Spa Day for Your Heart: How Far Infrared Saunas Can Reverse Heart Disease Transcript

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Introduction to Infrared Sauna Therapy

Well. Hello everybody welcome back. It is reverse heart disease naturally. Summit exciting time a topic you want to know about. So buckle up, sit down and or maybe on your treadmill desk and you know that I do that. And let's really go deep on a therapy of heart disease. I think we can even say there's reason to believe it reverses heart disease called infra red sauna and we didn't just get anybody to talk about it. There are a lot of great people that could, we got the person Conny Zack coming to us from Kansas city Missouri an absolutely lovely town, her hometown and corporate headquarters of sunlight in dot com.

And we'll talk about why that is such an amazing company now and I think 13 countries providing high quality but welcome Connie welcome! Thank you so much dr khan it's so great to be here.

I'm so excited to talk to everyone and talk to you and I know you're in the corporate health world and before that you were in the corporate Procter and Gamble world, just take us back. I mean how did you and your husband, Aaron, an absolutely amazing guy, take this leap into creating a field at 22 years ago.

Really didn't exist. And just a little background story on that. Yeah, the quick story is my brother was really, really ill when I was working at Procter and Gamble in the pharmaceutical side and so was Aaron And he discovered with the help of a holistic dentist and this is when I talk about it now that it's been 20 more than 20 years. It's really amazing that there was even a dentist that you know knew about infrared way back then.

But the dentist theory was that Mercury was leaking into his body and that the reason he was so sick because my brother was so so sick very young. We couldn't go on any um family vacations because he couldn't, he had vertigo. So he was fatigued all the time.

He was dizzy, couldn't go in an elevator was really bad. And the scientists recommended infrared. My brother did some research and found that there was really just one type of infrared sauna and at that time and he bought it and it changed his life. And here I was at PNG studying science.

How the Company Began

You know I was working in the cardiovascular division as well as I also spent some time in the gastrointestinal division and you know we were spending lots of money and time on research trying to help the body and I saw you know this wavelength help cure my brother without any drugs without any side effects.

And so I decided to take a level when you say leap because that's exactly what it was Aaron at the time was not your husband yet right. He was not. Yeah, good memory decided let's just do a startup when the words wasn't quite as comment. And I mean it could have turned out to be ended up working at a grocery store and here you are running well.

You know, we were so passionate about both of us both there and I were so passionate about wanting to do something in this world that made an impact and made a difference specifically when it came to wellness and helping people live a healthier life.

And we thought we were doing that at PNG. But reality is you know, all of these these these pharmaceutical there was side effects, right? And it really wasn't curing anything, it was just kind of temporarily, you know and you know this the doctor just kind of temporarily making a difference. And when we saw the cure and we saw my brother, I mean it changed his life, like literally changed his life.

We thought gosh maybe we don't, maybe this is what we're supposed to be doing. And we just took it one day at a time and actually I worked both jobs for a while.

Um Aaron quit and started and then I worked at PNG and he tried to get our company off the ground and here we are today. And just to take a little side turn and come right back. The reason your brother healed his mercury toxicity which is a real deal. Whether it's an environmental occupational exposure, whether it's the more common fish and mercury silver filling exposure is that infrared sauna has the potential to exit toxins from the body a detoxification, there's all kinds of science and woo woo about detoxification, but You're sitting in front of a beautiful, beautiful sunlight, infrared sauna. I think it's the impulse three and one which I use regularly in my home. Tell us a little bit just on this topic detoxification. Then we'll get to the heart and we'll get to the technology and your son is. But I mean what does infrared sauna?

Why don't we just break down what is it to start with? I mean you use the word wavelength and then why don't we just start there and you go okay so infrared is part of the the massive light wavelength right?

Like it's very very long and it's just one small part. And within the infrared spectrum there there are three categories of light and there's near infrared, there's mid and there's far and they work with the body in very very different ways which we can talk about later. But the important part is there are no um there are no harmful rays. This is really the part of the sun's rays without the UV that are natural safe and healing for all living things.

Everybody, we receive infrared every day when you walk outside with the sunshine, your body emits infrared. But what what happened with my brother is he heated? You know his body up with infrared increases circulation which we'll talk about the heart and the infrared is absorbed into the body works with the cells to detoxify the body. The difference between infrared while I'm talking about it and just regular traditional heat is your body is hot because the infrared is going into the body and working with the body.

Regular heat. Like traditional heat like hot saunas uh gets the air hot. So it's a completely different experience with how the body works and responds to the heat. So these energy wavelengths of infrared, sauna can actually penetrate through the skin and visibly a few millimeters.

What do we know? Well, we know. So near infrared, near infrared goes the deepest. Far infrared doesn't really go deep. It's just it is absorbed with the body with the water molecules. And that's where you get the transformation, you know, is the absorption and the working with the light.

Working with the water molecules inside the body. Near infrared which is delivered without heat.

Infrared Sauna Basics and Detoxification

There is no heat because it's it's called near because it's the closest wavelength to the sun. You can't deliver near with heat. It would be it would be way, way, way too hot. So you have to convert the energy into L.

E. D. S in order to receive it into the body. And that goes the deepest into the skin. So there's benefits with near infrared and mid infrared. While I'm talking about the wavelength is not as hot as near infrared, it can be absorbed. It's hotter experience for in the air than farm fred farm for it has the coolest experience in the air and actually is probably the most therapeutic of the three for detoxification specifically.

Specifically for that. That benefit. Good news is if everybody listening is not physics and engineering geeks, you just turn the sauna on. It does it for you.

You don't have to dial like back to the future the scientists and all the buttons so you don't have to do the gigawatts, it's all there. But one last comment on your brother.

So he heated his body up internally. Most people sweat. Maybe not profusely. It varies and in that sweat can be concentrated toxins that eliminate, go take a shower when you're done, eliminate from his body and gradually, gradually, gradually lower the burden in this case of mercury and his body. But there are other toxins.

I remember reading a study a few years back that they actually took sweat droplets from people in the gym sweating and they took sweat droplets from people in a sauna sweating and there were more toxins concentrated in the sauna sweat than the gym sweat.

Which is also a good habit of course, but it is accelerated. I don't know if we know why that's the case. It's a deeper, more central core temperature rise with infrared sauna and then with just exercise, I imagine right, it's the way it works with the cells, the absorption into the body and that's why it's so important when you're trying if you're trying to detoxify.

That's one of your goals. You really want to have the temperature as low as possible, which is counterintuitive. People think, oh my gosh, I wanna sweat. So I've got to just blast myself.

It's not true because the hotter it is, the less of the energy that gets into the body and starts working with your water molecules, it's all about it being absorbed and working with the water molecules and and making everything vibrate and everything, you know, resonate and then pushing and transforming the cells.

That's really and dr hamra, we're working with dr hamlin right now, who is, you know, such an expert on light therapy and he's the one that's really helping teach us kind of the methodology and the why behind all these results that we've experienced for 20 years, you know, where he's just joined our scientific advisory board and he's helping kind of break down the value of each wavelength and why it does what it does.

That actually is a perfect segue to the next area. I just want to cover with you, Michael Hamblin for those that don't know is a Harvard Professor well published many textbooks and usually regarded as the expert on red light therapy. Also known as photo bio modulation and before we go there, I just want to ask you, So people are aware of high heat steam saunas maybe at their health club, maybe their shower does that people are aware of dry more Arizona like sauna is usually pretty darn hot and now we're concentrating on the third class infrared saunas. Just two minutes on the differences.

And maybe the scientific um you know uh load of studies for this type of sauna you produce infrared sauna versus the other two that I mentioned. Yeah. So we did a well okay before I get to the study, so just a quick 32nd, you know, difference is steam is moisture.

Um and and hot, you know, hot hot moisture into the air. A lot of people like it. Um It's a personal preference. The traditional is hot air typically temperatures 170 above 100 and 80 190 most people dr khan cannot stay in a traditional sauna that long. And what we're learning still, you know, after all these years is so many of the Ben if are correlated to the amount of time and the more time depending on what you're looking for.

Um There's a lot of great studies right now on depression and mental health and the longer that you can stay in there the better that it works. The infrared works with your brain and it helps to alleviate depression.

So the issue with the hotter the steam and then traditional right is that people like like I'm done. You know, and they also changes your energy level. A lot of people with traditional steam.

They get zapped and they just they don't have any energy. People when you use infrared, it actually does the exact opposite. It restores your energy when I'm done. I'm just like I'm ready to go conquer the world.

So that's the really cool 32nd difference. Um as far as studies, there was a study done in 2005 at University of Missouri Kansas city on infrared versus um it was a double blind placebo controlled randomized trial.

And um so because it was placebo controlled, you couldn't tell which one was which. And the infra read uh with our sun lighting technology was our our our product produced significant results specifically as it relates to heart disease, which is, you know, one of why we're here. It's statistically significantly lower blood pressure versus the regular sauna that had an element of infrared also had some traditional heat but it didn't have our specific type of infrared um did not do the same thing.

So you know, it does matter. You know, it's some people say heat is, heat is heat and you know, in some cases that is true. But when you're talking about transformation, it does matter.

And I wish we could go down the path you brought up rather amazingly about new data about infrared sauna and mental health and depression. We'll have to do that for the reverse your mental health and depression.

So I want to circle back for a minute and say that is an extremely exciting field that people should read more or contact your company and get more information.

But let me one more on the technology of all this, a red light panel in your workout room, some gyms have it. It's not an infrared sauna. How does that energy therapy that dr Michael Hamblin has?

So eloquently research different differ and overlap a bit and and be incorporated in an infrared sauna for a all purpose energy experience. Yes. So yes is the direct answer.

Um it is very different. So here's here. Let me try and make it really easy. So it within the near infrared part.

Research on Heart Health and Blood Pressure

So forget the medicine for for a second. And that's where the study was done on detox and heart disease and all that. So we're gonna put that aside but we're just talking about the near um infrared, the part of the infrared near infrared spectrum that goes the deepest that I was talking about is in the invisible light category.

Okay, so that's what I call photosynthesis like that that goes. There's tons of research studies, you can, I mean I can send whatever um the next level it starts to move over to the colored light and the next, the next um unit of measurement over is red light and then the next one is blue light and red light. It has tremendous you know benefits for the skin. Um and can help with different other conditions but it is not going to increase your core temperature because there is no heat.

So there are benefits and we can talk we can talk forever about just the near infrared light category. Um there is a benefit to combining and adding. So in our sunlight in under three and one we talked about the ones behind me, we have the near infrared in their L. E. D. S in the invisible light category.

We are adding. Um that's part of our plan is to add the red light because we know now that when you add red light to the invisible light to the far infrared and the mid when you have all those four wow like you have the entire spectrum. So that's great but that they're they're different, they operate in different ways and they near infrared alone is not going to be able to you know um by itself probably reverse heart disease and increased circulation and all the things that when you when you want to mimic exercise, which infrared always try to make it easy. It's kind of similar to exercise.

The feeling that you feel that's really with the far infrared category. Does that make sense? It does. And in fact we can look forward in the future having a full spectrum infrared sauna with red light therapy incorporated. So I usually think of hot and red as hell.

But that sounds like heaven. That's turned to that term that I think most listeners have never heard W. A. O. N. Therapy own therapy. That is really an amazing database of research and it's really on target with the theme of this summit reverse heart disease naturally. And tell us about the Japanese researchers going back probably three decades plus and kind of just a little overview about real science.

Everybody this is not you know a trade magazine conversation, this is peer reviewed published data, every cardiologist, every internist, every person in the public can go online and read and what they've developed in japan but we can incorporate it anywhere, correct? It's accessible which is what I love about our our product is you can you know you can use it anywhere.

So what's really interesting, I was thinking about what I was driving here and and and thinking about the summit is

the reason really one of the reasons that I decided to take the leap in the first place after my brother, I saw the transformation of my brother is I started to do my own research on infrared and what data was out there, you know I'm like is this is this, who or what, what is this?

And the Jap Japanese had done already, this is like you said three decades ago they had done extensive research on infrared and how it works with body and the majority of the science at that time was all connected to the heart, all connected to the lining, all connected to how does it help with the heart.

So while that's how you say it correct, correct? Yeah. So what is soothing I believe in And own is warmth that was soothing, warm therapy. And just another reminder that doesn't have to be hot, hot hot, You know to get the benefits. So the way they do it is you're in there for an infrared sauna for 15 minutes and then you come out I think it's for 60, if I remember correct. And then you're wrapped in like towels or blankets. Um and they have been doing this research.

I mean for I mean like you said decades and the findings are significant heart benefits, you know, lowering blood pressure or you know, helping increase circulation. I know there's some um some really powerful ones with congestive heart failure as well, incredible congestive heart failure data that you know, they're taking frail older people with heart disease.

And I just want to emphasize there's a japanese have done basic science why might far infrared sauna benefit a heart patient because it does seem to have a beneficial.

And you were about to say the lining of arteries, the endothelial e. Um and I think uh listeners this summit will probably hear the word empathy, liam over and over and over and nitric oxide production over and over.

But they've done the basic science to show that it improves endothelial performance and then they transferred to humans and not healthy human sick humans with advanced disease with weak hearts. And they've shown improvements in the blood values of congestive heart failure patients. The ejection fraction measure of the heart increasing. That is such a critical comment.

We use drugs to do that. We had a interview with Dr Mark Houston about metabolic cardiology supplements to raise the ejection fraction but infrared sauna is in the medical literature as improving and you want to improve your survival improve your ejection fraction. Actually measured how many feet these people could walk because these were frail people, partly the reason they wrapped them for 30 to 60 minutes and had them hydrate. Most people could probably skip that with a sauna like yours. But these were these were you know, medical patients and um, you know in the cardiology literature in japan infrared sauna is as promoted as the pharmacologic and other aspects of heart recovery or healing your heart naturally. Uh not just with you know, So pretty amazing. You mentioned a study in 2005 about blood pressure. So I just want to make sure as an important cardiovascular point. So many people are looking for natural solutions to either minimize or maybe eliminate their blood pressure medication.

So you have actual science there. I just saw a study in the last few months about you're going to exercise or you're going to exercise. Plus jump in a sauna after exercise randomized study out of Finland and blood pressure improvement in people with blood pressure problems was greater if you combine exercise sauna therapy to exercise alone, you can be a little cautious stay hydrated if you're weak and dizzy you know, always pay attention the way you feel.

But you gotta power house there behind you a little bit. Be proud as I would if I were uh co owner of such a great company. You and your husband Aaron about why the technology and I'm a botch a solo carbon technology to talk a little about E. M. F. People are concerned what you know, why are you different and why don't they have to worry about safety issues?

Yeah.

Technology, EMF Safety, and Product Options

So I'll do the solo carbon first and This is something we discovered into in 2005 when we were doing that study happened and we had that static results. The significant lowering of blood blood pressure as well as there was toxin removals, increased circulation, increased quality of life scores versus the other one that did not did not deliver.

And so that's when we started to do research of, what is it about our heater? What is it about this? That is that is so powerful because the other one had infrared. Right. So why what?

So essentially it's that quantity and the quality of the wavelength that we've been able to patent and um and deliver into all of our heaters. And essentially to make it really simple. We found a way to deliver the highest amount of far infrared possible in the most efficient way. So we have taken out all of the other wavelengths, all of the other, what I would call it kind of noise in the air and just focused on the highest quantity of the healing wavelength.

So it's really efficient. You know when you're in there and you can get in there. Here's another thing I really want to mention because I mean dr Michael Hamblin is beat this into my head and you can start receiving the benefits right when you turn it on. So you don't think people sometimes feel like they have to turn it on and like, you know, wait, let it get to really hot temperature or whatever. That's not true.

The energy he starts to work with your body right away and he really encourages us to keep talking about getting people to get in there right away and notice they'll notice a big difference in how they feel, that they just get in there when it's a little bit cooler because then it really gets into your body faster because it's not competing with you know the air my wife gets the 1st 30 minutes and I take the next 30 minutes we may have to start joining because we have a two seater. So we could be there together.

But usually there's a dog in there for a few minutes to they love it. Yeah. Yeah. Our dogs too. So then the E. M. F. I didn't answer that question. So we have done, I mean when we first started we always made sure we did everything to protect the electromagnetic field. But since I don't even know, gosh, five or six years ago we really put a lot of time into getting everything we can out um meaning no electric. And I didn't feel being amended inside um the sauna. And then we tested it.

We had a third party come in maybe two years ago just um show you know, so it's not us saying it it's somebody else testing R. E. M. F. At every level.

Because impulse it has three wavelengths. There's a tablet, you know, there's it's a lot more complicated than some of our just one person like the solo.

Which is easy, it's easy to cancel all that E. M. F. The impulse. It was harder. So we're constantly working on getting it from virtually like really really low to non existent which is where it is today. So people can know that you know when they're in there they're safe. And then there's also the easy button like you said. But there's an easy button for specifically heart health. So for cardio so you go in there so you don't have to think about which how do I do this? Just go in there and press the cardio button if you're looking for heart health benefits and then it's all done with the computer behind the scenes. So you don't have to worry about, there's a weight loss button isn't there? Like an anti aging.

But the anti aging, I love that one has a lot of near infrared. There's detox button relaxation. And another one of my favorites is pain relief and you know it certainly is a great place to stack other self help therapies.

A lot of people meditate in a sauna. I call that sanitation. It's like it cleans out your body and your stress. I mean you can listen to gentle music. There are people that do a little yoga flow or than the size of your sauna and other you know, combined therapies to benefit even more.

Just be a little careful with electronics, your phone and your laptop. Should you bring it in will heat up pretty quick. So maybe a place to leave those out and have a little refuge.

I think a lot of us find our sauna as a safe place to hide as much as possible. That's great. And you know, since you

brought it up, I mean your products are more expensive than some of the songs as you go into a big box store. I think you've talked about solo carbon technology being one reason very very low third party tested E.

M. F. Being another. I mean you have the full spectrum you have near mid and far infrared. That's extremely, is that not only unusual is that unique in the market or it's unusual in the market. Yeah, it's it's very unusual.

We have we have a patent on two, two or more wavelengths. So um being in the same place. So that's part of the reason that it's unusual because it's it's patented technology but it's that does make it a little bit more expensive.

But we do have other choices where I mean I am all about accessibility like making sure that everybody has an option And so you know if you can't do that three in one we have smaller models that are far infrared. We have the solo which is what kind of started it all. We still have that that little product a little tunnel that works perfect in an apartment or a studio or a house.

But it's on the lower price spectrum. But you get all the benefits. Yeah. It's fantastic. It's not a group experience. No not a group experience. But you know what? There's something valuable about being there by yourself. Yeah, absolutely.

A little bit like being a mummy but it's anti aging accelerate that aging. So yeah you got and then I think I read in the news, you just built a big song for one of the sports teams in Kansas city. Yeah. The Kansas city Chiefs, that sauna is just beautiful. Yeah. We're starting to do a lot more custom for athletic facilities because a lot of these teams are seeing the benefit for muscle recovery. You know our very own Patrick Mahomes and Travis Kelsey and chris jones and a lot of the cancer the chief had had their own first and they started telling their trainer and they noticed the difference in their body healing faster. And so yeah they invested in a large sunlight and sauna for their facility and sporting KC has one too which we're really proud of.

I mean typically in your home infrared sauna you're sitting pretty close to the panels. If it was a larger device, is there a fall off at which if you're six ft away you're not going to get as much benefit as if you were a foot away.

It's a great question. And so it depends on the wavelength if you're you do it doesn't really matter for the farm for red which is the one again that provides the heat that detoxify the body that also clinically has been proven in 2005 to you know help with heart disease and lower blood pressure, increased blood flow.

So that one it you're perfectly fine to sit anywhere you want in the cabin if you are if you are looking for the near infrared benefits, the invisible light that we talked about that has no heat that you have to be right next to it.

So when I was using there and for red myself for pain relief for when I was training for a marathon I would go in there and I would literally put my foot and my knee right up next to the L. E. D. S and that's where it needs to be.

It does make a big difference. If if you're removed, like if you're sitting and there's an led in front of you, if I were, you need to be like right up next to it.

You know, when I, I used to take for the anti aging program, I used to put my face right on the L. E. D. Before we go out to um, you know, any type of function. And that's that's where you're going to get the benefit if you're far back. You're not.

Athletic Recovery and Practical Use

I wondered because we have a common friend who built some fitness centers in Detroit with infrared panels as you exercise as a group. And I wondered how far can you be?

But if it's far infrared, you could be on a bicycle, you could be doing yoga, you could be swinging a kettlebell and still receiving far infrared wavelengths that would penetrate into your body. That's interesting.

Yes. As long as you have enough, you know, you couldn't do it. If it was just if you were in a room and there was

just one panel, you know, but if there's enough for the farm for a part near infrared, no, like that, you can't, that's a really big. That's an easy the answer because the data all shows and you have to literally like be right next to the led to get the benefit every step you move away from it changes the benefit. Okay, well that's very good.

Any last few comments you'd like to contribute. I think I just want to hit the highlights. A lot of research in animal studies, in humans with infrared sauna and the human research on cardiac conditions from high blood pressure to atherosclerosis to a very serious condition.

Uh, congestive heart failure, cardiomyopathy is wow! Own WN therapy is remarkable and it's still a secret. I mean, you know, very few cardiologists might mention that to a patient and they might find that a fitness center in town has one of your devices they can access or they might choose to purchase one. So these are hidden pearls.

We talked briefly, you tantalize us about mental health and depression. We talked about blood pressure, specifically weight loss, anti aging, detoxification and then some new products we got coming down the road.

I mean, that's I think an exciting, you know, package of information provided any last pearls you'd want to share, there doesn't have to be. But um, well, I just want to emphasize again because, you know, I'm so passionate about science and for for people are listening who want peace of mind that they're getting exactly what they're looking for, especially when it comes to heart disease and helping, you know, um, to make their heart healthier healthier heart we know for sure we did.

You know, I mean a study with a sunlight and some, there's not a lot anymore of product specific studies that have that type of an outcome. And so that was a really powerful study in 2005. That was double blind placebo, placebo controlled, randomized. It was a robust study, um, that delivered significant read reduction in blood pressure and so ultimately, obviously helping to, you know, live a healthier heart.

That's a pretty powerful data point. Um, that was with a sun lightened product. So that's probably the one thing I would just, you know, um, leave people with is that peace of mind that it's, it's, it's been studied with the product that's not this product, but the technology that's in this product behind me.

So they know, you know, that it's, it's not just, you know, kind of some box with if somebody wants to, they're intrigued Alice and learn more about your company. It's a simple U R L, but why don't you share with us? Yes. Enlighten dot com.

So S U N L I G H T E N dot com or you can call us direct. You can go to the website, we have a chat, we'll meet you wherever you want to be needed. So, and all over social media linkedin and instagram and facebook where you're posting the science of everything we talked about. Well, thank you very much for your time on a busy day. Uh, lovely Kansas city say hi to your, you know, your wonderful husband and you're doing so much good.

And I know all the listeners today either already knew this year. I'm going, oh my God, I totally missed that. This was real. And so science and not just about grandpa sitting in a hot tub.

Like they remember, this is cutting edge and it's a routine part of my integrated practice to bring up the therapeutic advantage for so many different conditions.

So thank you. Thank you. Uh, and uh, I know people benefited from your wisdom and your hard work and your courage to, well thank you so much for having me. It was an honor to be here.