Infrared Therapy's Role In Heart Health Transcript

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Introduction to the Summit and Sunlighten

All right, everybody, welcome back. Great, great topic. We're going to cover with one of the experts in the world. And you really want to stay tuned and take notes.

Reversing Heart Disease Naturally Summit 2.0. You may remember a really information packed interview last year and the first year of the summit with Connie Zack, co-founder with a wonderful husband, Aaron, of a company called Sunlighten® and sunlighten.com.

I would say the premier infrared sauna maker in the world, the one that I sweat in and the one that my wife sweats in. And we're grateful to have such a great healing device in our own home, as actually did two of my three children.

And when the third child gets settled fully, she'll have one, too. But thank you. Thank you for joining us Connie Thank you Dr. Kahn. It's so great to see you. We were chatting.

You're in Kansas City, which is reading named Taylor Swift Land, right? That is why she is here every minute, every day. She's got to be the next endorser for Sunlighten Sauna two of your product.

That's our that's our plan. You know, Travis has our sauna. Oh, he is. A little inside. He's at it for quite a while. So, yeah, I. Would have to say more.

I don't know that everybody loves the Pfizer connection, but we absolutely love the Sunlighten connection. Sorry, sorry for the side comment there, but we the this is a cardiovascular summit that, you know, people are familiar with their health club or remembering grandpa.

I can remember grandpa and grandma sitting in a sauna at an old fashioned health club years ago. But we're talking a whole new technology backed by science.

We really like this summit to be evidence based. So just lay down a little groundwork, go back. I think it's the 1980s in Japan and why we are so excited to talk about heart disease, heart prevention.

I don't want to say treatment because it's not FDA approved treatment, but heart issues and infrared sauna and the scientific basis. You're an expert.

Yeah. So what I love about that, that question is that in the infrared, I mean, this is what I've been doing for the past 25 years.

Infrared Sauna Science for Heart Health

And I am so immersed in the science and the evidence that supports infrared for longevity for for so many different age related diseases. You know, one of them being, you know, heart health and an infrared is is the most studied specifically when it comes to cardiovascular diseases.

And and it takes me back to when we started the company and I started doing research and I've never heard of this wavelength and and sort started going through all of the different studies and all of them were over in Asia and showing the impact that infrared had on the heart and how it was making it healthier and how people with coronary artery disease and people with CHF that infrared wavelength when they experienced it, a lot of them through therapy, you introduced me to it which is I think is pretty you pronounce it way on is that right?

Right. Yeah. It significantly benefited and changed their endothelial lining. It changed the blood flow and there's

actually a study on the fact that it may save lives as a result of using infrared for a couple of times a week, for six weeks.

So there's lots of different I mean, IMAMURA There's so many different studies showing the positive impact. And the great thing is because infrared is a spectrum, the great thing is that all these studies are really with far infrared, which is one part of the the wavelength.

And so and we have a sauna just far infrared alone. I mean, that's how we started the company. And so I'm sharing that because you don't necessarily need to have even though I love the entire infrared spectrum and there's magic to the invisible, there's magic to read as magic med.

But for for specific cardiovascular benefits, all of the research were on the far infrared wavelengths specifically. Excellent. And so you throw out a term I just will make sure the audience gets it W A O N and it's a Japanese word, so neither of us know how to say it perfectly. Waon waon, warming heat and there are, I would estimate, at least three dozen published human papers, as well as basic science papers, like you said, actually healing arteries and in humans, humans with heart failure or CHF, as you use the proper term, they walk further.

If they use an infrared sauna, their ejection fraction pump strength goes up. Amazing data, their blood tests called BNP heart failure go down into a more normal range.

If it were uphill, it'd be FDA approved and very popular. But it's repeated use of thermal energy, and I think that's a fair statement. And she said it was done with infrared sauna, but like you're in front of an actual Sunlighten sauna that we call it, I think full spectrum because it's got near mid and far.

It's sort of the state of the art. So exciting. It's a little bit you know, I talk nonstop to patients about high blood pressure and we'll be talking about high blood pressure and a little bit about the role of infrared sauna.

People don't want to be on pills or they want to be on less pills. What could an infrared sauna do for a person who's struggling with their blood pressure?

Yeah. So in 2005, the University of Missouri, Kansas City, did a double blind, placebo controlled, randomized clinical trial and showed it was a six week clinical trial and showed a significant a six statistically significant reduction in blood pressure with using the Sunlighten sauna versus the placebo.

And so, I mean, that's pretty powerful. I mean, I know coming from pharma, I was at Procter and Gamble before we started Sunlighten and specifically on the cardiovascular department looking at ways to help people lower blood pressure and it was so hard with pills is you're affecting something else in the body you know so you may be able to lower blood pressure, but usually there's other other side effects.

And we were able to do this, you know, in a very safe way. You can do it in the comfort of your own home. It also helps. We also know it helps increase blood flow and increase circulation.

And without taking a blood pressure medication, which is really nice.

Blood Pressure and Circulation Benefits

Some people might be thinking about, you know, a steam sauna that you might get in at 180 degrees and all the warnings that are on the outside are maybe a dry heat.

More Arizona kind of sauna. That typically would be that hot. What's kind of the temperature range and is there any advantage getting in when an infrared sauna isn't even all that hot?

Yes. In fact, Dr. Hamblin, we were talking about before, who is our on our medical advisory board, and he's an expert in infrared and is really teaching us as we as we develop advancements in our own product, is teaching us how to perfect those advancements.

Scientific evidence base, he would say if he was here for you when you're charged on this sauna and as you turn it on, get in. Because specifically on the far infrared part of the wavelength is the longest wavelength that is absorbed into the body.

When it is turned on and activated, it is the coolest and it is the easiest to absorb into the body. Now we have the patent on the most, you know, 99% absorption into the body with our wavelength, which is one of the things that makes Sunlighten you know, different and special.

But it is the most efficient if you do it right away, if you get in right away and then, have to be in there as the sauna warms up So you also asked about you asked if you could get in right away. Yes.

You ask the difference between infrared and steam or the traditional, which is really I call it three fold. One is that the heat, the traditional heats the air and you get hot because the air hot infrared hits the body directly so you can experience it at lower temperatures.

You can stay on there longer and the wavelengths are absorbed and impact you at the cellular level. two, it's also light. You know, we are bodies are I just have as visual of these wonderful solar panels that need light in order to function.

And our body is primarily water and mitochondria and we know that those two cells are absorb infrared light. So that's more than 70% of your body is activated by infrared.

So it's light energy as well as heat. And then the other difference between that traditional and infrared is the spectrum of infrared. And we have figured out it Sunlighten, how to isolate that each part of the spectrum.

So there's far infrared mid near which is also invisible and then now red, which is visible. All right. I mean, people listening can go to their local hardware store, their big box store and buy an infrared sauna.

I know you guys have spent a lot of time on safety and third party testing once you share some details with us. Yeah, safety for sure. Third party testing regarding safety.

So all of our materials are nontoxic, extremely safe to use. We've done third party testing on our EMF electromagnetic field and show that it is virtually nonexistent and that can be found on our website.

We have all of our wood is renewable.

Safety, Materials, and EMF Testing

I mean, we we pay attention and are intentional about every material that we use because our goal is to leave this world, you know, a healthier place as a result of what we do.

And we want to make sure we do that in a way that we don't, you know, induce anymore toxins into the body. I mean, I just read recently that we were exposed to 700,000 chemicals a day in our environment.

So we don't want to be one of those companies. And that contributes to that. We want it to be a safe sanctuary that's not only extremely effective, but also, you know, healing as well.

You mentioned, you know, people know about EMF, so your son has tested and what would you say about that exposure? Yeah, there's virtually nonexistent.

I mean, anything that plugs in is going to have obviously like a little, you know, a little tinge, but in the testing company that came out and did, the report said it was extremely safe, nonexistent, passed all the tests with flying colors and I would you know, I can feel and have peace of mind that it's extremely, extremely safe and no, no EMF.

I know having one of these in my home and using it regularly, you have some preset protocols. A lot of people

listening are struggling with their weight and looking for solutions.

One of your protocols is a weight solution, so tell us a little bit about how you think infrared sauna helps you manage a more optimal weight. Yeah, so one of the benefits of our infrared specifically is it's going to elevate the body's core temperature and create that fever effect on the body, which has a lot of other, you know, immunity.

There's a lot of other benefits. But but let's just talk calories for a second and weight loss. And so as your body is heating up, you know, you're you're also working to cool itself down.

So you're burning calories. So is it really an exercise mimetic? And what I mean by that is it's really copying what exercise does in a passive cardiovascular way.

So somebody who's trying to lose weight, but maybe they're really overweight and it's really hard for them to exercise, maybe it's hard for them. Maybe they have pain in their body.

And so this is a great solution because you're going to burn calories while you're inside. And we know there's a study that was done by Dr. Beaver in Canada years ago that showed a reduction in waist circumference as a result of sitting inside of sunlight and sauna.

And then we also used worked with scientists to develop. What you're talking about is a specific program in center impulse, smart sauna. That's a weight loss, one of six we have six programs.

It's one of six programs and it's science evidence based on how to pulsate the different wavelengths in the infrared spectrum to deliver the greatest weight loss program.

Great. And if people are wondering, you know, is this woman in that red dress talking science or not, I actually send out a newsletter to about 25,000 doctors once a week.

And I included this week a randomized study from March of 2022 in a medical journal where they had ten women either exercise 45 minutes a day or use an infrared sauna on a regular basis.

And when they looked at the health outcomes, they were identical between sitting in a sauna. I really like to sit. I encourage you to exercise, do both or exercise.

And their conclusion was a term you just use that sauna is a exercise mimetic that it mimics the benefits and again I would suggest do both and, you know, get the maximal recovery.

So you're talking state of the their current and up to date science which is absolutely wonderful.

Weight Loss and Exercise Mimicry

Anybody listening to this summit and asking I wonder of as for me, are there indications to use what are some of the safety guidelines? Safety the number one safety guideline is is hydration.

You know, making sure that you're stay hydrated before I recommend before, during and after. But I mean, just as long as you stay hydrated and also you should consider replacing also not just water, but your electrolytes if you're monitoring that.

Also, if you're pregnant, then you should not use the sauna is your body's already heated up and there's no reason to put yourself in that environment when you're pregnant.

Those are the two main and safety. And of course, you you listen to your body. I know there's been times where I've gone for a long run and then I you know, I, I always I always exercise and then sauna.

If I'm going to do it the same, I'm going to stack them. And sometimes you can push yourself. And so if you feel

lightheaded, you know, you know, then get out and just listen to your body.

And if you have any questions about any thing that's going on with your body, then, you know, consult your your physician. All right. So that's good advice.

And I encourage people listening. I love companies that have science on their website. Everybody has a website to sell you something but the sunlight and that com pretty simple website has a tab for health benefits and a tab for light science.

And there's actually a link to, you know, published science and research the way doctors, you know, evaluate and make recommendations to patients. So it's all there, including the data on how these are crafted, the safety, the low IMF and the product line. So I think that's good.

What we're going to do is everybody's got a really good foundation now on infrared sauna for a variety of cardiovascular conditions and far infrared versus what's called full spectrum.

And, you know, there's price points and it depends what you can handle. But go over there and take a look. I've known of your company now, I would say at least a dozen years.

And you didn't used to have red light panels in the infrared sauna as an option? I'm not sure if that's a couple of years now that that is a technology advance.

No, it's very recent. So, you know, you're you're on the cutting edge. It's just just this year. Okay. So, yeah, I mean, there's there are we still don't have a full inventory because it's, you know, we're burnt, we're turning them.

So we're really excited to have, you know, that new addition. I feel like the smart sano, which we launched actually in 2000 and tenths a long time ago.

We launched with three different wavelengths with far infrared, met infrared, an infrared. And we decided based on again on science, we talked about them that there was a need to add red light in addition to near-infrared, because a lot of people don't understand that the near infrared is right next to red light.

I mean, the only thing that that is different is it's just like 100 nanometers to the left. So you're in the invisible range with near infrared. And you know, we worked with some some dermatologists and some doctor we Wieland to to figure out the right precise wavelength.

Red Light Therapy and Photobiomodulation

We developed impulse and and then there became some new information about if you go over and have the visible light spectrum, which is red, then there are some also some benefits as well.

So we decided to add it on and now I feel it. That's on it is complete. It has the entire you know, the infrared spectrum for different wavelengths or different modes of action for different ways we're delivering them.

And you can't you can't get that anyplace else, which is kind of cool and and cutting edge as well. You can't you can't get four different wavelengths.

So it just got to add an espresso maker and we're all set. So, you know. Over hot water and lemon maker. Where you go. I've been reading and studying about red light for at least half a dozen years and a lot of people don't understand.

So when you sit in your infrared sauna like the one behind you, there is a light you can turn on in the sun, but there is no actual, you know, infrared is invisible and near and far there is no light.

Although you've added, I think you call it promo therapy, you can have some pretty wild lights. But now we're

talking about adding on something that has too many different names. It's called red light therapy.

It's called low level level laser therapy, LLP. And it's got the scientific name, photo, bio modulation, p, b and people don't know much about it. I don't think you, you and I both mentioned the name.

There's a professor at Harvard, Michael Hamblin, and I think it's a Ph. D. and he's published textbooks and literature for decades, AIDS that the human body responds favorably to various wavelengths of red light.

And now you'll know because you're bathed in red light. In fact, very often you keep your eyes closed or where I even eye goggles if you choose to, but you've added that right into the sinus.

So all of a sudden it's like the matrix. It's red and hot and very devilish, right? And I yeah, it's, it's it's it's awesome. I mean, I love the I love the addition of it.

It's a different experience. And we did some research on blending and you know, because we didn't change because there's such a value in the invisible near-infrared LEDs that are in there, they're at a different wavelength.

But there's we didn't change those. We wanted to make sure and deliver both because the data says if you blend the two together, then you're exponentially getting, you know, a greater, greater benefit.

And let's talk for a little bit about, you know, potential benefits of red light therapy, photo bio modulation. Now inside of sunlight and so on. I mean, lower inflammation, is that fair to say?

Yes, lower inflammation. Well, first, we can talk about enhancing the skin. I call I have always called our near-infrared the vanity wavelength because it's I mean, I would always before going out to an event, I would sit inside my sunlight and then put my face right up next to the the LEDs.

And you can just almost and you can almost just feel, you know, your your your skin, the collagen, it increases collagen. It helps to accelerate cell turnover.

It helps with fine lines and wrinkles. It helps with wound healing significantly and near and red penetrate the skin at different level. So that's the big, huge difference between the two.

I mean, aside from one is invisible and one is red, they affect the skin differently. So when you give them both, you're doubling up, you know, on your repair benefits to your skin.

So, yes, it reducing inflammation, helping the skin. There's also great science when you can research on PBM, that's how you can find it. When you mentioned the photo, bio modulation benefits on the brain and getting the light therapy into the brain and helping to activate the brain cells and helping with depression, there's data and decrease in depression is also great on the depression.

Note, since we're going deeper, there's a great study. I don't know if we talked about this in the past, but it's worth mentioning because it's so powerful is a great study on far infrared.

Ben, Dr. Risen from University of Wisconsin Madison did a study with far infrared on severely depressed patients and found in only one session only one.

It significantly reduced depression for up to six weeks. So that's really powerful if you combine to imagine it, if you combine far infrared with also the data and the science on PBM.

So on near infrared and on red light therapy, you're you're getting the brain and the skin in two different ways, right? With two different wavelengths.

You're getting the light therapy and then you're getting the heat therapy on the on the brain is also data on dementia and Alzheimer's in the brain as well.

Stress Reduction and Closing Offer

So there's some there's significant studies and papers and abstracts relating to to PBM and near-infrared red light therapy as well as blending the two together.

So it's really exciting. And actually is and you know, again, this is a Cardio Vascular Summit, Heart Summit. And I know there's lots of suggestions that photo bio modulation by penetrating and interacting in the mitochondria can increase, you know, that famous molecule, ATP, that's an energy molecule.

So either you might feel more energetic or your heart may benefit your muscles. In general, there's some data about nitric oxide. The Miracle Killer won the Nobel Prize and a red light therapy may do that.

And let's go back to Vanity. Actually, it may not be vanity that there may be some impact on collagen formation, the basic structure of skin and hair.

But our blood vessels are collagen and we need strong collagen. And I don't think it's been determined for sure that being exposed to photo biomarker and red light absolutely impacts, you know, the status of our arteries.

I think that's science to be done, but theoretically it's not hurting them and it may actually be help them. So I think there's so much to be excited about to sit, relax, detoxify and enhance your parents and maybe your cardiovascular health.

Yeah. And ultimately, if you like, I feel so much better, you know, when I am after a session and so on your heart, if you think about, you know, I always say, you know, a happy heart is a healthy heart.

I mean, you just when you when you're decreasing stress and you're in there and you, you know, maybe do whatever other habit you want to do, I call it habit stacking.

You meditate. You can, you know, close your eyes and you can do yoga. You can stretch while you're inside there. That is reducing this your stress, which is, you know, like it's such a big it's such a big factor in cardiovascular disease.

So yeah I actually some on is a big enough I had a patient yesterday that has a stationary bike inside the sauna you're. Awesome. And you know does a routine and you have to be careful and check with your doctor and make sure you're in the shape to do that and obviously hydrate.

But if you can imagine now exercising, heating and getting photo bio modulation and stacking, maybe how to put a vibration plate at the bottom of your sauna to next to the espresso maker.

And then. Yeah, yeah, you could absolutely do that. That would be I mean, just the sound of that sounds. It just sounds like perfect. Yeah. Yeah, yeah.

That's good stuff. I actually have a vibration plate and a red light panel, you know, combined. So I actually do that myself. I just don't have it in the sauna.

I think it's time we move it. And yes, there hasn't been one. Thank you for this extra, you know, 10 minutes or so going deep on low light laser therapy, red light therapy, photo by a modulation all now incorporated.

And if people go for the sunlighten.com com and look at the tab that says mPulse M P U L S E, you'll see that you can see behind you Connie you'll see, you know, beautiful pictures of these brand new, up-to-date state of the art sauna, safe saunas too, so thank you So I we also also have before we log off we have a discount right that we are offering for the Summit listeners.

And all you need to do is mention Dr. Kahn. Dr. Kahn Summit and you will be eligible for up to $600 discount. So make sure that you mention the Summit when you call in or if you're going, you know, entering in a form.

Just when it says, how did you hear about us? Make sure you have Dr. Kahn, Dr. Kahn Summit. That was very gracious of you. That was actually not prearranged.

It was very spontaneous and exciting and I appreciate that. I might call myself. All right, thank you. Have a wonderful day. And say hello to Aaron. Okay.

Thanks so much, Dr. Kahn If you see Taylor Swift in Kansas City I will tell her you said hello. Okay. Bye bye.