Introduction to Light Therapy and Infrared

you like to sweat. Or a bonus if. If you're cold in the winter and you want to feel warm. But it's the actual energy transfer that we're looking for. So with far infrared light, there are different light spectrums that help the body.

From your perspective, which ones should we be targeting for help? It's a great question. I'm so glad you asked that because people are talking so much about light energy right now, which I love, and that really speaks to the near infrared part and the red light portion.

And they're powerful. We can talk about it. They have a significant impact on your mitochondria. There's lots of other benefits. The foundation of the infrared spectrum is the far infrared.

That's light energy, but that's felt as heat. And that is the one that we talked about. That increases your core temperature. And that is the one that This is doctor talks.

Real talk from real doctors. Only issues that matter to you most. So today I'm here with Connie Zack and we are actually both from Kansas City, which is a delight because instead of being on zooms or traveling, we get to sit across from each other.

And she is the co-founder of sunlight. And one of my favorite parts of this is I've grown up around sunlight my entire life. I went to Cleveland Chiropractic School across the street from here.

So I've known southern Maine. I've been in here, and I know that you were one of the leaders in the industry, and you're just now sitting here talking.

You've been doing research and light for more than 25 years. So as we get into this, the first question I have to ask for you is why light? Because my brother was really ill and infrared changed his life.

So the back story is that he was so ill from being fatigued and he went to lots of doctors. Nothing worked until his dentists suggest and I think that your fillings, your mercury fillings are leaking into your body.

And that's what's causing all this toxicity. And this is causing everything. If you can find a way to remove it, that could help. And he went on to say that I've read in Asia some studies about the fact that infrared heat and therapy, as well as light therapy, infrared light and heat at can detoxify the body and remove mercury.

And so my brother invested in an infrared sauna and it changed his life.

Why Infrared Sauna Therapy Matters

So it changed mine. So it's 20, 25 years ago. We're talking about one. You happen to find a dentist that knew enough about your nose and that crazy. And that was far enough ahead to realize that mercury toxicity was now is almost becoming a known fact.

Like amalgams are a problem. I run into this every day with clients. We can run a hair test and you see mercury in our body to have amalgams. It's just the way it is.

We all know Mercury is absolutely horrible for you. But you know another way? The metals are getting in. And I'm really curious. Your opinion on this is there's a study that was released and said that vaping can increase the amount of metal going into the body equal to more than 20 packs of cigarets in one single day.

So with sun is helping the mercury, how can this help with lead and these other toxins coming in? Yeah, so

absolutely. And there's a study done that removes lead from people through sweat as well as, you know, through through blood and urine.

But that's how infrared can help remove lead. It's been proven through a study called the Bear Study, which stands for blood, urine and sweat. It showed the power of infrared removing such toxic elements as mercury, cadmium, arsenic, lead, and many other toxicants.

So why is it that infrared we're talking about in that study is why is it infrared that we're talking about versus say, I don't know, regular sauna, just regular heat.

Can I go outside and get the same effect? No. In fact, traditional saunas, traditional heat was referenced in that study. And they compared exercise, traditional saunas and infrared and infra was way more powerful. Why?

Because of the way it works. So I'll explain. Traditional is heating the air and infrared heats the body directly. So it is beautiful transfer of energy that powers the body and starts to increase circulation increase flow.

And it really ultimately supercharges your cells. It's a very deep penetration, deep absorption into your body. So the impact of that deep absorption and deep penetration is things like reduce inflammation and changing the body.

The body starts to flow. So everything starts to move around. And then that movement starts to be excreted and and impact all of your systems. There is one system in your body that's not impacted by the transfer of infrared energy.

So it's an energy transfer. It's a heat transfer. And as I think of this and I they work with clients each day. They they ask these questions like can I do a wet sauna?

Can I do a infrared sauna? Can I just go outside and sweat? And I'm glad you're explaining this in more detail, because it's not about just being hot and sweating sweats.

Nice. You do detox a little sweat, but you're saying that the red light actually gets in your body, or the far infrared light gets in your body. And is it true that it doesn't necessarily raise your skin temperature so you don't actually sweat the tan as much as you would at the same temperature, like in the air a little bit? Yes.

Because it's you're being hot with the absorption. So you're feeling it because the energy is getting into your body. It's raising your core temperature.

So that raising core temperature, then the body's starting to wants to cool itself down so that that process doesn't make you feel hot on the outside air, but you start to feel hot in the in the by your heart rate starts to increase, and that entire process is what delivers the detoxification benefits and the reduced inflammation.

Because everything starts to flow and move inside your body, you know it's important to move your body outside externally to, you know, to walk. But it's really important to in order to remove toxic burdens such as lead, we need to get the body moving internally and get your systems functioning properly and increase circulation.

Increase will increase oxygenation and infrared does all of that. So but you run into a lot of people that just want to get hot, and they ask you how a higher temperature goes inside your sauna, don't you?

Yes, all the time. So does your sauna get as hot as these other ones that are just pure heat in there? So the temperature is irrelevant with infrared.

It is not a measure of success. The measure of success is how you feel afterwards. The temperature is there as a gauge, but the success of the wavelength is received when it is absorbed, and it is absorbed as soon as you turn it on.

I'm glad you said that. That's what I wanted to hear from you, because I try to explain this alongside quite as

elegantly on talking to clients. It's not just heat that we're searching out for.

Heat is a bonus if you like to sweat, or a bonus if if you're cold in the winter and you want to feel warm. But it's the actual energy transfer that we're looking for.

Detoxification and the BARE Study

So with far infrared light, there are different light spectrums that help the body from your perspective, which ones should we be targeting for help? If you're exhausted, the fog you're feeling off and nothing you've tried is help.

It could be deeper mold. Lyme and hormone issues are often hiding in the root, and you're not alone. Let me tell you about sunlight and an in-home infrared sauna system with options that fit up to four people.

Sunlight helps your body to heal. To source. It supports detoxification, calms chronic inflammation, restores energy, and brings back your system into balance.

It's gentle, effective, and something you can do right at home. No appointments, no side effects, just a calming daily ritual backed by 25 years plus a patented, clinically trusted infrared innovation.

Whether you're navigating a chronic condition or simply just want clearer skin, better sleep and more vitality, there's a sunlight and sauna that fits your space and your goals.

If that sounds like the kind of support you've been looking for, visit sunlight Incom and use Code Doctor Jamun to save up to $1,400 on your sauna. Because real healing starts within.

It's a great question. I'm so glad you asked that because people are talking so much about light energy right now, which I love, and that really speaks to the near infrared part and the red light portion.

And they're powerful. We can talk about it. They have a significant impact on your mitochondria, and there's lots of other benefits. The foundation of the infrared spectrum is the far infrared that light energy.

But that's felt as heat. And that is the one that we talked about that increases your core temperature. And that is the one that detoxifies the body. That is the one that activates a gene inside your body to reduce inflammation, which is pretty powerful.

So that's the foundation. And I would build on top of that. But if you could only have one it would be far infrared only. And you can't see far infrared right.

You cannot see any of the it. Well it's not true. You can see red light, but you can't see far infrared, mid-infrared or near infrared and far infrared.

And that infrared are felt by heat. And near infrared is invisible and is light energy and red light is visible is red. And this light energy I think, is really important to understand this, because there are just so many saunas out there, and I'm googling around and going on in my house and this is a couple of years ago, I'm gone.

How do you tell apart one versus the other? Right. You got China making all of these saunas out there. And I know for me, as a detox doctor, like I work a lot with people.

Talk to them going, well, what's the material this thing's made out of? Is it clean energy inside there? Because we don't want negative energy inside where you're trying to get.

Well, is this wood made with mold? Like, there's all kinds of questions that came to my mind. So how would you say in this world where, I mean, you've got all these websites pushing kind of junk stuff, why buy sunlight and.

There's so many reasons why you would buy sunlight. And so we'll just start with the question as far as materials

and keep in mind our intentions and our purpose of why we started this company is to help people feel better and be healthier and live a fuller life and be able to do more of what they want to do safely and naturally in the comfort of their own home.

And that mission, that purpose for people is, is to make sure that all the materials are safe, nontoxic, tested. So that's huge. You don't see tested any place else.

How Infrared Works in the Body

In fact, let me take you back for a second to. So we're out of the basement. The next location that we moved to was lack been dried next to Factory Direct Appliance.

If you're familiar with Kansas City, and that at that location, there's, a time where we had a, an environmental companies some many years ago to come in and test the energy in our sauna for toxins or for any, any, any thing, any harmful substances.

And their conclusion was that that sauna was the safest place to be, that there were more toxins in the air and outside than inside the sauna. So, so one reason to bias enlightened is because of the confidence and the security and the peace of mind and the materials and the fact that we have researched so much, and to make sure that everything is safe and natural.

And that's one reason, another one probably, health is the most important. But to me, if I was looking around, it would be is that we patented the amount of absorption of infrared into the body.

So let's say in a different way. You cannot receive more infrared into your body. Any place else in sunlight. Ten and that patent only reason I mentioned that is it gives me peace of mind that it's true because we have the patent on it.

Nobody else can have it, so you can't get more anyplace else. Another reason is and this is a reason also where I would recommend infrared over traditional.

And that's because when you get a sunlight and like impulse that has far infrared, med infrared, near infrared and red light all independently, separately as well as you can blend them together, there's nothing else like that.

And what's great is that versus traditional. With traditional you get heat and all heat is good and all sweat is good. But when you can actually get the energy into your cells and your mitochondria and your water molecules, you are you are supercharging your cells in four different ways versus one way, which is heating your body by the air.

Being hot with traditional but far infrared is absorbed at a totally different place, a med infrared at a totally different place, and near infrared and different place in red like so.

You get four different mechanisms for different levels of light therapy into your cells. And every one of these types of red light has a different effect from what I've read and understood.

Right? So even within the spectrum of visible red light, where there are multiple different frequencies, whether you look at is it 850 and 660, which are probably the most common ones that I run into, because this is how committed I am to Red.

I was where I love out of this conversation. I have a red light panel in my shower. I know, I heard that that's so awesome. So I cut out the wall and a tiled shower, put a glass panel in so the electricity's obviously on the outside, so am I get to to for anybody thinking I'm going to go do that. And they got it.

It took some effort. And then I have my red light panel on there because for me, before I was doing red light, I was a college athlete. I competed in track and field and football and all sorts of sports.

In high school, I dislocated my knee four times in a wrestling and it was the patella, which is your kneecap, and that

for some people it can break off and cause other issues.

But for me it was. Mine is a little flatter on the back, but it could keep happening over and over. Well, as I continued to age, that irritations led to more pain and I was in my mid 30s and I was getting to the point where I couldn't squat in the gym anymore.

I like to work out. Yeah. So I'm thinking to myself, just squatting down to pick up my kid or shoot a pencil. Doing it correctly by bending your knees is getting painful sometimes to try red light.

So I got a red light panel and this was the visible red light panel. And once I started using that under my desk at work, I could squat again. So I'd love for you to talk a little bit about the effect of any of the light types so far made near or visible, and then just its effect on inflammation.

Like, why does that help? Yet what I love about all four of them together. And I will answer your question, but I love about all four of them together.

Is it just I originally came from pharmaceuticals, Big Pot and Gamble company, and there was so much obviously there so much talk about, you know, broad spectrum non-steroidal anti-inflammatory drugs and having this energy into your body at all these different parts is, is like taking like the most powerful drug.

But it's not a drug, you know, as natural. So I love the the question on infrared on inflammation because each part reduces inflammation separately so far.

And bread is absorbed the deepest well it's absorbed yeah. The deepest. And it helps to activate that one gene that we talked about that controls inflammation.

So then mid-infrared helps to reduce inflammation at the joints in the tissue.

Near Infrared, Red Light, and Inflammation

So it's excellent for muscle recovery in athletes like yourself near-infrared. Out of the two light therapies it penetrates the deepest. And a lot of people don't know that.

A lot of people think that red light goes the deepest because it's visible. I think it's just natural, you know, tendencies to when you see something, you just feel like it's more powerful than something you can't see.

It makes perfect sense to me, but it's important for people to know that near-infrared. We chose to put near-infrared in our saunas a long time ago, 15 years ago, because of the science and the research of how deeply it penetrates into the skin.

And that's where you're getting that, anti-inflammatory relief, that pain relief that you had before. And that's why you're able to squat more. I used to use when I was training.

So Aaron, my business partner and husband trained, completed an Ironman. I think that was 2016, and I volunteered to be his running trainer. So I ended up running a marathon.

I wasn't planning on doing that, but I was training every day, not every day, but a couple times a week. On doing his runs with him as part of the Ironman.

And then he's like, I have to do a half marathon, like, okay, I'll do it with you. And that'll be our 13, you know, mile run. And then once I did that, I was like, okay, I'm just going to finish it, the whole thing.

But my point of the story is I could not. And I'll definitively say this, I could not have completed that marathon if it wasn't for my near infrared light in my sunlight and sauna, because every time I would do a long run, it kind of started.

After ten miles. My knees and my feet felt a glass like I feel like breaking glass, and I couldn't even walk. And my sauna happens to be downstairs in my basement.

It was so. It was so difficult to get downstairs to get my sauna. But I did. And instantly you can feel that energy being absorbed into your nerves and starting to reduce inflammation is starting to take away the pain.

You can feel that. And I would have my foot up against the near-infrared panel, and I would have my knee against another near firm panel. And I was able and I would like literally run up the stairs and I was done.

It was amazing. So it was a great transformation. So that's a personal testament to to the power of near-infrared. Red light has that same type of impact.

It's just not penetrates as deep. So it does exact same things and it works with the mitochondria. It helps with your nervous system. It helps reduce inflammation especially like at the surface more than at the deep level.

So if you get all four of those and you just kind of picture, right, that whole body inflammation reduction, an entire body is is pain, you know, pain free potentially, you know, are for sure pain reduce if you use all four infrared wavelengths.

So a huge portion of who I get to work with is women dealing with chronic illness. And they're always asking what technology dois. So we're doing some research as we were coming into this.

This podcast is trying to understand what would be some good questions to get more clarity on, because I've been recommending saunas for a decade, probably somewhere in there.

And I ran across the study that was talking about women getting into a sauna, and it was decreasing their cramps, but not just whether in the sauna, but they would feel that change for days afterward.

And you're saying that's likely near infrared is doing a lot of that. It's all of the wavelengths. Far infrared is the one that's going to increase your circulation, and it's going to increase your blood flow.

So for menstrual cramps, far infrared is foundational because you're going to get your blood flowing. You're going to get more oxygen to your tissues.

We're activating that gene. That's so important to reduce the pain of been so cramps. But what's great about that study is that it's not just at the time of using it.

Right. And I hear this over and over and over again, you know, myself included with my feet in my knees is it wasn't just I was like, pain free while I was in the sauna.

I mean, it lasted until my next run. So and actually lasted through the my short runs. I was always fine. Like whenever you do, the shorter it was, the longer ones where my body was just kicking and screaming.

But then I had Near-Infrared that came, and, and red light. I just happened to use that. We had the near-infrared panels at the time inside the sauna and I, I just, I loved I loved them, says the combination of the foreign thread is increasing the blood flow and increasing the circulation, and it's helping to impact the other systems.

That's going to keep the inflammation very, away from the pain away. And then the near infrared, as well as the med for the joints and tissues in the, in the near infrared.

That's going to help. I resisted systemic, level. So as soon as it's about getting in there, doing it often enough to have this increase of energy because you're basically just charging yourself up like a battery every time you get in there.

So your joints and everything and get better. Is there a drawback? So I always have to ask a question. We're

talking about these amazing positives like so what's the drawback?

What am I losing? What was the risk. Yeah there really is no drawback. You should pay attention to hydration. You should pay attention to your electrolytes.

You should pay attention to the link of use because it is passive cardiovascular conditioning. So you're working out. Your body is working out. Your cells are working out.

This is like the biggest supercharger for the cells. Around is infrared. And because you're you're supercharging your cells and you're increasing your energy, your body is working.

So you need to pay attention to how long you're. And they're no different than if you were going to the gym. Right. It's the same. It's an exercise mimetic.

So it mimics the impact and effects of exercise. But you're sitting there and you get especially for women, the great thing for women am I for everybody.

But I know my female community. They love to multitask. They love the habit stack when they're inside the sauna, so they get the chance of being able to do multiple things, and there's just not a lot of wellness modalities.

Wellness tools, wellness resources available where you can receive the benefit of the therapy while also doing something else is going to benefit your body.

Choosing a Safe, High-Quality Sauna

I do love the multitask. That's why I have the, that's I run your shower. Yeah. So I have the red light. My shower. Yeah. Yeah. I mean, women love to be efficient as well.

I mean, it's really important. I mean, they're juggling so many different things, you know, with families and, and and parents and, and and work and every and so if they can get more done while they're in there hopefully is wellness focus and it's not work focus.

But in case they had to do something, they could and they could get, you know, a project down as well as we see the infrared energy, I definitely tell clients that I'm working with.

When you get in there, you're finally able to shut the door. Your kids probably don't want to go in the infrared sauna as much as they want to do other things with you, so you might get some alone time.

I'm like, spend some time, work in the nervous system, do your breath work, your meditation, your limbic somatic work. I love it when clients get in there and do that because it's it's like your little, little box of solitude almost.

It can be such a healing time. I know a lot of the women I work with, I actually joke with them. They're like, I don't have a long time. I can't do your your nervous system work.

I'm like, go to the bathroom and lock the door. Right. Well, where are my kids going to do? I mean, of course, if they're like two and you're home alone, you can't do this.

But like, we want your husband do something, and they're like, I don't have time, I fine, can you go to a window instead of three for 30s? And I mean the an impact that that can have on somebody is incredible.

So they have the opportunity to get in the sauna and spend 30 minutes because, you know, I guess that's another question, that I want to ask you. Well, there's been 30 minutes.

I mean, that's going to be I usually recommend for nervous system or it. So combining those two can be life changing for people. Many people dealing with chronic mold or Lyme disease, they they think it's all a chemical.

And I've always recommended sauna and coffee enema and Castro pack, which is to help you get rid of chemicals. But what I've come to realize, too, is just as much of a healing journey actually is as nervous system oriented.

It's recharging the battery, which is one reason why I love light, because it's an artificial recharge. And here's something fun that I still to this day, I'm just like, it's not real.

I've had clients do one minute or even 30s of light therapy and have a detox reaction where their body has this like reaction. And what that tells me is one light works because they didn't think that was going to happen.

So we know there's an effect. And two, after getting to know these people, usually they're they extremely sensitive individuals. And that just tells me okay, well we just dosed too high.

Let's bring it down. And when you start getting light on the back of the neck and maybe you have a input on this, the light on the back of the neck or on the brainstem seems to actually calm the nervous system.

Have you seen anything about this? I mean, have you ever heard of that? I have never heard that. But thinking through, like when I'm in there, my positioning, lots of times you know, I am positioned with my back against, you know, the infrared heaters.

And I find that it. Well, wait, not even just what I feel we know for sure was science. That infrared takes your nervous system from the the fight or flight stage to the parasympathetic stage.

And that's what so many people are looking for, is I have anxiety I this and that. You know, this is all this stuff's going on. Go. I'm literally you can feel it immediately.

That's why I always recommend people go in, turn it on and stay there. Don't worry about letting the heat rise, because it's the light energy coming from all four spectrums.

Or if it's just farm for red, you know that's completely fine too. But turn it on and get in, because that wavelength is the longest and will be most readily absorbed when you turn it on.

And you're not going to have that intense heat. But that's okay, because if you think about light like a light bulb, right, you turn it on is on. Yeah it's working a little same thing.

I've never said that to a client. My life. Just get in immediately. It's always that I mean even for me I had an older sauna. Yes. And I got rid of it out of my clinic because it would take an hour to heat up.

That's so interesting. Me. So you can seriously just turn it on, get it, and you're getting a light energy, so you're getting the benefit. But to me, I'm also thinking sometimes I can't sweat, right?

Like I can't sweat right before I go back to the line. I can't sweat right before I'm about to be in the room, be all pitted out and and feeling nasty.

But I could sit in there for 20 minutes before it gets super hot. Yep. And I could still get benefit. So. Oh yeah.

Using Infrared for Recovery and Nervous System Support

I mean, you probably, you know, our risk is probably more, of an efficient use of time because you're getting a higher quantity absorbed right away and you're not your body and your nervous system expert your body, your brain isn't competing with with the thoughts of its heart, like anything else is going on, because you're in there and you'll find that you can start your breathwork faster.

You'll find you get into, you know, the relaxed state faster. And so it is an excellent use of time. And I also find that my brain becomes incredibly more creative and, burden free when I do it that way.

Like, I literally my, my brain is like almost like I press the, into the trash button in my brain where I'm, you know, I have all this mind chatter and, and all of a sudden it's gone.

So it's people are so used to the concept of heating up because that's what traditional Saunders do. And so they need to know how hot is it going to be, how long is it going to take.

Because that's the way traditional sauna works. But this is infrared is completely different. And we need to adapt and, you know, to the way it works and turn it on and just picture mentally when you turn it on, picture a light bulb, you just turned on a light bulb.

You just turn on this powerful light bulb that's going to supercharge your cells the minute you get in there. You just completely changed my workout routine.

I've had this routine that has annoyed the heck out of girlfriends in my life, workout buddies in my life because I'll get done with a long day of work.

I, you know, eight, nine, ten hours of seeing clients and my brain is just on. So I need a little bit of downtime just to, like, rewire and like, go to the gym.

So I get my, my free workout out, which is I got a really nice, clean pre-workout just saying that out loud. And I go during my free workout and it could be 30 or 40 minutes.

I don't usually during that period of time, I want to just wait for a sauna to store because I just got it at work. I'm not going to be sitting in my sauna sipping my my baba.

Why am I at what is what my girlfriend tells me, sipping my baba like it's, you know, that's what she tells me I'm doing. And I'm like, I got a two year old and I love him.

And you know, I'll be doing that in my sauna before I work out because now I'm supercharging my body, calming my nervous system, especially after a tough day like after a long day.

I'd love to get that research for me, by the way, I'd love to put it in the show notes of, if you can find it. The fight or flight response to replay and other lights, because that's huge for for my community too.

Then as we continue in your what is a good protocol like what what would you recommend people do that are average individuals for sauna? I would recommend that they, pick their time of day or whatever.

First of all, amazes me. Start with saying that this is a lifestyle. Part of you should be part of your lifestyle, right? So you want to do it in ways that you're going to be able to keep doing it.

Consistency is way more important than intensity, so consistent use outweighs once a month an intense level. It's just not the way it works. So consistent use is important.

How are you going to be able to consistently use your and Brad's on it? That's the first question you have to ask yourself. My personal preference is the morning that that's me.

And so a great routine is here. You do your morning routine, you know, but it has a great morning routines. And I always like to get in before I get distracted or before something or my kids change everything and I my new thing is I allow myself to say a shorter amount of time because before when I used to think 30 40 minutes, then there are obstacles because I had to have that chunk of time, available.

And as as a busy mom of two and as a, you know, as a company owner and as a wife and all the other things that I choose to take on in my life, it's hard to commit to 30 to 40 minutes.

And if I do it for 10 to 15, I find that somehow I'm able to shuffle things around and find a little bit of extra time, and

so that that would be the way I would approach it.

I would also make sure that you're adequately hydrated. Hydration is so important, and you're you are going to be moving stuff around your body. Even if you're not sweating, you're detoxifying the body through your other organs. Right?

There's more than one way to detoxify. And so it's important as you're removing things, you know, through sweat, are through urine or through other ways that you replenish with the good stuff.

So making sure you're replenishing your electrolytes, you know, you pay attention to, you know, how you feel and your energy levels you should have. If you're doing it right, you should have.

More energy should always leave, more relax and more calm. More energy clear ahead. So seems like our community of health and wellness population is a little split.

There's the recognize the nervous system will leave a sauna feeling better. Then there's the other half. That's like I need to crush myself with an hour in there.

Max heat. Is there a benefit to that? For those who do have the time, is there a benefit to staying in there for an hour?

Best Sauna Protocols and Daily Use

Was that basically for for really pushing your body, like pushing your body to the point where you feel like you had a workout because you've been in there so long, whether that's heat shock proteins or, you know, even the amount of calories I think goes up, the longer and there.

So there's maybe a benefit. But what benefits would be for that in that population? Because I'm just wanting to compare back and forth. He says so much about almost more of the the daily habits style, more than the what almost is always talked about, which is getting there for an hour at 160 and just go, is there a benefit to that?

Then there's way more benefits to get in for 15 minutes every other day, 3 to 4 times a week. Then there is for somebody to sit in there for an hour, once a week for all of the studies.

While all of the studies were done with shorter periods of time. And that's one of the advantages of infrared, and one of the reasons a lot of people it is part of their lifestyle is because it's easy and it's not it's it's not an enduring, you know, part of your day.

It's not something you have to think of. Oh my gosh, am I going to be able to do this? Like, do I have to like, lift weights? So I have to like all the different things that we do to ourselves that that, can exhaust us or can make us in pain or that crushing.

I loved that word. This is not one of those. This is not one of those elements. This is something that you're going to go in. You're going to get relax.

You're going to get more energy. You're going to feel better. You're going to be able to do more when you leave. And hopefully you take some of the time while you're in there to do other wellness habits so that you multitask and you're more efficient.

So I don't see any unless it's personal preference. I don't see any great reasons to stay in there for hours. It just doesn't it doesn't make sense to me.

The to back to your question about heat shock proteins. Those are activated right away. So you know that you're you're you're making your body stronger, you know, through the heat shock proteins.

While you're in there and you don't need to stay, you know, long, especially if you're doing other things. Like, a lot of times people exercise and they'll maybe outdoors and then they go inside their sauna or they'll.

I'm a huge, huge fan of hot water with lemon and so hot water is helping to keep those heat shock proteins, you know, activated. And that would be a better use.

I mean, I could map out a better use of an hour, you know, for somebody in a wellness routine. Way better than, setting in an hour in a sunlight and sauna, for sure.

So. Myth busted. You don't have to when I can stay in the sauna the longest. And your friend group and wellness to get the benefits from it. Because, I mean, I'm always seeing people out there talking about that.

Just, like cold plunging. Yeah. Is it better to cold funds for a minute daily or 15 minutes once. Which they're it's always looking at that. And when I've worked with clients, every client that comes into me that's been chronically ill for a long period of time, they want results and they're motivated.

And that's what our community is motivated. So they're like, I'll do whatever it takes. And then if some is good, more is better, right? Oh. More is better.

More days a week. But not necessarily more time. You don't I mean, if that's a personal preference thing, if if you just enjoy all that time and you get other things done or say you don't do anything else, so you just completely relax and zone out and use that as a meditative time.

That's a benefit to so you you can and you can enjoy. If you want to be in there longer, do it. If that's if that meets your lifestyle and and enjoy it.

But you don't have to, I guess, is my point. Let me get my sauna while I have my machine on with my PMF mat and biohacking myself right before I go and workout.

Now that I know I don't have to have it at 160 for an hour to be beneficial because that was one of my drawbacks, is like, I love spending time with my family and I love my job, so I work too much.

Yeah. Because I, I get fueled from I love doing what I do and helping people. So this is amazing. Well, you know, I think we've covered a lot of topics.

I've learned quite a bit. So I really appreciate your time. And what we're going to do is we're going to post some of these studies on the show notes so people can see that.

And we're going to put in there a little bit of, a little blurb on what it looks like to do this now, because I think it needs to be talked about because I'd never heard some of this information myself.

So thank you. You're so welcome. I'm so excited that you're here in Kansas City. And I look forward to, you know, more more times together and more wellness, you know, breakthrough discussions.

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