Introduction to Infrared Sauna

Welcome to the Mold, mycotoxin and Chronic Illness Summit. I'm your host, Dr. Ann Shippy and today we get to explore the health benefits of the infrared sauna, which I'm sure you've heard about with Connie Zack, who is an expert in infrared sauna because she's co-owner of Sunlighten which is the global leader in infrared light therapy and infrared sauna manufacturing to super important that you choose your sauna.

Welcome. Thank you so much for joining me. Oh, I'm so happy to be here. Thank you so much. It's so great that we get to have this conversation because it really is one of the foundational things that people can do to get better.

And then these practices keep them healthy. Once they're better. It's so true. Yeah. And you know, I was thinking the first time I actually heard about an infrared sauna and just versus other types of saunas was probably 15 years ago at an environmental health conference with Dr. Rea Mm hmm.

And it really got my attention because they were talking about how to help firefighters. Mm hmm. Exposed to chemicals, massive amount of kind of chemicals and gotten very old.

And how helpful infrared sauna is to helping people heal from environmental illness. So which is, you know, they're putting their lives on the line and and then really, you know, having compromised health a lot of times from doing that.

So I it got me really interested in this topic. So I would love it if you just start out with what is infrared and how is it different than the other types of sauna have?

Yeah, I remember that whole Dr. Rea. Yeah, I remember all that anyway. So infrared is the art of that. There's that while there's the spectrum of light that's called infrared, that's part of the sun that comes from the sun.

There are four different well, three really different wavelengths as divided into which I'll talk about in a second. But what's important to know is that it is safe and natural and necessary for all living things.

So this is not, you know, some kind of like made up wave thing that's, you know, manipulated. I mean, it really is. You need infrared to survive. And what we've just done over the past 20, almost 25 years oh, my God, I do not feel old enough that we done it very well.

My hair is mine. I say when I say that, I'm like, How do all of I've been doing this for this long?

Far Infrared and Circulation Benefits

It's crazy, you know? And I and I feel like I'm still like I'm still excited about just the opportunities to help people and to heal because a lot of people I mean, I think it's kind of you said most people will know, but now a lot of people don't know.

I mean, they don't you know, they don't know. They don't understand. They don't look at this as a foundational piece, right? As a way to just kind of start over and to help get your body back to basics.

And, you know, they they look at it as will someday, you know, but someday is today, you know, you know, anyway. Someday is today. Yeah. So I'm getting philosophical. So the way infrared works is it, it, it enters the body and depending on which wavelength is absorbed or penetrates into the body and it impacts the body from the inside out for additional here that people are so used to and everybody knows about a traditional sauna, 180 degrees or steam that you have, you know, resorts or gems that is heating the air.

And so the air is hot and you're hot as a byproduct of that air being hot. And what makes infrared special is a couple of things of that experience. One is it's enjoyable to be in there.

So it's not you don't lose your breath, you know, like, oh my God, I'm so hot, you know, when you go in because the wavelength is a cooler wavelength and it it gets absorbed into your body.

And then when the absorption happens, you feel this transformation into the cells, which is where the magic happens, you know, and, and you typically and enjoy the experience longer, which provide other benefits as well because you're, you know, not thinking, oh my gosh, I'm so hot.

I'm so hot and so hot. I am done. You know, you can enjoy it. And that leads to what we can talk about later. That leads to the ability to have it stack, which is can provide lots of other benefits as well.

So that's a high level answer to what is in bread. How is it different than, you know, traditional? And if we want to dig into the different parts of the spectrum, we can do that.

We can kind of break down the different benefits, all of that. I would love to. Okay. Okay. So that really is one of the discerning factors of the infrared versus just getting in the sauna is the benefits of the different wavelengths.

Right. And that's something that when we started, you know, again a very long time ago, all we really knew about was the far infrared art, infrared wavelengths.

So I'll start there because that I mean, I know about all of them, but I knew that I had the most extensive experience with and that wavelength is the coolest of the three and, and that is absorbed into the body and it works with your water molecules to transform them and move them around and it increases your core temperature.

The increase of core temperature in your body is where the magic happens is just because you're doing that while you're sitting there, you know. So there's some which is also great benefit passive.

So it's copying what exercise does for your body, but you're sitting there, so you're increasing your core temperature. Some of the benefits of doing that are connected to increasing your circulation, increase your blood flow.

There's so many cardiovascular studies and benefits that come from, you know, that far infrared. Years ago, 12 years ago, you could find some research on this, but, you know, you really had to search and now, oh, my gosh.

It's all over the place. Is. Yeah. There's so much. Research, right? Yeah. And like Weyand therapy, like doctor, you know, Dr. Khan and Nick, he's done a lot of speaking about way on which it stands for soothing warmth therapy and just using 15 minutes of an infrared sauna.

It will help to increase your quality of life. I mean, it helps to, you know, decrease your blood pressure, increase your blood flow, increase your circulation for women, specifically the increase in oxygenation.

So increasing the the ability to think clearer and just having more oxygen into the body. I mean, it's just, you know, it's a great way to give yourself more energy and give yourself more mental clarity, you know?

So that's all in the far infrared category. I could keep talking about it. Then I'll move on to mid earlier. It's some time for the others. Yeah, yeah.

I talk, guy talk for hours. Just, you know, I didn't saw that. So mid infrared is a shorter wavelength. It's it's a hotter experience so it doesn't go as deep.

And it's really great for muscles and muscle recovery and decreasing inflammation. So we did a study with Auburn University on increasing agility and flexibility, helping with muscle recovery.

Mid and Near Infrared Wavelengths

A lot of athletes really appreciate the combination of remedy together because it's going to help put them back, you know, on the field or on the bike or wherever they're doing or in the pool, you know, faster.

So when you use far and mid in the air, really the three of them together with muscle recovery and decreasing inflammation. So then moving, you know, onto the next wavelength which is near-infrared near infrared, there's there's two types that we'll talk about.

One is an invisible light, which is the longest wavelength, and that goes penetrates the deepest into the skin. And that's really great for anti-aging aging, for helping to repair the skin.

So even if you have like a wound or scar or, you know, a bruise, like anything that is related to the skin that's that is caused trauma to the skin near infrared is amazing.

It's great for inflammation and the body and it's great for for fine lines and wrinkles and increase in collagen production. It's also great there's some great studies on Near-Infrared for brains stimulation, helping with them, increasing memory.

And there's also this great size, this depression. I mean, there's just so many studies now we could like I could talk forever and then red light. A lot of people are more familiar with red light than the invisible light.

But what they may not know is when you combine red and near together, you get a synergistic effect similar to when you combine mid and far together, you get an exponentially synergistic effect.

So if you want kind of the highest of the high, like, you know, you can't really get more of the infrared spectrum into your body. We have the impulse smart sauna and it has far separately, mid separately there separately and read all into one place.

So you don't have to use different devices. You can get the benefits of all four wavelengths in your and plus smart. That's that's exciting. Yeah it's really science brand new and.

Ask you about that so. Yeah. So glad you mentioned it and we'll come back and talk about that a little bit more because it really is, you know, a good industry.

And it's cutting edge. I mean, you can't go and yeah. For wave advanced think about it. It's just like literally like harnessing and bottling the sun and like bringing all of the light benefits both via heat.

Because you get to be a heat and you get to be a light and you bring that power of heat and light together in one place. I mean, you know, it's really what a great experience, what a great opportunity for people to to not have to go do multiple different things.

You know, you can do it all. You can sweat and receive the light benefit on your brain and your body in one place. So can you just go back and yeah, rise on the putting the the near and the red light together that what the synergy is between those.

Yeah. So there is data showing that they penetrate at different levels and so a lot of people would just focus on one. But when you do both, you are really providing a maximum benefit to the body.

So for example, you know, if you're looking at skin collagen production, you're because you're getting one that's going, you know, the invisible is going in the deepest and then you're getting one that's not as deep.

So you're really covering almost three times, you know, the the benefit when you just think about how it's going into your body and versus just doing them alone.

So there's lots of data. I mean, a lot of it is, you know, on our website, we can send you links of all the to work together. And it's something we've been exploring for many, many years and to finally be able to bring it to the forefront is really super exciting and also helps with immunity and energy, you know.

So, I mean, it's not just the skin. There's some other great benefits as well. Beautiful. So I'd love to. So, you know, a lot of times when we think about the infrared sauna and how it benefits the patients that are being affected by mold and mycotoxins is the detox part.

So I'd love you to elaborate on that a little bit. Yeah, that's my favorite my favorite benefit of what we do because I feel like it's so it it's like building a house, right?

Detoxification and Mold Support

It's just it's just it's so important to have, you know, the foundation, the basics covered and have it clean and and healthy and strong so that you can add on, you know, different rooms, different parts and different benefits.

So and I look at detox as as as that so far, infrared is really the ideal part of the infrared spectrum to focus on detox. And there's studies done and parents alone, let's call it the U. S.

study that looked at lots of different toxicants, you know, mercury being one of them. Oxycodone, blood, I mean, lots of different different toxins and measured the amount that was released via blood, urine and sweat.

What I the so interesting and powerful is that people who thought they didn't even have those toxins because they didn't have any in their blood and urine when they measured their sweat, they found all this mercury and all this other stuff in their sweat.

So if you're not sweating, you know, by using you because other ways to sweat, of course, you know. But they, you know, the study they used an imprint on and they showed that it was removed and we did a study a lot about this one in a while.

But back in 2005 with the University of Missouri, Kansas City and the main outcome was lowering blood pressure and the cardiovascular benefits. But another benefit that was released and it was a double blind, placebo controlled, randomized study.

And so what I mean by all of that kind of mumbo, you know, is the people did not know which one was infrared and which one was not. And it was also compared to another infrared.

Just just in general is infrared comes in, you know, infrared varies based on the surface temperature, based on the quantity and the quality of the wavelength received into the body.

And you really want was a light was done as we have mastered the delivery and the reception of that wavelength and patented it so that you can be guaranteed when you're getting a sauna from sunlight, you're getting the most amount of infrared and the most efficient delivery mechanism.

So you're not sacrificing time or quality for that experience. Right. You're saying something really important here in that it really is important which brands you get because there's other or multiple ways to deliver the infrared aspect.

And so it's really important to do that research behind your purchase. Exactly right. And we found that in that study at that time and again, this is a long time ago, almost coming up on 20 years that it's it matters.

And because the forest which has our heat, our patented heaters, you know what the other one that looked exactly the same, that was still heat and nobody knew that the we significantly lower blood pressure we helped with increase in circulation we helped change the quality of life scores for active detox which is the topic is we also were able to remove toxins from the body and keep that people didn't even know they had.

Like I remember that as somebody who had arsenic and that the and that was removed. How powerful is that because you know, you start to combine arsenic with other things like the firefighters and, you know, you start to just kind of load that on and eventually you get that feel really well and not know why.

And that's why I just feel like detox is so important too, because, you know, as a female, you know, when you're starting to take, you know, you're starting to look at your body in different ways and how can I be as healthy as possible?

How can I get as much energy? And you need to make sure that all of your organs, as you know, are working to their maximum benefit. And I know a lot of people would take a lot of supplement, a lot a lot of medications.

And they, you know, depending on what they're taking, that could be kind of compromising, you know, their just natural, you know, delivery agonism without even knowing.

And so it's really important to, you know and a cleanse your body and detox and get rid of stuff and then you can put good stuff and like the healthy stuff and the stuff like that.

You know, I watched your, you know, your Instagram and I mean, I get addicted to here steer is so great because it's so easily consumed like I love it and it just and you have such a, you know, logical and easy way to explain things.

But what's important is you you you need to have your body clean before you start adding on other things. And I think so often people trying to add on so many things because they don't feel well, you know, so anyway.

But that's important to detox and farm for ADD is, you know really the the healer of all the wavelengths for that because you're increasing your core temperature you're removing these toxic elements the sweat and we do have I do want to mention while we're on this topic, we do have two series that are farm Fred only I mentioned that because I am here my mission with sunlight is to provide access to infrared, to help people everywhere provide light, hope and happiness and have them live a fuller life.

And you you know, I get really excited about the impulse smart sana, which we can talk about, but you don't have to have all four. Is it super special? Yes.

But if you're looking and people are listening and they have mold and and they're suffering from a lot of the things that people are listening. Will you can start with farm friendly and you can get the solar, which is one of sunlight and just one person. Sana It's awesome.

It's so effective. It's like it's so powerful. I mean, I was and I swear every day during COVID, like, it was just so are my kids. I mean, it's just amazing, very efficient.

It's it can be lifted from one room to the next. You can take it on trips if you really want to. I mean, it's it's a little awkward because it doesn't completely fold, but, you know, if you're traveling in a car, you know, I know people over the years who have shifted their solo to if they're going to go and be someplace for a while, they want to make sure they get there, you know, sometimes on experience.

So that's one option. And then we also have a signature which is a wooden cabin as far in front only. So it's just important for your listeners to know that for Detox specifically, that's which are a goal.

Such a lot of people who are listening, I'm sure that's where they want to start. That's a great way to start and I'd rather you start there and not think, Oh, I'm going to save up and wait.

You know, again, Sunday is today. Let's just get it started. And and then you feel better and then you can add on the other things later or maybe never.

Whatever works, you know. It's a great strategy. Yeah, yeah, yeah. Just get started. To get started what. You can.

Right? I think so. So often I have these conversations with people who I can I go camping, I wait for this.

I'm gonna wait for this. I'm going to wait for this. And, you know, you just don't know what tomorrow holds, right? So why not live your best life today with the tools and the resources and the information you know, and you have access to.

And people who are watching this are watching you are listening for a reason. You know, they follow you for a reason because they trust you and and you provide great information and you do your due diligence and, you know, you're authentic and real and you're not going to, you know, talk about a product or or therapy or anything that unless it's been proven and backed up.

And so take advantage of the fact that you do have done all of this and, you know, get started with something, you know, and the Celo is a great it's a great path.

I don't need you don't even need to go to the cabin because a cabin costs more and it's good. And, you know, it's it's a lot of times people have space for the, you know, beautiful wooden cabins.

Getting Started Safely and Best Practices

So it's all you can literally put anywhere that yeah. That there's no barrier to that that's and it's just such a great way to you know think about detox as a series of dams and a really complicated combination of cocktails spending together.

So a lot of times if you can just really help one one of those dams get opened up. So that the detox pathways are working better, it just relieves everything upstream so much more quickly.

And so that I've just found that when people will get started with an infrared sauna, that it it just expedites the healing process. And I love the science behind all, you know, the things that you were talking about, the mechanisms of how the light is actually working in the body and what it's doing.

So it's it's one thing, but it's working on so many different mechanisms at the same time. So these cog wheels are spinning better together too. At the same time, the dams are opening up together.

So it really is. It's just such a simple thing to implement. And so I would love to segway into that a little bit about if you could share some of the best practices for getting started with it with the infrared sauna, because, you know, some people are, you know, pretty sick when they're getting started.

And so it can be a little scary to them about, well, the best way first to not just get the optimal benefit, but to make sure that their bodies can adapt to it.

Mm hmm. Yeah, that's a great question. In fact, let's start with you just talked about the solo is that one is a little bit different as far as when you get started, because the control panel has it has nine different settings.

And when you said that, it just made me think of, okay, if I was going through, you know, mold toxicity or different types of conditions, that it was adversely affecting my health and I'm okay, I'm going to do this now.

Super excited. You want to start slow and you know, for example, using the solo as an example, I would start at one of the lower settings. The settings are based on the temperature in the air.

I would go as like between one and three, like one of the lower ones to see how your body responds to it. Because a lot of times, as you know, and you can speak on this that are the me people are they're so toxic that like those dams, like a doorknob, they're all blocked.

And, you know, it's going to it's taken a while to get there. So it's going to take a while to unlock anteriorly and to open up. And so you want to allow your body to open up.

And sometimes the best way to do that is slowly and especially with infrared at a cooler temperature, because at a cooler temperature, the wavelength is longer and easier and is more easily absorbed.

So you're going to receive it in a much gentler fashion, but it's going to be received more efficiently. And so you're going to feel better because of the way that it's received.

You know, Dr. Hamlin, who I just think is so bright on the topic of infrared, always tells you, like how people turn on this on it and get it. I don't think have to wait again.

It's a whole wait thing. I have to wait until it's x temperature or whatever. Soon as you turn it on, you're releasing the infrared wavelength and you're actually going to get the most amount soon as you turn it on, because it's going to be absorbed into your body faster.

You're not going to feel hot with this. Turn it on and you're not going to start sweating. It is turned on, but that's okay. You're opening up the dance and that's what really matters.

Know so. And you may not sweat for a while but it's. Alright, especially people who are. Patients. That yeah, you know, just never. Sweater. It's really hard for them to sweat when they start sweating easily.

They get so excited like, oh my gosh, I just walked outside and I started spotting because that is an indication of health that you can actually sweat. So.

Right, yeah. So a lot of people, I am sure that, you know, are, you know, coming to your summit, you know, it probably takes them, you know, quite a bit of time to sweat and some of them never sweat.

And so so I would tell them, do not get discouraged. You know, you are still doing something good for yourself. Now it will happen. It's just going to take a while.

And so keep doing it. So start slow. Go slow as so. Slowly. Too. Yeah, exactly. And drink plenty of water. Keep doing it, you know, and it's better to do just a little bit than, than not do it.

So it's okay. I just think people get so hard on themselves, you know, with trying to be perfect and everything and it's really better to be good enough and do it and do it for 10 minutes and see how your body responds because you probably have a really pleasant experience and then you'll want to do it again and you do it for 15 minutes.

You're like, Oh, that was great. And again, you know, versus going in and turning it on the maximum temperature, doing it 40 degrees or 40 minutes, and then you're like, oh my God, you know, that's probably not a good idea.

So yeah, just start slow and work up to it. So what do you think people should be working up to? Like what? What's a sweet spot to just kind of be happy with?

Yeah, sweet spots. 40 minutes. That's my favorite length of time. I notice a big difference between 30 and 40 is what I would call kind of a zone difference, you know, like very similar to if I run or if I do hit or like different types of workouts where like the first X minutes that are difficult and challenge my goal and am I doing here?

And then I finally get into that just zone where I feel like I could go forever and that's between 30 and 40. And so I always encourage people once they get, you know, for the people who start to heal, once they get to that point where they feel like they can extend to go for that, go for that extra ten because magic happens in that once you get to that, you know the time and you can even go to 45.

But boring to me is I mean, there's a sweet spot. And how many days a week do you think is optimal? Well, it's great if you could go in every day. I mean, really, I mean, that would be ideal.

However, that's not realistic, you know, for a lot of people. So, you know, 3 to 4 times a week would be fantastic. Now, if, you know, life is busy, if you if you can't find a way to work it into your lifestyle and have it, then you do it,

you know, on Sundays, you know, like start, start somewhere and and do it.

And then you'll find that you'll, you'll figure out how to add more and and more frequently. Maybe, you know, as a multitasker. Do you find me too? So what are your favorite things to do or you're in the sauna.

Yeah. So I. Oh, I have so many. And depending on what's going on in my life. But I mean, I always, I always bring in my hot water with lemon, always like always.

I always leave a, like either a pad of paper or a piece of paper. I leave some some way to write down the thoughts that come to me because it always happens.

And sometimes I get and I really try them doesn't always happen. Be completely honest to not bring in my phone too. Sometimes I feel like that's one of the things that I am going to do in there because I'm stressed out about X, Y and Z.

I think to this person I'm going to do both. You know, I'm ideally I try not to do that. And so if I don't have my phone, I need a way to capture. I mean, I've come up with some I just love my most favorite ideas or favorite messages, favorite ways to communicate likes to so many great things in the sonnets.

Other things I love to do. I love to stretch because I, I feel that my body is, like, the most agile, you know, when I'm in there.

Sauna Routines, Breathwork, and Hydration

And so I can get the biggest range of motion, you know, when I have, when I'm in an environment and then when you add on the near which is also helping and that's fantastic.

And then my newest one that I've added on is pre breath work. I've been really, really working on mindfulness and breathwork and just really trying to hold my breath down because I, you know, once I get on it, it came on, right?

Like, I mean, it's just like how many things can I packed into one day? And so when I'm in there, while I do want to have, it's like I, I, it's really rare.

Like, in fact, it never happens where I don't do anything else just because I feel like I'm in here, like, why don't I do something else that is also healing and beneficial for me?

Like, it doesn't really. Love that idea. Yeah, you're the first person that I talk to Sephora that's really talked about Breathwork and what's so incredible is that that's another field of study that's getting so much good research behind.

That's great. I haven't seen I mean, I've just been doing it kind of on my own because. Brilliant idea to combine the two. Yeah. And I feel like I always feel so much more pleasant, so much calmer, so much, which is, you know, I like what I, what I want because you know, what I've learned, which, you know, is, you know, being a physician when your brain when you are stressed and you're going a million miles a minute, like to me, it's almost impossible for the brain to think as clearly and as precise with the intelligence that's needed to make that decision.

Is it just it's like in the fight or flight mode, you know, versus in that beautiful and peaceful, clear state of mind mode, which, like when I'm in my my sunlight, it's on it and I'm doing really good breathwork I'm not sure if I'm doing it right.

I just do it wrong. Okay. Different approaches to it. Okay. And actually it's been an area of interest for me the last two years, so you can't do it wrong.

And often just listening to your intuition about the type that's good for you or how to do it is good for you. Okay? And that's what I've been doing. And I measure my heart rate and I just, you know, I also kind of, you know, try and

make sure that, as, you know, thoughts come in like I kind of, you know, let them go.

And I just really focus on feeling my body breathe, you know, and just taking that precious moment to slow down and slow down the breath. So anyway, that's one of my new favorite things I really like.

I really love it. And I encourage people, you know, to do it. And it also helps, you know how you talked about increasing oxygenation. MM. It actually it'd be fun to do a study on this.

I'm thinking combining these because I bet it actually accentuates that increase oxygen. Mm hmm. Yeah. Well, I always the tissues. Right. And, and, and I it's probably one of the reasons because I always ask people asking, like, how do you feel afterwards?

Like, describe to me how what is your own personal feeling? And I'm like, I feel like I can just go out and like accomplish anything. Like, I have so much energy in all and my head's clear, my head's lighter too.

And so that kind of gets back to that whole detox aspect of, you know, when you're a loaded, you know, your body is heavier and and then that's why people get tired.

And then when they get tired, they don't have the desire or the energy to be able to do things. And they really just want to feel better, you know? And lot times they don't feel good because they're, you know, they have, you know, toxins in their body.

So, yeah, I think providing a way through breath work and sort of just being able to allow the body to go back to its normal state and restore and, you know, be healed.

You know, so often we don't allow our body to be healed because we're just like stressed. So that's another benefit of doing the breath work too, is I kind of picture in my head of like, okay, like, like bring on those way of like, you know, just like bring it into my body and just, you know, give, just give me all of that with the greatest amount, you know, possible.

So to produce that, you know, benefits I'm looking for. I love that. Welcoming the wavelengths. That's beautiful. Oh things it change changes kind of the just the whole intention of the you know putting that effort and work into it back to best practices.

Yeah so minerals are super important because we do lose some minerals. So favorite things for minerals and hydration. So I'm really into lemon water. That's kind of my my big thing.

I also will supplement with different types of electrolytes. I, you know, I would love to hear your take on that because I get asked this a lot and I, I don't feel an expert in those categories because I just focus on like my body and what I know.

And so there are certain things that if I work out too much, that I become quickly deficient. So I need to go out there and I do need to make sure like my physician would say, you know, you can you know, you're signing and you're doing this and you're doing really you need to make sure you're replenishing.

So then I just per okay. I would love to share. Yes. Drinking enough water and replacing it. There's a product called Quinones that is a concentrated sea water.

That's my favorite. And then we also have a product that we carry called Electrolyte Breather that has a lot of the sodium and other minerals in it that you can just actually mix into a purified water that you're drinking before, during or after the sauna.

So those those are some really good options, but I think it's so important if you don't have any of those things. I think even just taking some some pure sea salt and mixing in the water and making it taste good with a lemon.

Mm hmm. I have done that. Yeah, I. When I'm in a pinch or whatever, and I just feel like that, you know, I'll just put in some sea salt and squeeze a good lemon to help that in the taste.

And I love, you know. Lemon Yeah, I'll do that. But on on products I'm gonna to get you get some recommendations because we get we get asked that a lot and so we probably need to take that and reapply and you know, steal your recommendations and share them.

I'm happy to share. The other thing on best practices is that I really ask people to see our office as soon as they can afterwards and just so that they don't reabsorb any of the toxins that their bodies been able to release.

So, you know, sometimes people will be now on the go and it just takes at least a quick rinse out like, you know, if you put your hair up or whatever, that's fine.

Sunlighten Sauna Models and Programs

You don't have to get your scalp, but at least get a rinse up on your body. Yeah, that's a great ad, for sure. Yep. Well, this is so exciting. I'm so glad that we covered this topic so well.

I would love it if you would cover a little bit about the sun options and then I know you have a special gift for the listeners that will help to make the decision on what to what to bring in.

Yeah, of course. So the options. So we'll start with the solo because that would be, you know, a lot of people are saying I just feel intuitively that is like the right sana for people listening to get started and the solo has the option.

You can also get the pad with it or you can get it without if you get it with. It's called the solo system and the pad has four of our patented heaters underneath you and then there's five heaters above you when you're in the solar.

So the solar system is would be my personal recommendation if somebody was looking for farm friendly. And then we have this signature which is a wooden cabin which is far infrared only as well.

If you want to have a sauna that you want to take with somebody else and detox, that would be the great, great solution. And then we have Amplify, which is a relatively newer song we introduced a couple of years ago, which has full spectrum heaters in front of you.

And this sauna is designed and then the farm behind you. Sorry, and this one is designed for that person, that wants, that really enjoys that boost, that amplified experience of heat.

And they just really they just need that, you know, it looks great is you can turn those amplified heaters, you can turn them on or off. So if you don't want them on and you just want the, you know, the fire in front, you can do that, too.

And then for the days that you want that, you know, I want I want that extra heat. And it has a blend of near man and fire in front of you. Then turn them on and you can get that a lot.

I have a lot of friends are just like I just kind of I just really want that that heated and like, great, you know. So that's what that's what Amplify is designed for.

And then we have the impulse smart sauna that now has integrated red light into it because of the benefits of having the benefits of near-infrared and red being better together than alone.

And and that is, as we discussed, the only place where you can get far infrared separately and then there's different mid-infrared heaters. Those are two to deliver severe heat.

And then you have near-infrared and red light that are via that LEDs. And it's a really it's a really intense experience, intense and a really good way for your body.

And the other thing I should mention, for those who are looking at the mPulse Smart Sauna is you. It comes with a tablet that has six preset programs, so you don't have to sync.

It's kind of like the easy button. You don't have to think about how do I know which wavelengths to use and how do I know how long? Like as far as best practices, how do I know?

How do I know how well we've done on it for you? So we taken all the science, we've done all the brains behind the scenes. Literally all you need to do is get in, press the benefit that you're looking for, and then power that up and it'll start, you know, firing up the recipe for for that wavelength.

And there's cardio, detox, anti-aging, weight loss, relaxation and pain relief. So that's actually a really nice summary because I realized we didn't I didn't ask you all the questions about the benefits of the sauna, but that really highlights the bulk of them.

So we go through this one more time. Yeah, of course. Cardio. So there's like as we talked about it, like so many studies on how to make your heart as healthy as possible.

And if you're have hypertension or heart disease or, you know, recovering from a lot to any type things, heart related, that's an excellent, excellent program for you.

Relaxation, which is need. People just need to make sure are doing things to completely de-stress. So that's a really important. For all of. Us. Yes, all of us for sure.

Pain relief. So this is my favorite program for people that are going are they have their training for anything, you know, if they're doing a triathlon or or not even triathlon and maybe they just started running, you know, like anything connected to muscle recovery, it's it's I love that program so much.

I toggle back and forth between different programs and what's going on in my life. So then there's weight loss, which is self explanatory and debilitate anti-aging.

So anti aging I may talk about that just 1/2 because I think it's so interesting that in that program it's just the invisible lines and and the far infrared we have left out mid infrared because for the skin and for the like, improved collagen production and just kind of the restorative, you know, reverse aging approach, it's really best to not have intense heat wavelength into your skin.

So that's a really interesting program and I will do that a lot of times before, like a do event or definitely before I always do it before I go out for like a black tie gala, any type of presentation.

So I covered cardio, relaxation, anti-aging, detox, and this detoxification is the other one. So those are the key six pillars, you know, I mean, there's, you know, other benefits like immunity.

You know, there's new science on depression. There's great benefits for hormone regulation, regulation helping with your thyroid. I mean, there's lots of different things that the last six are really, you know, great.

Where to Find Sunlighten and Special Offer

This is really groundbreaking. On the whole thing. So I'm so happy that we had this. Are so proud of what you're doing and. I can't wait to get round. Him.

I can't wait for you to outline. My gosh, we talked about that. Yeah. So where do people find you? Yeah. Tell us about the special offer that you have.

Yeah. So go to sunlighten.com, S U N L I G H T E N.com this thing of the sun and the sunlight, which is how we named ourselves. And we also are on all the social media platforms as well.

And you can also come to our website and chat with us. You can text us, you can call us. That phone number is 8772920020. When you do contact us and you receive our wonderful discount of up to $600, please reference your summit.

Please talk about Dr. Shippy and make sure because that's how you get the discount. So make sure you mention that that's should be all the different ways.

That's great. Thank you so much for joining me today. This is such a an important piece for people to know about, to really help them heal more quickly and then to stay healthy.

Well, thank you and thanks for doing this summit. It's so important the work you're doing and providing all this knowledge and resources and information to people who who need it and don't even know that they need it and say you're doing something groundbreaking as well, so thanks for doing it.

Thanks so much. It feels important to to really let people know that we are in an epidemic of mold and mycotoxin illness. But there are solutions. So thanks so much for joining me.

And this is just great information. Thank you so much.