Introduction to Infrared for Thyroid Health

Hello, everyone. Welcome back to Reversing Hashimoto's and Thyroid Disorder Summit. I am your show host, Dr. Anshul Gupta, world's thyroid expert. And I'm really excited for 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 and Hashimoto's and autoimmune conditions.

So we will be talking a lot more about saunas, infrared, red lights, 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 Zach is a co-founder of Sunlighten, the global leader in infrared saunas and light therapies.

Inspired by her brother's health transformation, she and her husband Aaron left 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, entrepreneur, she brings light hope and happiness to the world through our expertise in how infrared light and heat impacts healthy lifespan.

Connie, welcome over here. Thank you so much, Dr. Gupta. That was wonderful. I'm so excited to be here and to 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 came about.

Connie Zachu2019s Origin Story and Sunlightenu2019s Mission

Yes, 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 over 25 years ago, my brother was chronically ill.

He had vertigo and fatigue and was nauseous and pain all over his body. He was absolutely miserable and he was young and he couldn't do anything. Tried going to lots of different doctors, nothing worked.

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 my brother, his name is Jason, he said, Jason, I think what's happening with 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 good fortune to being able to watch this transformation. And then simultaneously while I was working at Procter & Gamble and the pharmaceutical side, I started doing my own research.

And what I found Dr. Gupta, which is mind blowing today, because 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 in the heart and showing all these amazing benefits for heart health that were not available any place except for just in the research.

Nobody knew anything about it. And since I was in pharma and I was actually working on an 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 Erin and I left our careers and We've 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 left your spanning career and then doing so much for helping a lot of people. Because time and again, 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 a 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. There are so many other toxins, environmental toxins, mold toxins, 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 probably 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 with 150 degrees, we'll just call any temperature, that when you walk in, sometimes it can actually take your breath away.

You're 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 heat energy and light energy.

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

So it's a multi-dimensional level of energy and how it works with your body. How does it feel? How infrared feels with your body? If you imagine 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 wasn't even outside, but looking outside where I see the sun, oh, 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.

How Infrared Works and Why It Helps Hashimotou2019s

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 sets off this biochemical cascade, Dr.

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 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 mercury and lots of other toxins from the body.

Infrared also helps. with a 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 so stressed, infrared helps to decrease cortisol and helps to calm the nervous system.

So people that are in that sympathetic state and their heart rate variability is low and 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 first get in.

So those are some. I touched on some of the ways. There's many other ones as well, but decreased inflammation, promoting detoxification, increased circulation, and calming the nervous system.

Those are four key ways that sunlight and infrared can help with Hashimoto's. 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 circulation definitely will you know feel them a little bit warmth going to their body.

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

And the third thing you mentioned is detoxification. And we 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 by 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 give 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, four 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, I call far 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 and 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 of an experience.

It's also felt by heat. The heat though is a little bit more intense. and 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 joints and has great for muscle recovery.

It also works synergistically with foreign infrared for increasing caloric burn and promoting weight loss. So those two together are a really nice, 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 cognitive function.

And the first one I will refer to is near infrared. The reason it's delivered by light is because if you were to get the maximum amount by heat, you would burn yourself.

It would just be too 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 dermis and it gets into your cells deeper than any other parts of 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 the body make more mitochondrial engines and increase your energy level.

Right next to near infrared, So well, 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, what? This is crazy. So we've been spending in 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 near-infrared 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 superpower 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 can help your body be stronger and healthier, have the energy that you want, you know, get rid of the fatigue and help you to 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'd only have one, far infrared would be the way I would start. And we have a product in sunlight called the Sunlight Solo, which is a light on model.

It's really easy to use. That's the other thing Dr. Gupta I wanted to mention is the experience is very gentle.

Infrared Spectrum: Far, Mid, Near, and Red Light

And while you are receiving the heat, it is not Oppressive and you, you start to feel your circulation happen. You start to feel your nerve endings and you can feel your hands better because your circulations 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 a sauna this morning and I did breath work. I also did a new meditation exercise, which was wonderful. 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'm like, Connie, just you need to relax and invite the energy into your body so that it can do it's magic and transform my body and, you know, and make myself 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 bodies. 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 is they're supposed to do.

So this is a great thing that, you know, it's a more relaxing experience rather than, you know, like difficult experience, which a lot of my patients have experienced before when they have used 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 gears. And again, most of the patients that I've seen, the first question they ask me is that, Dr.

Gupta, is this infrared safe? Because we have been thinking about UV lights or any other things. Is it safe for my thyroid Hashimoto's and things? So can you talk a little bit about the safety profile of it?

Yes, 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 reality 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 in purely 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 do start to feel your body increasing your core temperature and starting to promote some sweat. And similar to, exercise, infrared is an exercise memetic.

And so you get that similar experience, but it's passive. I call it passive cardiovascular conditioning, which is great for people who can't go for a run or can't extend, 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 he did something, it would have probably given him the opposite effect. 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 are in the infrared wavelength.

And similar to photosynthesis with plants, it's energy that's needed. 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 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 that side story, it's actually had one of the ways that it was invented for so long ago.

But yes, thank you for mentioning that question. I don't get it enough anymore. And it's so important that people feel safe. While we're on the safety, the other thing that comes to mind that I want to mention is EMFs that a lot of people have questions are, is there an electric magnetic field since I'm inside a box and I'm being heated?

Is there any type of danger there? 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, Zach, telling you. If you want to see the report, the report 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 sensitive to it.

That can cause so much damage to their body, can cause inflammation, definitely mess up with their, you know, circadian rhythm. 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 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 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, no, 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 over the years, there's so many different companies slash products that have come and gone. And what makes Sunlighten 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 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 patented.

That's a hard word to say. We have the patent on the most emissive infrared. And then we also, something else that makes this special. I mean, there's lots of different things, but I'll just focus on three or four.

Safety, EMFs, and What Makes Sunlighten Different

The second one behind the most infrared dense would be the ability to provide the infrared wavelengths independently, separately, and a 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 far infrared into your body.

And then separately, we have mid infrared heaters independently and isolated, and you're getting the maximum, the highest frequency of that. Then moving over to near infrared, the invisible LEDs, again, the precise and targeted wavelength of that 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 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 you just, it's at the press of a button.

So if 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.

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 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 time intervals as well.

So that's something else that nobody else has. And then we go to the safety elements and we go to the highest

quality materials and the way we source our wood is 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 sunlight and team does.

And we take, I mean, that's a, that's a big lofty promise and we take it really seriously. So those are some of the things Dr. Gupta that make us different.

I'll mention one more, cause 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 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 a quantity, different frequencies. So you're not interacting with the cells the way I just described the sun lightens does.

And. When we got the results, the sunlight in sauna was the one that statistically significantly lowered 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 negatively about other, I'm trying to just focus on the sunlight and portion of what we've been focusing on and the facts of that UMKC 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 researched it.

then that is a thing that you know makes more sense and you're absolutely correct that you know I give 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 research 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 wants to get started with Sonos or like infrared, you know, like specifically, is there a process, you know, like how should they get started?

Is it 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 so 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. 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 sonnet, get in, turn it on, You know, stay in there when you first start, stay in there for like 10, 15 minutes and see how you feel.

Drink a lot of water. That's really important. The hydration also the 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 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. Cause I'm a low sodium eater anyway. I'm also a, you know, in like lots of exercise and I drink a lot of water.

And obviously I am a, you know, I am like a sauna user. And so that it's really, I had an awakening. And so I 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 we 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 three to four times a week.

But starting, don't do that. Start at 15, 10 to 15 minutes and see how you feel. and then come back in two days and then do it again and then just 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, 10 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 the electrolyte panels is like, everything is low. And obviously they are feeling worse. So I tell them it's very important to 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.

How to Start Using Infrared and Where to Learn More

Yeah. The best place is our website, sunlighton.com 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 post 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 Dr. Gupta access. Like I really want to make sure, I mean, people can't take advantage of this powerful energy if they're not gonna use it, right?

And so 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 Dr. Gupta. So that way, that's the key to unlock that code.

And yeah, just reach out and reach out to us and we'll have a very, very large amount of infrared consultants here at Sunlighten 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 sauna behind me. It could be the solo, it can be, Yeah, the signature that we have four different collections, lots to choose from, lots of different price points.

And if you're not ready for Asana, we also have panels, red light panels, so you can start there. We're also just recently launched this fabulous red light therapy mask.

So 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 bots on their website.

Yes. You want to order something and you know, like you ask them something and there's nothing wrong with the 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 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 thank you so much for providing the code because it helps a lot of people. Wellness is a journey and people are using so many different things. So even small bits of discounts for people, 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 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 has been such a joy getting to know you better. And thank you, Dr. Gupta, for the work you're doing to help all these people who need your guidance and your direction and your knowledge and your resources.

So what a wonderful thing that you are doing. And hats off to you for putting all this together. Well thank you so much definitely it is a really pleasure guys I will highly recommend to check out infrared technology and specifically like infrared saunas or other various things that Sunlighten is offering.

We'll 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 more, 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 the 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.