philips light bulb in. We were able to increase circulation and penetrate significantly more in the humans, pigs and mice.

Then then the then then the Philips light bulb. And so you know, there's a lot of myths out there, whether it be people with diabetes shouldn't do a sauna.

You know, it's like I mean, frankly, there's a study that just came out in Finland, a 20 year study, saying, thank God, pregnant women can do sun is it's healthy for them.

You know, But but according to medical science in the United States or so-called science, the only thing a pregnant woman should do is sit on their bed and twiddling their thumbs.

Everything else is not safe. But if you're not afraid to take a risk, you know, then then you're afraid to live. And if you look at the children's stories, what are they called?

The Adventures of Winnie the Pooh? The Adventures of Robin Hood. The Adventures of Balance and Wonderland, Even the Adventures of Huckleberry Finn, The Adventures of Aladdin, Even They're all called with adventures.

And we have to remember that life is an adventure to be enjoyed live. And if you're not, if you're afraid to take a risk, you know, why did you ever come to Earth?

You know that You bring up an interesting point. We get such conflicting information, like if you are pregnant and you know, the advice is to not move at all because everything else so risky.

You run the risk then of something different, right? A whole nother set of problems. It could be hemorrhoids because you're always sitting just like a trucker has an increased risk for hemorrhoids due to all the sitting.

You know, you're going to be at risk of maybe gestational diabetes because you're not moving around enough and your metabolic rate might slow and your blood sugar will go up.

You know, you won't sleep well. It's all there's just so many risks. I hear your point about making sure you're living your life and that you stay active and that you do the things that will let you continue to thrive and be happy and feel good.

I think there's a book by Norman Cousins. You know, he was told he had cancer pretty bad. So he just said, okay, flew away with it all and decided to enjoy himself and laugh all the time and watch funny movies.

And this cancer went away, you know, we yeah, it's like life. Life can be. It's just all a change in attitude. A miracle is a changed attitude. And I think we we ought to, you know, listen to Saint Jiminy a little bit more, you know, the cricket.

So when you have so many factors today to consider, I mean, wow, we just got to get things to be simple. You know, when you wish upon a star, your dreams come true.

So it's, you know, it's the again, it's listening to inner guidance and realize that no matter what anyone says or what any doctor says or what any so-called scientific article that that could be researched by, you know, people with an

agenda, you know, pharmaceutical companies is like in the final analysis, it's your inner guidance. That's all you have.

Even even what I'm saying, don't believe me. I don't believe in belief. You know, belief comes from the word lying. Doesn't it be like any any belief you hear it's a half lie and but there's there's a you know, I'm a Pollyanna.

It's not whether something is true or false, but you find the truth in it. Because in every statement made, there's a there's an element of truth of why people are saying that.

And if you can discern that and penetrate deeply into that, just like other finds that penetrates into our body, if you could put your attention and sit there and help it unravel and discover the secret yourself, because that's that's where it comes from in the final analysis and find bread.

Energy is like, you know, to me it's like the closest thing we can have to in the physical body. I think it's it's counterpart would be divine love. It's the particular wavelength from the sun.

It's responsible for photosynthesis. And according to Gerald politics, the far infrared from the sun that gives the the plant the power to move and to bend by resonating with the water molecules in the plants.

Resonance, you know, literally being on that same healing frequency. All right, Phil, thank you so much. This is wonderful to get this great information about the healing power of the relax far infrared saunas and the ways in which they can help people who have type 2 diabetes pre-diabetes and others who are looking to get the benefits of this therapy.

Thank you so much. This has been a joy to be able to hang out with you.