Introduction to Connie Zack and Sunlighten

Welcome back to the conversation. Today I have Connie Zack. Hi, Connie. Hi. How are you? I'm so good. I'm so excited to have you here because you're one of our solution discussions.

You are the co-owner of Sunlighten, a global leader in infrared light therapy and infrared sauna manufacturing. You've spent, you know, over two decades bringing light and hope and happiness to people.

I love that because you do feel happy when you get out of a sauna and you know you're around the world. Location wise, 13 countries. And then you have an award winning day for your headquarters in Kansas City.

So we're really thrilled to have you here because, you know, this whole discussion we're having is about the root cause of chronic inflammatory tree health conditions and diseases.

You know, there's a lot of information being presented. I think, you know, people can start to get overwhelmed with, oh, my gosh, there's so many infections, there's so many toxins, there's so many nutrient deficiencies. There's so many reasons this is happening.

And today, no pun intended, we're going to have a ray of sunlight for people because you're a solution. You help people solve these issues faster. And and it does bring so much joy.

So we're going to jump into a discussion about infrared sauna today. And this is really a modality for whole body healing. So let's jump right in. And what the heck is infrared?

Because I know there's confusion like there's red light therapy and there's infrared sauna therapy. And what is what and what makes sauna different than a standing red light, for example.

Yeah. Okay. So I can answer all of those. I'll start with what is infrared. And essentially the reason our name is Sunlighten is we're bringing the sunlight into your home or harnessing the healing power of the sun, which is what infrared is.

It is a natural, safe spectrum that comes from the sun that is needed for all living things and how infrared is different than what I would call a traditional heat source, such as a steam or dry sauna, is in three ways infrared.

First, as you start with the heat, so the heat from traditional or steam saunas, it heats the air and you get hot because the air is hot. So it's a byproduct of the air being hot.

Infrared heats your body directly. It is absorbed into your body and your body elevates your core temperature and gets hot because the infrared is penetrated into the body.

So it's a different way that the heat interacts with the body.

What Infrared Is and How It Differs from Traditional Saunas

And so you'll notice when you get inside an infrared sort of, for example, it you can breathe really easily. You know, I was just in Costa Rica and I was experiencing all the different modalities there, and I hadn't been in a traditional sauna in a long time.

And when I stepped in, I forgot about that. It's almost takes your breath away because the air is is extremely hot, which is a completely different experience than an infrared heat.

The second difference is light. So infrared is this wonderful light energy that is needed for our bodies. Our bodies are designed to solar panels. Right.

So we we are these just beautiful solar panels that need infrared light to be activated and absorbed in order to charge the water molecule, your water molecules and your mitochondria.

So that's what activates those that that energy and it's needed. And so that's very different than traditional heat. And then the third is this magic spectrum of infrared.

So infrared itself is has three different parts to it. And there's the far infrared mid infrared and near infrared and the near infrared aspects. And she was specifically asked about red light.

That's where the red light lives. It lives over into. And we can I can kind of dove into deeper each part of the spectrum if you want. But red is a part adjacent to the near infrared category.

So it's one little part where infrared as well as a whole is the entire spectrum. But really, to understand the magic behind the healing power of infrared, you really do need to dig in to each separate spectrum because it impacts the body at very different levels.

I think it would be really helpful for our audience to understand that. And then what I want to go into next, once we understand the different spectrums of light, I want to talk about why we use infrared sauna for different problems and conditions in the body and how that benefits because everyone watching has a different set of symptoms, conditions, diagnoses.

So I want to make sure that this is applicable to everyone watching and that they find their solutions here so mid far and near infrared. Let's unpack that and what they're getting when they're in a sunlighten infrared sauna are they getting all of that or they're getting some of that can help us understand.

Okay. So let's start with Far, because that's the foundation part of the infrared spectrum. If you're it, that's really what this spectrum is built on.

And let's go into, you know, what is it and how does it impact the body? So far, it's the farthest wavelength and it's actually the coolest as well. So that when I say coolest, I mean the surface temperature of the wavelength is is at a cooler level.

Therefore, it can be absorbed into the body at a very efficient and efficient way because the wavelengths are shorter. As that wavelength gets hotter, it gets harder to get into the body.

So how how does far infrared how does it impact the body and what are the benefits? So it's absorbed into the body. It affects it increases your core temperature, it impacts your water molecules and vibrates your water molecules.

So that's going to help increase circulation, increase the oxygenation into the brain. It's going to help boost the immune system. It's going to help through increasing your core temperature, detoxify the body.

And we can talk, you know, deeper into that in a minute about some of the studies regarding detoxification. But that's a really, really huge, huge benefit of infrared.

And the far also helps with relaxation and stress reduction as well as with weight loss. Though I've been like, we're done. That's it. Everybody needs this.

It's a short career exclusion, stress reduction, orgasm healing. I got you what I going to say. Thank you, Connie. It's well, there's the good. News is I know this is not good news as there are so mid is a hotter wavelength is shorter.

And that really is about muscle recovery and helping to reduce pain and inflammation at the joint and tissue level. It

also aids in the benefit of weight loss with the with far infrared and the near infrared so near is does to find the air in two ways.

One is the invisible part so and that is delivered by LEDs and this wavelength is so powerful is it's really magical with how it works on your skin transform your skin it's great for wound healing and inflammation and increase in collagen and helping with anti-aging, reducing inflammation.

So those are some of the benefits of near also can help with brain health as well. And then red light has a similar benefits. The difference and here's a key thing, Laura, because there's so much confusion between red light and near-infrared and red light and far infrared.

Far, Mid, Near Infrared and Red Light Benefits

And is there anything red? There's red. Right. And the only difference between red light and near-infrared and keep in mind, it's a very small specific part of the infrared spectrum.

It's not the whole thing. It's one little part of it is an important part and two valuable part. But it's one part of it. The difference between Red and near and the invisible part is the level of penetration into the skin.

Near infrared goes the deepest red doesn't go as deep. The reason we have added red to our impulse smart sauna is because there is a synergistic effect of both near and red together.

When they work together, they have a a more powerful benefit on the on the cells. So that's the spectrum at large, the benefits of red we don't really talk about, but they're very similar to the benefits of near as far as the skin benefits and brain health, it just doesn't go as deep.

Okay. So now we've defined mid, near and far infrared. And when you're in a Sunlighten sauna, you're exposed to all spectrum. Okay, great question. So you can or you can do just a foundational fa.

Okay, so let's, let's talk through that for a second to make sure that's super clear. So we'll start with well, we'll start with we just went through the entire spectrum, so we'll start with mPulse Smart Sauna, So in mPulse, so we have four different product categories at Sunlighten. mPulse Smart Sauna You have the abilities only product on the market where you can enjoy the benefits of far infrared mid-infrared near-infrared and red light all independently, separately or collectively together into six preset programs.

The programs are cardio, anti-aging, relaxation, detoxification, pain relief and weight loss. Those are programs that you can press. And we've done all of the brain and the power behind the scenes, so it's really easy. You don't have to worry, how do I do this?

You just press the button and it activates the different wavelengths at specific intervals based on science to deliver the anti-aging or relaxation or weight loss, etc..

So that's mPulse Smart Sauna. Only one like it. I call it a unicorn. It's you know, it's a one letter. Yes, yes. And it's the one it's the one I have is the.

One you have. Yes, yes. And it's right behind you. So. Yes, it's yeah. Okay. So that's mPulse Smart Sauna that has four It's very special to unicorn four wavelengths.

And let me as well let me ask you this. Does anybody else on the market do this or is this a super unique thing to Sunlighten? It's unique. It's patented.

We patented a couple of the patents that normally don't even go into patents. But we're on this topic. The patents that are we have a lot over 20 patents.

The two that are significant to the people who are listening because they provide peace of mind is the highest

absorption level into the body, which is the highest amount of far infrared delivered into the body.

So we have the patent on the highest 70 and then the second is a two or more wavelengths and one cannot. So we have that patent as well. So okay, so you're protected, you know, it's a big purchase, right?

So the reason I mentioned is you don't I mean, I hate that feeling of when you get something in your super excited about it and then you see something else, you're like, Oh no, is that better than what I just got?

So this just reassures them and gives them peace of mind that, you know, you can't get more farm, Fred, any place else at a lower price or any place else, just in general, you can't get four wavelengths independently with six programs any place else.

Okay, so that's impulse. So then next and pulses amplify which is farm Fred behind you and full spectrum in front of you. So in full spectrum means you're blending the three wavelengths together.

So it's for that person who wants an amplified heat experience, because when you blend the three wavelengths together and put it in front of you, it makes a harder experience.

Some people want that that boost, that feeling of hot air faster. And so we listen to our consumers and and we made a product, especially for them. And that's what Amplify is all about.

It's and and the great thing is to you can turn those front heaters off. If you get in there, you say, you know what, I don't want that that feeling of that extra heat just turn them off and you can enjoy the farm.

Fred, behind you. These are the people are like I go in at 160 degrees and I'm really cool because I can do that. I can handle that. I will admit the hardest I have ever been able to handle a sauna is 150 degrees.

I can't go further at this point. Goals. But yeah. So there's people who like that is their thing. They want hot and they want to be in there pouring sweat in 5 seconds.

Right. And amplify is a great sauna for them. So we have a product for them signature which is our you know, home base, our foundation, the sauna that we were on Oprah with forever ago.

And that's our patented far infrared. So it has the most amount of farm for us delivered into your body. Can't get more any place else than the signature or the solo.

And the signature is the cabin. And then the the portable unit is the solo. It's so close to my heart. I can't tell you, Laura, how much I love that product.

It's just it's so powerful and so intense because you are right next to your lying on these high emissive are infrared patented heaters. You're lying on four of them.

And then on top of you are two domes where the heaters are bent and you have a heater in your feet and then heaters above your lower body heat are above your upper body, your head is out and you just have this immersive radio and just incredible farm experience that also induces a very fast sweat in an intense level, but it doesn't feel that oppressive heat.

You know, it just is your body just healing in a very intense rate because you're so close, you know, to the heater. So and you can get the solo without the pad by itself, too, if you want to save some money and you can just get the domes and all the clinical studies that we have done where started with the solar domes by itself.

So you're not sacrificing anything over the years. You just add an on incremental step to the foundation to benefit the body. But the solo is an excellent way to start and just get the solar by itself and you're good to go.

So this is what I love about your company, is that you have a system for every budget, for every goal and forever re

space, right? So some of these saunas are so big that if you live in a small, you know, multistory, you know, apartment in New York, maybe the giant one isn't going to work for you, but you've got something that works for people.

So is what I love, too, is there's lots of options. And then you have all your technology and research and just dependability wrapped into every product.

Yeah, well, thank you. And I mean, our, you know, our purpose, as you mentioned, is to bring light, hope and happiness to people everywhere and ultimately allow people to do more of what they love to do with the people they love to do it with.

And you can't deliver on that unless you have access to as many people as possible. And so that's where the passion behind the solo being portable, £67, you can carry each dome separately, you can put it, you know, in it, you can put it all over.

And when I first had my first solo, there wasn't a room in my house that I hadn't been in at one time because I'd be in that room. I'm like, Oh, I'm just going to get inside my solo and, you know, take us on a session.

Sunlighten Sauna Models and Patented Technology

So, yeah, that's, that's our goal is to be able to provide therapy, healing therapy to as many people as possible. And we don't want to be limited by size or money.

We want people to be able to experience exactly where they are. Exactly. You know, I belong to many functional medicine communities, lots of colleagues in the functional medicine space.

And over and over and over again, we all go back to sunlight, right? I mean, there's a lot of companies out there and this is this is who we trust. And there's a reason that we're bringing you to talk about this, because your the products that we have in our homes.

And so when you're thinking about when I'm working with a practitioner, I want to do what they're doing, right? Like, so they're healthy. They've clearly got the answers.

They're doing things make sense for us to bring the companies that we trust with our families and ourselves to our audiences, which is why you're here.

And I love, you know, in this first part of our talk, I really wanted to deliver a lot of values that people understood. I think there's so much confusion around what is infrared, what are all these different wavelengths, how does it help?

And you did a beautiful illustration of that in the second part of our talk, which we'll get into in a minute. I want to dig into some of those conditions.

I want to dig into anti-aging. I want to dig into inflammatory diseases. I want to dig into mitochondria support. I want to dig in to habits of how to use your your your sauna and sauna tips.

And we can talk about some stories of transformation of people that you've helped. So before we get into that, can you just share with us how to get to sunlight?

And I mean, you're going to be there's going to be links on our summit pages where people can click and get sunlight. And but we also have you have a huge gift for our audience and a way for them to save even more money.

So tell us more about how they get a hold of you. Yeah so are huge gift is you can save up to $600 that's significant so make sure that you know you you is it bio radiant is the name of the code that you that is identified with that $600 discount.

So make sure you mention that everyone that's listening and you go to sunlight and dot com and we'll also have a link that they can use that should should connect to them right away with that discount code.

So if they should use that, that link or they can call in as well and, and or they can go to social media, you know, they can go and chat. And we have lots of different ways to get a hold of us.

I really recommend that you, if you're watching and your seriously thinking of this, that you get on the phone with somebody from sunlight. And I mean, the people who work for sunlight and are people who I would have at my dinner table, they're really good people.

This is a family owned company and you're going to get a real person who really knows how to support you and help you and like take that opportunity to tap into somebody's wisdom and really figure out what you need because you may not need something as big as you think you do.

It may be something smaller that will suit you. Right. That's a that's we don't we don't want you to spend one dime more than you need to to get the benefits.

So we're going to ask you questions about how do you expect to use us? What are you looking for? What are the results? You know, what are you going through right now with your body that you would like to feel better with?

You know, what a success look like it when this wellness journey and we want to help you on that wellness you know on that during that that that journey and the first step was sunlight.

Absolutely. Well, thank you so, so much for being here and supporting this conversation to our audience. I hope you found our conversation insightful and helpful if you're a summit purchaser.

Stay right here, because we're about to dove even deeper into this discussion with Connie. If not, click on the button on this page to get access to a continuation of this conversation and many others, and really get the tools you need to reclaim your health.

If you're watching this continuation of my talk with Connie, thank you for being a valuable member of our community, and we're going to dove right back in.

So, Connie, I want to pick up right where we left off, and I'd love to get into some of these conditions. Now, Sana can support anti aging and and we're not just talking beautiful skin, we're talking internal anti-aging and slowing down the clock and keeping our body strong and going long into our life.

It can help with sleep. It can help with your heart health. It can help with muscle recovery. This is something near and dear to me. With the heavy weight lifting workouts that I do, it can help with mental mental concerns like anxiety or depression.

You know, we do a lot of discussion in my community about solving chronic infections, parasites, bacteria, viruses, solving toxins. We've talked a little bit about how this is supportive to detox, getting toxins out of the body.

We have lots of talks on this summit about all the different toxins. So let's let's just unpack some of those things. I'll just let you pick where you want to go and just drop pearls of wisdom on us.

Sure. So the first pearl that I would drop is on regarding inflammation, right? I mean, inflammation is is the number one cause of aging, you know, inflammation inflamm aging, you know, some people will call it.

And the the infrared spectrum is so powerful at reduced singing inflammation at different parts of the body, and each wavelength penetrates and affects the body differently.

So it's a whole when you put the entire spectrum together like an impulse, it's a whole body anti-aging. That is how I would look at it and I will unpack it separately with that.

In the spirit of just looking at the the anti-aging piece, so on far infrared, several different ways. First of all, one of my favorite data points is there's a study where far infrared has a potent anti-inflammatory effect because it induces a gene that regulates inflammation in the body.

So we don't have to go into the specific gene. But it's H0 one if you want to do more research. But that that gene helps to regulate inflammation. Inflammation and far infrared induces that in M and powerful gene.

So that helps to fight aging in that way. Also, by increasing your core temperature and boosting the immune system, you're getting this, you know, back to stronger mitochondria in your body and you're helping to fight off, you know, the all of the toxins and and inflammation that's inside your body that does slow down, you know, and an increase increase aging.

So that's far infrared itself. And the gene and the pain relief at the depth at the core is really important.

Using Sauna for Anti-Aging, Recovery, and Mental Health

Med helps reduce inflammation at the joint and tissues so it's excellent in a lot of athletes right now are using it for muscle recovery so that it can speed up their time to get back into their sport.

So professional athletes, you know, when they're down, that's time and money and they need to get back up to speed really fast. And Connie, I'm telling you right now, I am not a professional athlete, but I do some heavy workouts in a gym where professional athletes do workout.

It's kind of interesting. NFL players and professional baseball players are there and then normal grandmas are there. And moms and people like me who like, literally hate to work out, but I need to do it.

So, you know, I don't have to be a professional athlete to be in serious hamstring pain and and glute pain when I get done with my workout. So this helps recovery. So trust me if you're anything like me and you love to work out and Ertz this makes it less pain.

It does it I mean it helps and like your hamstring. And the other thing is that's a great segue way to to near-infrared because this was one of my favorite personal stories.

I'll make it really short, but it's when I was training for a marathon recently and my feet and my knees and my neck, I mean, after I would run, they would just I mean, like literally it was just that feeling of pins and needles, like, almost like glass, you know, where you just couldn't move after a run.

And I would hobble down because my sauna is downstairs in my basement. I would hobble down the stairs. I could barely even get in. And then I would lie down on my bench.

I put my feet and my knees right up next to the near-infrared LEDs. And I, Laura, I could instantly feel that those pins like it all of a sudden that where I was like glass, you could feel the movement and everything started to just kind of calmed down and everything that was so angry before started to chill.

And when I was finished with, I always did the, the inflammation, pain relief. Sorry, that's the name of the program, the pain relief program when I was training and then after I finished the pain relief program, I literally could walk it up the stairs.

And I mean, I wouldn't go for another run that day, but I could, you know. So yeah, so near-infrared. So back to the near-infrared. And what it does I just use as a story because I use it personally is it helps at the surface level with inflammation.

So it helps, you know, those hard areas like knees and feet and back of the neck. It helps also with the skin for an anti-aging of the skin. And I love, love, love how you said, you know, anti-aging isn't just about the skin and the beauty.

I mean, it's it is literally the inside am because when you feel better and you are healthier from the inside out, you are going to to look better because you feel better.

And that's why people have that glow is because they feel better and be healthier from the inside out. Well, here's what I've to say, Connie. Anti-Aging is actually an inside game, as you know.

And the multitrillion dollar we'll take, trillion dollar anti-aging industry will have you believe it's about putting a potion on your skin. If your insides are not supported, you will never just support this outer layer and have it look youthful.

It has to come from the inside. And then all that stuff you put on will work better. You'll actually might get a result if you're working on the inside.

Exactly. That's exactly right. And there is an excellent way near infrared, the invisible and as well as red light. And if you would combine the two together, you're hitting the body at two different levels.

So you're hitting the skin at two different levels, but they have a really, really potent anti-inflammatory effect on the skin. So they help, you know, like I said earlier, boost collagen, boost elastin, helps the skin have a more youthful appearance.

Fine lines and wrinkles. Your teenager has acne got there? Yeah, exactly. So can we talk about. I'd love to talk. I want to have I want to make sure we talk about detox, but I want to get to mental health right now.

So many people that we support in our community, in my programs, in addition to the low energy, the brain fogginess, the digestive issues, what they're also experience is a heightened anxiety or maybe maybe some depression, not having joy in the things that used to bring them joy.

And there is some benefit here with infrared sauna in supporting neurotransmitter production and supporting balance in the body. You call it a happiness, you know, experience for a reason.

So could you explain how this can support people as they solve the root causes of what's creating that imbalance in their neurotransmitters, in their brain gut pathway?

There's so much to what causes these mood instability, the mood instability. So how can people benefit from this? There is a study done by Dr. Risen and University of Wisconsin on depression and essentially what he did is he had people go through a IT in Germany and know the whole body hypothermia experience and it was severely depressed patients who were immersed in this like of the solo if you can kind of picture a piece of equipment that was a lie down like a chamber they were in, it was using infrared and it increased their core temperature.

And when it increased their core temperature, it was able they were able to change, unlock the switch and thermo regulate their body so that their bodies could heat up and then naturally cool down.

And what he found after only one session, there are significant benefit to their depression symptoms for up to six weeks. So one session and depression symptoms were relieved, which is significant.

And the key that he believes is people who have severe depression are not able to naturally heat their body up and cool it down. And so it also affects the way they sleep.

And one of the benefits that we have found with our asanas is it does help people significantly sleep better and when your body is able to naturally cool itself down so that you can change your hormone levels and you can kind of get to that circadian rhythm, you're able to sleep more efficiently and have a deeper, more restful sleep.

And then when you wake up, you have more energy and to go about your day. So that was what far infrared and and that was just one session. So that's one one there's many studies or but that's one of my favorite studies because it's so powerful and it lasted so long.

What comes to mind is when you're actually getting into deep sleep and you're in a parasympathetic state of healing, restoring and repairing, you're actually also in a state of making mirror transmitters and making serotonin and making dopamine and making the things that your body needs to feel good.

So it's all directly related. So can you talk about detox? Were you know, were we have a lot of talks on this summit about metals, environmental toxins, mold, toxins, all the toxins that are coming from air, water from our body products, cleaning products.

I mean, we are literally assaulted with toxins day in and day out. How does sauna support getting those toxins out of the deep into cellular and extracellular spaces like we're talking beyond the gut?

We're talking toxins are packed into our body in hidden places and we need to get it out. Yeah, that is one of the most important benefits that sunlight and products provide, for sure.

I mean, for sure, because so many things, as you know, are connected to having a high toxic burden in your body. It's you don't even know it's there. I mean, it affects your energy level.

It affects your appetite, it affects your skin. It affects affects so affects your attitude, affects so many things. So there is a study again, another study done was called the Blood Urine Sweat Study by us.

And it examined the toxins in your body and the removal of them via blood, urine or sweat. And one of the interesting data points was the power of sweat and removing toxins.

For example, they measured a lot of the heavy metals. They measured blood, cadmium and mercury, aluminum, and found that there was more of the toxins reported through sweat than in your blood and urine and mercury.

Specifically, 15% of the participants had no detectable levels of mercury in their blood or urine. But when they measured it in the sweat, 100% of those 15% had mercury in their sweat.

This is tell people all the time just because we don't see it right. Your urine test, even though we've. So when we do a toxin test, what I do is slowly provoke people over about a month period of time before they do it instead of like a fast provoke.

We do like a slow, easy provoke that also helps them feel better, boosts energy, helps them sleep, like all the things. And we oftentimes don't see many metals in a urine test.

And I'm constantly telling them it doesn't mean they're not there. Trust me, they're being rained on us. And aluminum is pervasive. It's everywhere. It's in your kitchen, it's in the food that you're eating in restaurants and that you're buying in the store.

It's it's in it's in your body products. It's in so many places, it's not possible for aluminum to not be coming out of your body like it's it's not be there.

Same with Mercury. It's everywhere. And I'm so glad you said this because just because we don't see it on a test doesn't mean it's not there.

Detoxification, Sweat, and Sauna Habits

Your body hasn't safely released it yet. Your body hasn't had a way to get it out yet. Right? Yeah. And it's really important to to get it out through a sweat, in an infrared sauna and because you're you're heating up your core temperature, you're doing it in an enjoyable environment.

So you'll stay in there. And which is key because in order to get better, you need to to be in there and let the infrared be absorbed into your body and let it make all of those significant changes and let the sweat do its thing and pull out a lot of those harmful, you know, materials that are trapped inside your body.

And the more that you do it, the more you're going to pull it out and the health you're going to feel. And that's why so many times people say, I feel so much better.

I have so much more energy when I get out of my sunlight and, you know, I feel lighter, for example, that's a common comic comment. Well, you're removing a lot of the stuff that's heavy and it's weighing your body down.

That's why you're fatigued and that's why you don't feel great. And that's why you have brain fog and you don't, you know, like my head never feels clearer than probably minute.

I don't know, you know, 15 ish, you know, when I'm inside because I just my head just starts. I, I get it gets clear and then I get creative and it's just it's wonderful because, you know, we can get really bogged down with with brain fog or just overload.

And, you know, we're taking in so much information and I just can't even imagine what our brains look like if we were to take an inside camera with all of the thoughts and and, you know, information in there.

And infrared really helps not just get the oxygen going and get the flow going and get the sweat removed. The toxins remove. So we're going to switch into because I really want to talk about sauna habits and you've actually given us a great Segway.

But I want to just recap, what we've established is very, very, very important for healing. Process is, number one, oxygenation to the cells. You must have oxygen for healing.

There's two critical things. I mean, there's lots of critical things, but two very critical things. You must have oxygen and this supports oxygenation.

You must get into a parasympathetic healing state. If you are in sympathetic all the time, you are going to be on a never ending hamster wheel of trying to solve this.

And so you must, like I run into people all the time, are like, just give me the supplements, just give me the pills, just give me the food I need to eat.

But they're not willing to do the parasympathetic work. You must get off like you're levitating all the time. You're in this fight or flight. We must get that down in order for you to be able to sleep.

In order for you. I can't. I can't supplement your way to sleep if you're still in a sympathetic state. So two very important things that must happen for healing.

Now, we started talking about how you feel so good at the 15 minute mark. And I want to talk about sauna habits. So just from my perspective, like I'm all about habit stacking, I'm about like, what can I do?

I like three things at once. How can I kind of fit my body multiple ways? And so you can do things like this in the sauna. I mean, I like to take my time in the sauna to catch up on different things.

I'm usually reading three books at a time, usually some kind of, you know, health. I'm studying something. I'm usually learning something about self-development or how to do something in my business.

And I'm usually reading a novel for fun, like something like there's always three things, and then there's podcasts that I want to listen to and there's scripture I want to read, and there's all these things.

Then there's ideas that come to you. Like you said, you start getting ideas at the 15 minute mark so you can start, you know, you can have a journal and they're like, Oh, I don't want to forget this and write it down.

So what are some habits like what can you create in your routine, in your life and habits and you know, around using a sonnet? Yeah, well, I. I'm just going to build on your love for habit stacking.

It's one of mine as well. I mean, that's one of my favorite things about using my sunlight and sauna is I can accomplish 2 to 3 other important lifestyle ads while I'm inside a really important one.

So there's not a lot of modalities where you can do. Like when I, you know, I've been doing more yoga and I love it. But while you're doing yoga, you're focused on yoga and it's wonderful and it's awesome, but it's hard to do multiple you now.

You can do a little bit of yoga inside the sauna, which, you know, there you go. There's yoga and sauna together. You can stretch. I mean, as long as. Yes, yes.

If you get one, you can stand in. Yes, stretch. Yeah. And I always that's fine when the first thing I do is I do my neck stretches and that because you literally like when you get in there you can feel your shoulders, you can feel them start to lower and you feel your body start to receive that healing energy, you know, and the light energy and the heat energy, it's all so crucial for our bodies to be as healthy as possible.

And so as far as great habit, so first most important is listen to your body. I can't stress that enough. Your body knows, you know, the length of time.

And so if you're in there and you know, especially if you're if you have a lot of toxins in your body, you know, you may not want to stay in there very long.

So start slow, you know, 10 to 15 minutes work up to and see how your body responds. And also, second tip, hydrate, hydrate, hydrate is so important to make sure you drink plenty of water.

Also pay attention to your electrolytes. You can probably speak to that. You know better than I can as far as you know, some of the additional things that people should should take and be aware of, you know?

Yeah, I would say also let me just layer sprinkle purified water. Yeah. Just any water. You're you're detoxing. You don't need to be toxic in your body while you're simultaneously detoxing.

So purified water and we're not talking fridge filter so don't contact me if you need to know more about purifying water. It's a really important thing.

But yeah, you know, electrolytes. I mean, I like to use see plasma and you know, yeah, very clean seawater. I put that into my water every day. I put minerals in liquid minerals.

There's several companies where you get great liquid minerals and then, you know, it's easy to just put a pinch of Himalayan salt into your water, too.

I mean, so easy, too easy thing to do. Right? Yeah. So that's important. And then making sure that, you know, when you're in there, you know, you're your, you know, your present.

I mean, like you talked about really getting into the parasympathetic. You know, you just really, you know, paying attention to your body, doing deep breathing.

And you can do different things every time. You don't have to do the same thing. I mean, sometimes I go in there and I'm focusing on breathwork. I'm just focusing in on that while I'm in the sauna, or sometimes it's meditation, you know, sometimes it's getting caught up in podcasts and also, you know, just doing work while I'm in there, which is, which is great because I also then I receive it in a different way.

And, you know, I really do believe that a lot of that is the the different wavelengths because near infrared and red light, they work with a brain in a different cognitive way.

And so, you know, you have all these different healing energies working with your body, your whole body while you're in there. So it's nice to be able to do something else because you get the benefit of the act, the activity and

the activation of your cells, you know, while you're in there. So those are some some of the tips.

I personally, everybody always ask me, you know, when I do it, I personally like to sauna in the morning. That's my personal preference. You know, I heard stories on, you know, people doing it in the evening and they are fine too to then shower and go to sleep.

I like it in the morning. I just I also like to stack my exercise sonics. I like to be like elevate my core temperature, you know, keep the sweat going, keep keep the keep my body in a, you know, cardiovascular active level as long as possible.

This has been such an incredible I mean, I didn't know where we were going to go with this, but we went to so many places to help people. I think this has been so inspirational and people now have a really clear understanding of what these wavelengths of light do.

The frequencies of why it's important, the infrared, all the different categories of, you know, ways that I should say the ways that we can support your body.

When I say categories, I mean all the health conditions and problems that we're dealing with in these fast paced first world problems that we have. It's a real and we need to support our bodies.

So I want to make sure everyone is clear on how to get access to Sunlighten. And and let's talk again about the website to get it. I do encourage you to call and have a discussion with somebody on Connie's team because they're lovely.

And then we have a really great coupon code to give you up to $600 off, depending on what your needs are. And that's BioRadiant. So, Connie, where can we find you?

Yeah, Sunlighten sunlighten.com Or you can call. I mean, I'll just to give you the number. 8772920020. And our team, as Laura said, I mean, they're they're so passionate and really care about everyone and making a difference in this world.

So I encourage you to call and and and then ultimately mention the code to get your kids your savings. Give us that phone number one more time, because I know people are probably starting to write it down.

Yeah. 8772920020. Great. Connie, I just want to thank you. You know, we could talk for hours. Yes. And that would be great. I know. I know about your contribution to the planet and to, you know, there's a million things you could be doing.

I know you have a long you career in history before you did this of working in very powerful companies and doing a lot. And this ultimately is what you settled on as the thing that you're doing.

And I'm I'm sure I'm going to ask you this, but I'm sure it's because your vision for helping the world is huge and what you want to give back to the world in the way that you can support people.

So you could have done anything with your background and this is what you did. So I just want to acknowledge you for that and thank you for that because, you know, it's a big thing.

And the world needs you more than ever now. Well, thank you. I appreciate it. And I, I take that, you know, with the intention that it's given, which is wonderful.

And I really I love what I do, and I really do want to make a difference and help people live healthier lives and help people feel better and and enjoy their lives.

Life is meant to be enjoyed, not endured. And I truly believe that. And so however I can help make that happen is a really great thing. Yeah, that is a great place to end.

Until next time, everyone take care. Bye now.