Introduction to Infrared Therapy

Hello everyone. Welcome back to Reversing Hashimoto's and Thyroid Disorder Summit. I am your show host, Doctor Anshul Gupta, world's thyroid expert, and I am really excited for the the the next discussion that we are having, especially because, you know, it has transformed, so many of my patients life as well as has helped countless number of people to improve their thyroid in Hashimoto's and autoimmune conditions.

So we will be talking a lot more about saunas, infrared, red lights, a whole bunch of new technology and things which you can utilize to help with your thyroid disorders.

But let me introduce my speaker first before we delve into this great discussion. So, Connie, Zack is a co-founder of sunlight and the global leader in infrared saunas and and light therapies.

Inspired by her brother's health transformation, she and her husband, Aaron, live successful pharmaceutical careers to revolutionize the industry with science backed innovations.

Connie is a pioneer in infrared light technology, driving widespread education on its benefits through collaborative partnerships. A passionate advocate for holistic health, Connie integrates nutrition, exercise, mindfulness, and infrared therapies into her life.

As a mother, wife, wellness enthusiast, and entrepreneur. She brings light, hope, and happiness to the world, to her expertise in how infrared light and heat impacts healthy lifespan.

Connie, welcome over here. Thank you so much, Doctor Gupta. That was wonderful. I you know, I'm so excited to be here and to, you know, make a difference and help people understand the impact that infrared light and heat can have on their bodies and their cells.

Absolutely. You know, I really like, you know, like how you are giving hope, for all of these people who are suffering, you know, with Hashimoto's and thyroid disorders or even other diseases and, has made a huge impact.

So definitely something might have happened in your life, you know, that prompted you to kind of look way beyond your regular careers and found this great company.

So tell us a little bit more about how did this, you know, came about. Yeah. So I'm happy to a long time ago, over 25 years ago, which is hard to believe.

It's been that long. I don't feel like it's been that long, but I was 25 years ago. My brother was chronically ill. He had vertigo and fatigue and was, you know, nauseous and pain all over his body.

He was absolutely miserable. And he was young and he couldn't do anything. I tried going to lots of different doctors. Nothing worked.

Connie Zacku2019s Personal Origin Story

Finally, he went to his dentist, and his dentist realized that maybe it was his mercury fillings from his cavities that were leaking into his body. So he said to to my brother's name is Jason.

Is Jason. I, I think what's happening, what's the underbelly to all of this is you have heavy metal toxicity caused by your fillings, and that's what's causing everything.

And you need to get this mercury out of your body. I've been doing some research on this technology, this

wavelength called infrared. And it has the potential to detoxify heavy metals such as mercury out of your body.

And so my brother did some research, and he ended up buying an infrared sauna. And it transformed him into a healthy human being again, which was absolutely wonderful.

And I had the the good fortune to being able to watch this transformation. And then simultaneously, while I was working at Procter and Gamble and the pharmaceutical side, I started doing my own research.

And what I found, Doctor Gupta, which is mind blowing today, is this is a long time ago. I mean, really, really, almost before the internet, what I found was there was a lot of research that had already been done specifically on the endothelial function and the heart, and showing all these amazing benefits for heart health that were not available anyplace except for just in the research.

Nobody knew anything about it. And since I was in pharma and I was actually working on a antihypertensive medication, some other products, gastrointestinal products, I thought, wait a second, what if you don't have to have like, it's all about the medicine.

It's about the cure peeling back the onion and getting to the root cause. And maybe this is what I'm supposed to be doing. And so Aaron and I left our careers, and, you know, we spent the rest of our lives researching and dedicating ourselves to providing the most effective and efficient delivery of infrared, available on the market.

That's an amazing story. And thank you so much that, you know, you left your, you know, spanning career and then, you know, like, doing so much, you know, for helping a lot of people because, you know, like and time and again, you know, I keep on seeing Hashimoto's and thyroid patients and almost 90% of my patients have some kind of toxins, which is damaging the thyroid gland and mercury being definitely your top number one, because either they have leaking kind of mercury fillings or even the fish that we're eating today has high mercury in them.

And there is just one toxin. You know, there are so many other toxins, environmental toxins, more toxins. You know, like every of my patients have it.

So definitely they need a detoxification regimen to improving it. And, infrared plays a significant role over here. We all know saunas are great, but then the infrared technology definitely has you know, given a new level of improvement to it.

So why don't you share with us, you know, like, what is this infrared technology is there? And how exactly does it help, you know, a person's body to heal?

Yeah. So I'll explain it, in comparison to traditional heat. And I'll start with traditional, because most people that are listening, I'm sure are familiar with traditional heat, traditional saunas and traditional saunas.

Traditional heat. You get hot because the air is hot. So if you go outside, you're in a sauna where it's 150 degrees. We'll just call any temperature that when you walk in, sometimes it can actually take your breath away.

You just like, oh wow, that air is really, really hot. That's a traditional sauna. And you get hot and you sweat and there's lots of benefits. Infrared operates in a very different way.

It is what I call energy medicine because it's a type of energy that comes from the sun. It's safe and natural and needed for all living things. It is.

It is heat energy and light energy. So it's multidimensional. Infrared is a spectrum within the sun's light spectrum. So you get more benefits because the energy is working with your cells in your body at various levels.

So it you you're getting it's a multidimensional level of energy and how it works with your body. How does it feel? How infrared feels with your body is if you imagine if you go outside, like today in Kansas City, here in Overland Park, it's a perfect example because when I woke up, it was really cloudy.

And then there was a moment so amazing. I was actually on a call where I saw the sun come out and just I was even outside. But looking outside where I see the sun, there's just that feeling of, oh, there's the sun.

And if you're outside and you can, you can feel it, feel that energy get absorbed into your cells. There is a different type of feeling, and that feeling is infrared energy being absorbed into your body.

And that's what infrared feels like. It bypasses the air and heats the body directly. And when it heats the body. And this is where all the magic happens.

And we can talk about all the different parts of the spectrum. But essentially, as the energy is absorbed into your body, it's absorbed into your cells and causes movement to start to happen.

So this flow and movement in your body increases your circulation. It starts to increase the oxygen flow, it increases your blood flow and it starts to increase your core temperature.

That increase in core temperature, that activation of the heat shock proteins, all of those things that start to happen since it sets off this biochemical cascade.

How Infrared Helps Hashimotou2019s and Detoxification

Doctor Gupta, that impacts every single system. So that's how it can help everybody that's listening with Hashimoto's because it helps with inflammation.

It helps decrease inflammation, in fact far infrared wavelengths. And then within the infrared spectrum there's four different wavelengths far infrared activates a gene that helps to regulate inflammation.

So that wavelength is really important for somebody that's listening. That has Hashimoto's far infrared is out of all of them, the most important to have, because it's the one that starts to decrease inflammation almost immediately starts to increase circulation.

With that increased core temperature, you start to impact all the different detoxification pathways. So you're going to start to remove, you know, mercury and lots of other, toxins, you know, from the body infrared also helps with the decreased inflammation, relieve pain if people are experiencing pain.

Probably one of my favorite benefits right now because especially, you know, everybody's just so busy and so overbooked and and so stressed, infrared helps to decrease cortisol and helps to calm the nervous system.

So people that are in that sympathetic state and, you know, their heart rate variability is low. And they're just you know, their cortisol is high and they're just in a really chronic state of stress.

Infrared can help to completely calm that almost immediately when you when you first get in. So those are some a touch on some of the ways. There's many other ones as well.

But you know decreased inflammation, promoting detoxification, increased circulation and calming the nervous system is those are four key ways that sunlight and infrared can help with Hashimoto's.

And that's amazing because all of these core four things that you mentioned is needed for all of the Hashimoto's clients to get better, because, you know, most of the Hashimoto's clients have cold intolerance, so their circulation is very poor.

You know, to their extremities. So improving the circulation definitely will, you know, feel them a little bit warm to go into their body. Second of all, reducing inflammation.

We know Hashimoto's is an inflammatory condition. That's the reason body's antibodies are so high. So reducing inflammation definitely will be so useful for them.

And the third thing you mentioned is detoxification. And we've already spoken about it, that almost all Hashimoto's patients will have some or the other toxin flowing through the system.

So that will be really great. But detoxification and removing those toxins. So I'm so glad that, you know, it helps with all of these things. And then plus rebalancing the adrenals, most of the Hashimoto's patients is what we call as this wired and tired that they're so wired during the day or like, you know, so wired during the night and then tired during the day, they cannot function.

So rebalancing their adrenals gives them that energy and peace of mind. So that is so great that infrared, you know, is helpful with all the different parameters of Hashimoto's, not just, you know, with detoxification that we initially thought about.

So that's amazing. So tell us a little bit about like, you know, infrared spectrum that you're talking about, like, you know, for different wavelengths and if there is any specific things that people should be aware of of these particular, like, you know, four wavelengths of infrared.

Yeah. That's what makes infrared so special. Is there, are four different parts of the infrared spectrum. And that energy level with each part impacts the cells in the body at different levels.

So I'll just go through each one really quickly. Far infrared. That's the one I talked about that I call for, I call for infrared, the foundation and especially for anybody with Hashimoto's, just because all the benefits I just referred to as far as detoxification and calming the nervous system, an increase in circulation and decreased inflammation, all of those come directly from the far infrared wavelength.

That is a light energy, but it's felt by heat. The next one is mid-infrared. That one's a little bit. That wavelength is shorter, a little bit more intense.

An experience. It's also felt by heat. The heat though is a little bit more intense. And it's not it doesn't go as it's not absorbed as deep into the body.

It's really great for the muscles and the tissues and joint and joints and helps great for muscle recovery. It also works synergistically with foreign for read, for increasing caloric burn and promoting weight loss so that, those two together are really nice and a nice blend.

And then the next two are delivered by light energy. And there's lots of great data on both of them for people with impaired thyroid function as well as Hashimoto's as well as, you know, cognitive function and, and the first one I will refer to is near infrared.

The reason is delivered by light is because if you were to get the maximum amount, by heat, you would burn yourself. Just it would just be too hot. And it's not you just can't do it.

So we've converted the energy into LEDs and it's light energy in there. And it interacts with your body by penetrating the skin at the deepest level. So it goes through the the dermis and it gets into your cells deeper than then than any other, parts of the, the light spectrum.

It's really great for skin health. It's excellent for helping to increase your mitochondrial function and giving more ATP and helping. When you talk about energy, you know, as far as the tire, the wired and tired near-infrared is a great way to help decrease fatigue because it literally helps to the body make more more mitochondrial engines and increase your energy level right next to near infrared.

So what I need to mention this near infrared is invisible light. And when we brought this to market in 2010, man, it was really hard for people to understand light energy, especially when we said, oh, here's a light energy that's extremely powerful.

And oh, by the way, you can't see it. I mean, people were like, whoa, this is crazy. So we've been spending the

past 15 years elevating the importance of light energy.

The good news is there's another piece of light energy in the infrared spectrum that people can understand. And that's red light. And they can understand it because it's visible.

It does not go as deep as near infrared, which is why we introduced name for it to the marketplace in 2010. But it does penetrate the skin and it does work beautifully with near infrared.

So those two together provide this powerful anti-aging mitochondrial, super power to your cells. I like to say that the infrared spectrum essentially supercharges your cells.

It just gives your cells this refresh reset gets rid of a lot of the dead ones, so that the new ones, you know, can, help your body be stronger and healthier, have the energy that you want, you know, get rid of that fatigue, and help with the cognitive function when you get all four of them.

That's the ideal. But if you can only have one, because I understand sometimes shooting for the stars is not, you know, it's not in the stars at the particular moment in time.

So if you can only have one far infrared is is would be the way I would start. And we have a product and sunlight and called the sunlight solar which is a light on model. It's really easy to use.

That's the other thing. Doctor Gupta I wanted to mention is the experience is very gentle. And while you are receiving the heat, it is not oppressive.

And you, you start to feel your circulation happen and you start to feel your nerve endings, and you can feel your hands better because your circulation is happening, but you're not like, so hot that you're exhausted.

It's a completely different experience than a traditional sauna. It's very, very enjoyable and you can actually do multiple things while you're in there.

I took us on to this morning and I did breathwork. I also did, a new meditation exercise, which was wonderful.

Infrared Spectrum and Wavelength Benefits

And that is so helpful, you know, for your body, especially if you're living in this wired state, to be able to get your body into a calmed, parasympathetic state so that your body can receive the energy at the optimal level, the infrared energy, let it do its work.

That's my visualization. When I'm in there, I like Connie, just you need to relax and invite the energy into your body so that it can do its magic and transform my body and, you know, and make my cells stronger and, you know, healthier.

And I love that, you know, because, you know, it's all about healing. And we want to heal our body. So we definitely need to give a break to the body, to our hormones.

Let the vitamins, minerals, everything, you know, like, do the job, which they're supposed to do. So this is a great thing that, you know, it's a more a relaxing experience rather than, you know, like, difficult experience, which a lot of my patients have experienced before.

When they have use a traditional sauna, they will not be able to tolerate that heat, you know, even though they are feeling cold. But still that heat is too much for them to handle.

So infrared experience is definitely a little bit better. Now let's switch words, you know, and again, most of the patients you know, that I have seen know the first question they ask me is that Doctor Gupta, is this infrared safe?

You know, like it's because, you know, we have been thinking about UV light or any of the things. Is it safe for my thyroid, Hashimoto's and things. So can you talk a little bit about the safety profile of it.

Yeah. So that's a great question. And I remember it brings me back to the basement when we started the company, because that was the number one question was I've never heard of this.

Is it safe and really is infrared energy for those of you who have children or, you know, everybody was born that that's listening when you were born, the infrared energy was put into early in the as a baby, you know, in the whatever those like little bins or call when you're born, you know, that is infrared lamps and infrared energy because it's at a lower temperature and it emulates the mother's womb.

And that energy is completely safe because it's they wouldn't use it with, you know, infants if it wasn't completely safe. And it is so gentle that you almost a lot of times when you get in, you're almost like, is this really even on?

Because it's so gentle? Now again, once you get in there, the energy starts to connect with your body and everything starts to change. And you know, you do start to feel your body.

You know, increasing your your core temperature and starting to promote some sweat and, and, similar to exercise infrared as an exercise mimetic. And so you get that similar, you know, experience.

But it's passive I call it passive cardiovascular conditioning, which is great for people who can't go for a run or, you know, can't extend if, especially if they have muscle aches.

Like my brother when he was sick, he couldn't he couldn't exercise because he was in so much pain and he was so abnormally tired, like completely exhausted all the time that if you did something, he would have just, you know, it would have probably given him like the the opposite effect.

Right. So yes, it's very safe and natural. The light energy of infrared that comes from the sun, the majority of the wavelengths that are in the sun or in the infrared wavelength, and similar to photosynthesis and with plants, it's energy that's it's needed.

You really you need it to survive because our bodies are just essentially solar panels. And in order for our cells to be activated and charged, we need the light energy to come in.

And that's what infrared is. It is very safe and natural and needed, you know, for all living things. And and we all were introduced to it, you know, when we were born, you know, as well as even in the mother's womb, you have, you know, our bodies have emit infrared and there's cameras that can, you know, you can see, you know, the infrared cameras or you can see the different wavelengths and, but side story is actually one of the ways that it was invented for so long ago.

But yes, I thank you for mentioning that question. I don't get it enough. Any more. And it's so important that people feel safe while we're on the safety.

The other thing that that comes to mind that I want to mention is earmuffs. That a lot of people have questions are is there a, an electric magnetic that magnetic field since I'm inside, you know, a box and I'm being heated is there you know, any type of danger there. And reality is over the years, we have been able to get our sunlight and saunas down to virtually a non-existent level of emfs emitted in the sauna.

And we have the third party testing to demonstrate that result as well. So it's not just me, Connie's act telling you you can if you want to see the report.

The report is is on our website and it's completely safe. And that is so amazing. You know, like because again, EMF exposures, a lot of the patients don't even realize that is the sensitive to it that can cause so much damage to their body, can cause inflammation, definitely mess up with their, you know, circadian rhythms.

So I'm so glad that, you know, you are paying attention to these small details, you know, which can make a huge difference. And that's where I think I would I would like to put you on the spot and just ask you this question, you know, and maybe, you know, if you want to avoid it, that's fine.

But, you know, like there are so many different infrared saunas in the market, right? But you have been in the like researching and developing and modifying your product for such a long time.

So what makes your product different and special for people? Yeah. Now it's a great question. And it's important question. It's important for people to know because you're right.

There are so many products. And and over the years there's so many different, companies slash products that have come and gone and what makes sunlight and special and what we have dedicated ourselves to.

I mean, we're the leaders in light science, both in heat and light, and we've become the leaders because we have committed to providing the most effective product, as well as the most efficient product.

And so we have mastered the delivery of this energy into the body and filtered out any of the non therapeutic parts of the wavelength. And then we patented it.

And what's important about the patent is it gives you and and other people peace of mind that if I'm looking at another company and they say they have the most effective, they don't have the highest, most infrared dense product on the market because that's what we have.

Patent, patent. That's a hard word to say, a pat. But, we've we've had the patent on the most emissive infrared. And then we also something else that makes us special.

I mean, there's lots of different things, but some I'll just focus on 3 or 4. The, the second one behind the most infrared dense, would be the ability to provide the infrared wavelengths independently, separately, and the max quantity.

And what I mean by that is remember I talked about the infrared spectrum. So what we've done is we've separated out each wavelength. So when you're sitting inside impulse that's specifically the one that's a unicorn.

There's nothing else like it. You get the maximum amount of form for red into your body. And then separately we have mid-infrared heaters independently and isolated.

Safety, EMFs, and Product Differences

And you're getting the max of the highest frequency of that, the moving over to near infrared. The invisible LEDs. Again the precise and targeted wavelength of that at the at the deepest penetration to your skin.

So it's the most effective and most powerful near infrared on the market. And then right next to that is the red light. Same story, but they're all independently.

And then the my next special sunlight and story is we developed years ago programs where we mix the wavelengths together and change the frequency and the intervals to focus on desired outcomes.

We have six different outcomes that we deliver. So we have the cardio program. We have relaxation program, detoxification, anti-aging program and all of that.

You just it's at the press of a button. So you go in there, you just you press the detoxification program. Then that is all fired up with the brains. That's behind the scenes that we've developed to activate the wavelengths at the right levels.

You know, for example, the anti-aging program, which focuses on detoxification from the inside out so that your

skin glows and radiates and then, skin repair, boosting the collagen and elastin, which just happens from the near-infrared and the red light.

And we blend those three wavelengths. We leave mid-infrared out because that's a more intense experience. And that's not the ideal experience for your skin.

You really want a lower temperature to promote the healthiest looking skin. And that program has three of the four wavelengths at the right, the right time intervals as well.

So that's something else that nobody else has. And then, you know, we go to the safety elements and we go to the highest quality materials. And the way we source our wood is, you know, environmentally friendly and sustainable.

And we work with the ideal like, the best wood manufacturer in the United States. I love them so much. And, you know, we just pay attention to every single detail and we really care.

I mean, we really we care about people being healthier and feeling better. I mean, our brand, promises to have people feel better to do more of what they love to do and to live the fullest life possible as a result of what I do every day and what our sun lighting team does and we take that's a that's a big, lofty promise and we take it really seriously.

So those are some of the things, Doctor Gupta, that make us different. I'll just mention one more because this is important. This is scientific. So in 2005, University of Missouri, Kansas City did a double blind, placebo controlled, randomized trial with our sunlight and solo sauna against a placebo.

So it looked exactly like our sunlight. And so solo, another infrared sauna with a typical type of infrared emitters that has a much lower. It's not as infrared dense.

So you're not getting as high quantity different frequencies. So you're not interacting with the cells the way I just described sunlight and stars. And when we got the results, the sunlight and sauna was the one that statistically significantly lower blood pressure.

That was the one that helped increase your quality of life scores. That was the one that promoted detoxification and the other one didn't. So that's a scientific example of an infrared sauna that's on the market versus a sunlight and sauna.

Hopefully that helps provide a little bit of clarity. I'm not one to ever talk, you know, negatively about other. I'm trying to just focus on the sunlight and portion, of what we've been focusing on.

And, and the facts, you know, that case study as well. Absolutely. And again, I love the research and the scientific portion of it because that's what I also promote.

And I also do talk about it, that, you know, whatever we are doing in functional medicine or natural medicines, you know, if there is a science behind it, somebody has research, then that is the thing that, you know, makes more sense.

And you're absolutely correct that, you know, I give this a similar to like supplements. A lot of my patients say that, you know, we are taking these tons of supplements.

Nothing is making a change. And I tell them quality of supplements matter a lot. You might be taking supplements, but if they are poor quality, if they're not doing anything, they are not going to help you out.

So you have to have high quality of supplements. So I think this is very similar over here that if you really want to improve your health, if you're serious about getting the results, then you have to use the highest quality.

And at least somebody who has, you know, paid attention to the detail as well as has reasons behind it. So that's

where, you know, I love about you that you shared about that research and also science behind it.

So that's really good. So let's say like somebody, somebody wants to get started with saunas or like infrared, you know, specifically, is there a process, you know, like how should they get started?

Is there like a few minutes that you recommend to them? What is the best way of using it? Yeah, I recommend starting low and slow and listening to your body and seeing how your body feels afterwards.

So, you know, getting in the ideal way in getting in an infrared sauna is to turn it on, get in. So there is this there is this preconceived notion because people are familiar with traditional heat that you have to warm something up before it's healing.

And with infrared energy, it's like a light bulb. When it's on, it's on and it's in. So when when you turn it on, that energy is ready to be transferred into your water molecules and your mitochondria and start going to work.

And so let it do that. You know, if you desire a hotter experience, that's a personal preference, but it's not an indicator of success or healing. The really best way to use a sauna?

Get him turn it on. You know, stay in there when you first start staying there for like ten, 15 minutes and see how you feel. Drink a lot of water. That's really important.

The hydration. Also it's important especially for those listening, particularly on this, topic, is making sure you are replacing your electrolytes and the minerals.

So you need to make sure you're, you're, you're getting some sodium and you're getting magnesium and potassium because that, that those will come out, I guarantee you.

So, I mean, my functional medicine doctor, when she did my sodium, she's like, Connie, what's going on? She's like, you're using your sauna too much. And I'm like, no, I'm not using it too much.

I just need to add sodium back into my, you know, to my diet because I'm a low sodium eater.

How to Start Using Infrared and Where to Buy

Anyway, I'm also a, you know, like lots of exercise and I drink a lot of water. And obviously I am a, you know, I'm a like a sauna user. And so that it's really I had a, an awakening.

And so I would really want to make sure I'm very, very passionate about the electrolytes and monitoring it and making sure that you are replacing those, those important minerals.

So that's how you get started. And then gradually move up, you know, and go a little bit longer, you know, and you will know. You will know how long you need to go.

So as far as a protocol, as far as what you're going to work up to, because I get that question a lot. You can work up to 40 minutes once a day. If once a day is too much, then do it 3 to 4 times a week.

But starting don't do that. Start. Start at 15, 10 to 15 minutes and see how you feel and then come back. You know the that in two days and then do it again.

And then just keep keep doing that until you start to feel like, you know what, I'm ready to go longer and then go longer. I think, again, that's so important.

You know, like two important points over here is that, you know, start slow. So start with a few minutes, five minutes, ten minutes, 15 minutes. See how your body does, how it tolerates.

And then gradually build it up. So thank you for sharing that. And plus definitely replace those minerals because again you're absolutely correct. A lot of my patients you know, they have been using saunas for a long time.

And nobody told them that you have to replace the minerals. And suddenly they go to the regular doctors. And their electrolyte balance is like everything is low and obviously they are feeling worse.

So I tell them it's very important replace the minerals. So absolutely. Thank you for sharing that also. So tell more people about your products where they can find more information about it and you know how they can get it.

Yeah. The best place is our website, sunlight Incom. Or you can call us at (877) 292-0020. Or you can go to our website and you can chat. You can follow us on social media.

And we'll, we'll post our, our accounts there. And for your audience who are listening, we have a special code so they can get a discount. And we're all about Doctor Gupta access.

Like, I really want to make sure I meet people. Can't take advantage of this powerful energy if they're not going to use it. Right. And so how as how can we provide as many tools and resources and access and discounts like whatever we can do so that people, have the opportunity to experience it?

That's what we're all about. So we're providing everybody the opportunity to get up to $1,400 off. You do need to mention Doctor Gupta. So so that way that's that's the key to unlock that code and, yeah, just reach out and and reach out to us and we'll have a very, very large amount of infrared consultants here at sunlight and that are well trained and knowledgeable.

And their job and their goal is to find the right fit for everybody listening. It doesn't necessarily have to be the sun behind me. It could be the silo.

It can be, you know, the signature. We have four different collections, lots to choose from, lots of different price points. And if you're not ready for a sauna, we also have panels, red light panels, so you can start there.

We're also just just recently launched this fabulous red light therapy mask so you can you can start there if you want. I mean, no matter where you are in your wellness journey, one of our core values here at sunlight is to embrace wellness.

So we will meet you wherever you are and be there to help guide you along the way. Thank you so much. And that's so wonderful that you are providing that you know, touch points with people because, we are living in the world of AI and majority of the companies have what's on their website.

Yes. You want to order something and you know, like you ask them something and there's nothing wrong with technology. I'm totally all for it. But sometimes you need that human touch.

You know, as you said, everybody's at a different place. So kind of knowing where they are, where their issues are and what can be the best product or like, know services for them.

So I'm so glad that your company provides that touch points for people they can talk to actual person who can, walk them through, to the various products and which is the best fit for them.

And I thank you so much for providing the code because, you know, like, you know, it helps a lot of people, you know, like, well, this is a journey and people are using so many different things.

So even small bits of discounts for people, you know, like that helps them a lot to kind of make it more affordable. So I'm so glad that you are putting your time, effort, and you know, your heart is in the right place of helping all of the people to get better in their health journey.

Thank you so much. Thanks for inviting me on the summit. It's been such a joy getting to know you better. And

thank you doctor Gupta, for the work you're doing to help all these people who who need your your guidance and your direction and your knowledge and your resources.

So what a wonderful thing that you were doing. And you know, hats off to you for for putting all this together. I'll thank you so much. You know, definitely.

It is a really pleasure, guys. I will highly recommend to check out infrared technology and specifically like infrared, sauna or other various things that sunlight is offering will have all their links into the description, so please check out the website.

Obviously they have several testimonials of not only regular people, but providers, whose life has been transformed by using their products. So please go and check it out and talk to their consultants to kind of see, if that is the right product for you.

And if they can help you out. So, Connie, again, really, really thank you so much for coming over here and sharing all the knowledge and information that you have.

It's been my pleasure. And anybody is know I'm also on social media and I'm easy to get Ahold of. So if anybody needs any guidance, knowledge, feel free to reach out to me as well.

I'm here to help. I'm here to support you. Feel better? Absolutely wonderful. Thank you so much, Connie. Guys, please, again, listen to the interview. Yes.

She shared a lot of information over here, so you might have to listen to it again. But the bottom line is that infrared technology is great. When you combine that with a sauna, you get amazing benefits from it.

So please check out and make it as a part of your healing wellness as well as, you know, thyroid routine. So this is what I have for you today. I will see you next time.

Again, thank you so much for joining us over here. Bye bye.