Shed Your Toxins And Boost Your Healthspan With Sauna Therapy Transcript

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Introduction to Menopause Summit and Sauna Therapy

Hello. Hello. Welcome back to Mastering The Menopause Transition Summit. I am your host, Dr. Sharon Stills. This is so then I love bringing you all these experts and education about all the important knowledge you need and tools you need to really master your menopause transition.

And today, we're going to combine the two. We're going to have some knowledge and we're going to have a tool that can help you. And that is going to be the infrared sauna, which in my over 20 years of practice has always been a huge tool that I've used personally, that I use with patients that I, I constantly find myself prescribing because it has so many far reaching benefits.

And so today, we're going to really dove in and talk about what does this mean for you? What does this have to do with hormones and learn all there is about sauna therapy.

And so my very special guesttoday is Tess Harris, and she is a sauna specialistat high tech health International, who happened to be one of the sponsors of our summit.

And I invited them to sponsor this summit because I personally have been working with them. I had their sauna in my clinic when I had my clinic open, and I've been referring patients to them for 20 plus years.

I've been working with them since the beginning of my practice, and so I'm thrilled that they came to sponsor that. They're here to share their knowledge and let you know about the sauna and how you can use it.

So we really appreciate you sponsoring and being here and spreading sauna, love and so, like I said, this is Tess Harris. She has a B. S. in biochemistry.

She has previously worked in laboratory research on the development of Antimalware Hill drugs and then in pesticides analytics. And most recently with high tech health.

She has gained a deep understanding of sauna therapy and developed a great passion for environmental medicine. She loves learning and sharing about how environmental factors affect your health and how sauna can positively impact your health and how to live a cleaner lifestyle.

So welcome Tess. I'm so excited for this conversationbecause I am sauna obsessed. Is it you so much? I am thrilled to be here today. So how did you get into before we even start diving in?

How did you how did you find yourself getting in the sauna business with your your background in science. Sure I so I have always loved science and research in biochemistry and really that scientific aspect of medicine.

I've also been a I was a professional athlete for a while and so I was into fitness and recovery utilizing saunas. My husband is also in fitness, so I had used saunas and started to learn a little bit about them through him.

And just going to sun is it gyms and found high tech help really when I was just looking for some other avenues to share my scientific experience but working more with people and outside of the laboratory setting and it just seemed like such a great fit.

How Infrared Saunas Work

And I have hit the ground running in terms of learning about the science behind science on a therapy and really delving into the environmental medicine aspect of it, which has always been an interest, but that's really sparked a lot of my knowledge in this direction.

I love it. So we talk about we hear a lot of the speakers when we're talking about how toxins affect your hormones and how you need to detox and use a sauna.

And so that's why I'm so excited that today we're really going to dove in. So you listening at home can really understand. I think knowledge is such power and we really understand, then we're more apt to get naked and go sweat.

And I always say Sweating is one of my favorite, favorite activities for good health. And if you're not sweating, you're not healthy. And so inducing a sweat every day is so crucial.

So let's let's dove in. So first off, most of us are familiar with saunas. And as you mentioned, there's the sauna at the gym. But what's the difference?

What why can't I just go to the gym? Why do I have to have that little house? Looks like a little playhouse. Know what is an influence on the store? So an infrared sauna.

We're using infrared light or infrared energy, which is actually a part of the energy we get from the sun. And it has a direct heating effect on our bodies.

So a good example. It's the same reason the sun feels warm on our skin, even on a cold day. So we're experiencing this direct heating from infrared. Typically an infrared sauna operated to max out somewhere between 120 and 140 degrees Fahrenheit.

And that really depends on the user and your comfort level. But, you know, the hot air isn't the only mechanism for heating. We're getting this direct heating from the infrared as well.

And the way it directly heats our body can actually help mobilize toxins and there are even some non thermal effects. So effects we get from infrared in addition to the heating.

So there's a lot that's unique about infrared on this. So what you're saying is you can go to the gym and sweat, but it's not going to mobilize. The toxins like an infrared sauna will correct.

The sweat as a whole is a really effective pathway out of the body for certain toxins. And that can go more into that. But infrared saunas in particular are uniquely well suited for detoxing.

And some studies do show that infrared saunas in particular help our bodies excrete certain toxins. Yeah, go go more into it. So tell us, what are the toxins?

Well, let's learn about a. Lot of factors. Right? So it's estimated in production there are over 85,000 chemicals in production in the US right now and that they can range from, you know, not even just things in production like metals, right.

So things in our water lead, arsenic, cadmium, mercury can have effects on our bodies and a lot of organic pollutants, things like that. So pesticides, plasticizers, PCB, which is used in flame retardants and poly fluorinated, alkyl substances or PFOA?

Yes, those can all have effects on our body.

Detoxification and Environmental Toxins

And so there are numerous toxins and some organic things like or sort of naturally occurring like mold is another toxin that can affects our body and that's one that specifically imprints on us.

Studies show there's a big increase in mold excretion plus Sunnies. It's interesting because often when you're hearing about mold detoxification, you just hear take some binders and and so that's another unique cause, I think,

at least in in the natural plastic world, it's kind of well known that if you want to get heavy metals out, infrared sauna is a good way to do it.

But I don't think we talk about the mold aspect of detoxification as well. So can you talk about why infrared? Why is it different? What is it doing that's mobilizing the toxins rather than just going in the gym?

Right. Septic head. So some of it we know well and some of it is more observational in terms of these are the results we see and the difference in terms of the actual biochemical mechanisms or what's actually happening.

But in terms of sort of the biggest body of studies that we know about saunas, look at how we can compare. Let me go back. Let me backtrack a little bit.

So the way they directly heat our body can actually change like intracellular fluids and things like that, and that can actually support it. But also we see through studies comparing blood, urine and sweat and concentrations of heavy metals and pesticides and various compounds.

In our sweat, we see higher levels in sweat and blood and urine. And so those are that's really showing that sweat is a very effective pathway out of the body.

And then in terms of the infrared saunas, we've seen in some of the studies, the biggest spikes in detoxification, in urine and in sweat post infrared versus other types of soreness.

Mm hmm. Which is why it's important to stay hydrated. Yes. And so the infrared is penetrating the skin differently, deeper. Like I said, a lot of it is more observational in terms of how we see the results versus understanding all the mechanisms.

There is some research in Washington being conducted looking at how that intracellular fluid can change to a different structure and that can actually help with excreting certain toxins and especially fat soluble toxins.

But mechanism is not as well known as we would like, but it's more observational in terms of how we see the results. Gotcha. So menopause hormones, environmental toxins, how how does that all play together?

And then what's the role of the sauna? Sure. Absolutely. So, like you said, we have a lot of exposure to toxins throughout our life. In particular, a lot of toxins will affect brain and the endocrine system.

Many are called endocrine disruptors. Right. So they can either bind to hormone sites and increase or block normal hormonal activity. And a lot of these are chemicals that we can't naturally metabolize in, excrete from our body.

They're when we're looking at menopause, there have been there's actually a very recent review looking at many studies, looking at how endocrine endocrine disrupting chemicals affect menopause.

And across the board, it shows earlier onset menopause and earlier onset of certain symptoms like hot flashes. And also looking at how early onset menopause can actually contribute to increased risk of cardiovascular disease, decreased lifespan and increased depression risk.

So there are a lot of factors. And of course, these chemicals are all playing a role in sort of our normal aging and and our endocrine system and how that changes throughout our lifespan.

Aging. So some therapy can be very powerful as a tool for helping us eliminate these toxins. And there's a really interesting group of studies, like I said, the blood, urine, sweat studies that show this active trans port.

So compounds that aren't even detectable in blood, we see high levels in excreted in sweat. Well, what I find interesting is I do a lot of toxicity testing on patients and I do the GPL tox test from Great Plains Laboratory frequently, which looks at organophosphates and plastics.

And it's no matter what the toxin is the solution is always an infant son. And I started I would I would call the lab and be like, cause there's about 22 different toxins we're testing.

We don't have the ability to test the large amount you mentioned yet.

Menopause, Hormones, and Toxicity

But I started I would call the lab because I'd be like, okay, well, they have number one, five and seven. Do I need to do something different for detox?

Nope. In Fred Sonic Blue 2000 an infrared sauna and that he's going to be the solution. And so in a world where as we're learning throughout this summit where toxicity and especially environmental toxicity is rampant and unfortunately unavoidable to me, including in having the sonic therapy, whether you have high levels or you don't, it's it's either a treatment, it's a prevention action.

It's I always say it's not a matter. Maybe it's some point. We used to ask, are you toxic? Now it's just a question of how toxic are you and are you eliminating your toxins that you're being exposed to?

And so to me personally, infrared sauna is this this powerful medical tool that we really need. It's just detoxifying is not a five day cleanse. It's not something we do for a month.

It's not something we don't have to think about. It's something that needs to be part of our life. So I see it as a daily event, a weekly event, a monthly event, a quarterly event, a yearly event.

And the sauna is just so key in that it's we have to really be sweating and you can you can take a hot bath, you can get a good workout, but it's not the same.

You're not getting the medicinal results from actually utilizing and harnessing the power of infrared. So let's talk about because there are other benefits other than detoxing like burning calories and interest in your cardiovascular system.

And so let's talk about some of the other benefits as well. So so one of the one of my favorite topics is the cardiovascular health. There are numerous studies and benefits linked to cardio vascular health with infrared saunas and saunas as a whole, everything from lowering blood pressure, lowering your risk of cardiovascular disease to improving the cardio of endothelial lining, the elasticity of the endothelial lining sauna therapy is also shown to mimic cardiovascular exercise, so demand that in the moment.

One of my absolute favorite and this is a very well-known study that was conducted over 20 years, so a long term study looking at regular sauna users and then broken into categories of people who use sauna once a week, 2 to 3 times a week or 4 to 7 times a week.

And looking at their long term health outcomes and across the board, all of the sauna users saw lowered risk of sudden cardiac death, fatal cardiovascular disease, fatal coronary heart disease, and lowered risk of all cause mortality, meaning death from any cause.

So across the board, regular sauna users saw a reduction of risk in all of these categories, and the most frequent sauna users saw the biggest reduction in risk.

So basically, regular sauna users have a better longevity outcomes and lowered risk of all types of cardiovascular disease. So which is prevalent in, you know, in our country, in the world for.

Women it's if you we talk about biomed undergo hormone replacement as prevention for cardiovascular disease but which also lowers the overall mortality by coupling it with sauna.

You're just like, oh, we're going to live to 130. So so it's got a benefit of. So we talked about detoxification, it's got a

benefit of cardiovascular health.

What else you mentioned exercise. That's one of my favorite. Exercise in weight loss.

Cardiovascular and Longevity Benefits

So like I said, mimicking cardiovascular exercise, regular sauna use also improves our exercise tolerance. Meaning how much exercise can we do? Lowering our daily onset muscle soreness so that soreness we can get after a hard workout and in terms of weight loss, there is a really interesting study looking at sauna compared to exercise.

And then the combination. So a group of subjects were subjected to heat therapy, sauna therapy, another group subjected or was doing treadmill running and then a third group was combining the heat therapy and the treadmill running.

So similar about 40% reduction in body fat mass for both the the heat therapy group and the exercise group. And then the combined group was a 72% reduction in body fat mass. Wow.

Thickened improvement or a significant finding? Right, in terms of, you know, we're all trying to lose weight and I know that gets harder as we age. And now, I mean, that's just remarkable that difference that the combination makes.

But even one on the, you know, pretty remarkable that sauna is on par with exercise in terms of the and it's all fun. While you're sitting on your break.

I mean, how low? I mean, I'm reading my books. I'm like catching up on, you know, all sorts of things in this honor and meditating like it's a great time to just, like, have some time to decompress or, you know, put your phone away or like there are so many reasons I look forward to using the sauna beyond the, you know, the sweating and like all the benefits I know I'm getting.

Like, it's just such a nice retreat. So absolutely. At the end of the day, I'm like in my sauna and after seeing patients and I'm decompress, I just what you said, it's like, oh, it's the end of the day.

And I think a lot of us are like, Oh, it's the end of the day. I'm going to go to the couch and watch TV and I'm like, Not that I don't like to watch a good Netflix series because trust me, I do.

Yeah, but I'm like, before that, I'm like, Oh, the sauna and just the stress reduction of just sweating and sitting and feeling the heat and breathe. I have done everything from pay bills in the summer.

Yeah, I'm dating myself back because when I used to have the sauna in the actual clinic when I was, we had a brick and mortar. I would take the big checkbook and this is before like computers and paying online.

And I pay my bills at the end of the day. And my younger son, he would struggle with heavy metal toxicity when he was younger. And so we would go in the sauna together.

And as such, fond memories of singing in Lincoln Park with him in the sauna and just rocking out. And you can listen to music or podcast or it's just such a it's such a like meet time.

It's so what other benefits. So in terms of also boosting metabolism, right? So similar to the study and reduction of fat. So exercise versus sauna versus the combination, we saw about a 35% increase in mitochondrial activity.

Right. So cellular energy, cellular metabolism, 35% increase with just the heat therapy, 31% increase with just exercise, 62% increase with the combination of on an exercise.

And we've talked about how important mitochondrial health is. So what about immune system? Yes. Absolutely. Sauna therapy can really help with a robust immune response.

I'm not as familiar with all of that research off the top of my head, but I know a lot of the findings show like more robust immune response lowering inflammation and oxidative stress on a cellular level and throughout the body, which also can help us to fight off the infection and boost our immune response.

It might be easier to ask the question What does insomnia. Given benefits for sleep and mood, right?

Exercise, Weight Loss, and Metabolism

So lowering cortisol, which is a stress hormone that directly inhibits sleep and then elevating endorphins, which are, you know, feel good. Hormones are both clinically shown to sonic therapy.

And the higher your cortisol, the more of a reduction you see post and read on it. So it's fantastic. And what about skin cells? Some really cool benefits with that.

So suppressing the photo, eating, aging damage we get from ultraviolet. So really neutralizing some of that improving skin microcirculation. So just right, the vascularization throughout our skin to help maintain the health of our skin as a whole.

Improving water holds water holding capacity and just elasticity of our skin. So those are all findings that are associated with soreness and infrared soreness specifically.

So we've got detoxification, we've got hormone balance, skin health, weight loss, exercise, cardiovascular immune health and any of the other big ones.

Lowering just like the cardiovascular health, lowering your risk of neurodegenerative diseases. Mm hmm. That that's a huge one. So to me, it's such I always think of health.

It's not I have my favorite hashtag that I create, and not all medicine comes in a bottle. And so how we heal is multifactorial. And it has to do with what we put in our mouths, both food and liquid and supplements.

And it has to do with the thoughts we think and the lifestyle we live in that we use and the actions we take. And just as we're having this conversation, I'm just seeing how two of the things and I never really thought about it before this, but how bioidentical hormone replacement and sauna therapy are two of the things you get my patients in a room and they're like, We should have a dozen different things for us.

But yes, she has definitely told us we have to get a sample if we're a woman on a journey, we're on bioidentical hormone replacement. And so and they just have so many similar benefits for the cardiovascular system and for the immune system and for neurodegeneration skin and brain health.

And so what a beautiful marriage of really taking care of yourself through the menopausal transition and I love it. We got a dog excited in the back, didn't.

Say about that. Do you put your dogs in the summer. Oh, no, because they don't sweat. Right. So thermoregulation is different. But surprisingly we hear from folks all their time.

Their pets want to get in the sauna with them. So yeah, but we don't recommend it. So let's talk about your son and why it's important to to get the right sauna.

Absolutely. Yeah. This is key. There are a lot of factors that go into obviously making a good sauna that's supporting detoxification, the materials, the types of heaters, etc..

So let's start with materials first, right? Because we've been talking about our environmental exposure and obviously we don't want to be adding more chemicals to our environment and of course, with heat, outgassing and certain materials.

So for example, plywood is full of formaldehyde, which is a known carcinogen that's volatile. It can out gassed certain types of wood, also higher high in terms of the compounds naturally occurring in the wood that can out gas and and really trigger a lot of sensitivities for folks and sort of contribute to exposures and wood.

So specifically our saunas, we use a very specific poplar wood from Europe that is known for having almost no wood smell, very, very low outgassing. It is the number one wood for environmental medicine clinics for anybody already experiencing sensitivity.

And even before you're experiencing sensitivity, just having something in your home where you know you're optimizing all the benefits, you're not going to have any, you know, cheap materials there, 100% a single wood.

And they're built with tongue and groove joinery to eliminate glues and materials that are going to be outgassing. So that's an important part of it. As you're detoxing, you don't want to be you don't want to be in something that's detoxing you energy taxing.

You get it super, super important, which goes to speak.

Immune, Sleep, Mood, and Skin Benefits

I mean, why it's important to get an infrared sauna and not rely on your gym's sauna, which I know may be a bummer. And I hear patients say, well, I don't have room for a sauna.

And I'm like, Yes, you do. It's just like, you got to find a place. It's just like, Yeah, my house, you know, there's always a place. Look at yours is right there.

If they come in the corner really well, you can put it close to a wall. Really versatile. You can go on any type of flooring. They're extraordinarily efficient to run, at least with the technology, high tech health.

We have a very unique type of heater, really designed to optimize the benefits. So they're very ultra power efficient to run. We estimate it's about $2 a month to use our two person sauna every single day.

So so talk about what is special about the high tech with the heaters. And do we need to be purring about EMFs and speak to that? Please. EMF is probably the it's a really important part of this.

Right so our heaters are all designed by high tech health have been since the beginning of the company and I know you've known for a long time, but EMF or electromagnetic fields which happen with anything, is running on electricity.

They can radiate from the source. So you know where the electric current is coming and high EMF can cause a lot of cellular stress. In particular, it affects heart and brain cells, but it affects all of our cells.

And unfortunately, a lot of infrared sun is out there are known for very, very high EMF, sometimes thousands of times higher than these thresholds for causing biological sex.

The high tech health centers have our own patented technology and how we mitigate all types of VMs, and that's all independently tested and thorough lab testing.

And so our sun is as a whole are lower in EMF than most household appliances. And that is a big factor in terms of getting the most benefit, not adding stress to your body, really allowing yourself to detox.

And in our experience, a lot of folks who are experiencing environmental sensitivity, whether it's chemical sensitivity, mold, sensitivity or have sort of these hyper reactions, may also be experiencing electro hypersensitive beauty or EMF sensitivity.

So it is a really big piece of what makes a good infrared sauna that you can really benefit from this this low EMF

technology, huge piece. So we've got the poplar non formaldehyde and on off gassing wood, we've got low EMF.

Anything else that stands out to you that you want to share? Also numerous things about our sun. So the MF mitigation is of course part of that. We add a fresh air fan in our sun, which keeps some fresh air flowing through the sauna.

That really makes it a lot more comfortable for a lot of folks, right? So sitting in this chamber, yes, it's designed to allow some airflow so you don't get like this stuffy feeling and you just build up of CO2.

And that makes them much more comfortable experience. You can breathe deeply. You can really enjoy the sauna experience. So that's another really important feature of our Sonos.

Now, do you have tips for sauna? Use any countryand this is a thing you should do before and after or hydrate. That is key. Hydrate before, hydrate after, maybe hydrate during the sauna if you're comfortable with it.

That is a key replenishing minerals as well. Right. We sweat out a lot of minerals as well. So, you know, replacing magnesium, calcium, sodium, potassium, that's important.

You know, in terms of is there is there one right way to use the sun is not necessarily because everybody's different and everybody's tolerance levels can be different.

Right. We you know, I would say average 30 minute session. We actually do provide protocols for use to get people started pretty slowly because you can detox too quickly with the sun and that can feel uncomfortable.

You can feel a little lousy if you're going too fast. So you start slow and then you basically work your way up in terms of duration. And as you go, you learn what feels right for you.

And so it may be daily sessions for one person and twice a week for another person or somewhere in between. But we, you know, we guide you through all of that.

Choosing a Safe, Low-EMF Sauna

And, you know, the product specialists, we're all sun experts we all use on and, you know, understand the research and we guide our we guide our customers through that process as well.

In terms of helping you learn as a new user in the new owner what's right for you and answering all of those questions right? Yeah, I'll just reiterate hydration.

And I have patients utilize blue to iron before their sauna sessions, certainly replenishing the minerals, electrolytes, so, so important. You want to be not draining yourself, you want the sauna to be supporting you.

And so it's really important that you take care of yourself. And so when you are partaking of sauna therapy, it's like you have hydration is so important in this kind of gets you in that, oh, I'm going to stay hydrated because if I don't, I'm not going to feel good when I use my son and I want to use my sauna because I want to burn calories while sitting on my butt.

Strength of all these wonderful things. And so and even just sitting in the sauna as the panels are heating up, you get benefit. And so we like you were saying, I often work patients up and everyone is different and ultimately I like to get patients to a half hour at 120 or higher if they can tolerate it, where they're getting a good sweat, a a big sign of toxicity to me is when a patient says, I don't sweat.

And when they come in for an intake, if that comes up in the intake, because I ask every patient that becomes a priority for me, if someone's not sweating, that jumps to the top of something we need to handle and get happening.

When we're sweating, we're allowing our lymph to move. And there's just so many benefits as we were talking about, not only with the infrared, but the actual act of sweating.

And so it's crucial. And I always tell patients, I'm like, all right, you got the sauna now you got to use it. Yeah. You got to use it if you have it in your house.

It's hard to make excuses if it's at the gym and you're not even getting the same benefits at the gym. But it's like, Oh, I didn't make it there. I'm tired.

I don't want to leave my body when it's in your house. And I have some patients who set up TVs outside of it, and they there's so many ways you can incorporate it into your evening or afternoon or morning routine that it can just be a part of your part of your your detox life.

So easy to incorporate. And I utilize there's a delay start function so I can set a timer. So like if I'm going to a yoga class, it's on, it's ready for me to get right in when I get home.

So there are lots of ways to work it in and really make it your own. Have a TV outside or have it be your quiet time or the time where you and your spouse just sit and talk like there are lots of fun.

I hear lots of great stories from folks on how how they love to use their sun. That's awesome. We would have patients come on the way, turn on the sun, on for my session.

And I want to emphasize that it's a birthday suit in. Obviously, when I was in the sauna with my son, we would wear would be covered a little but if you're with your partner or you're alone, you you don't want to be wearing anything.

You want to get full, full exposure, your whole body. And can you talk about should you shower right after? Should you be wiping the sweat? Can you just speak to that?

Absolutely. Yeah. So dry brushing or, you know, brushing your skin either with a brush or even just take a towel and wipe off sweat as you go will actually help your body to sweat more.

So that is absolutely recommended. I always you know, I'm sitting on a towel in my son and I've always got an extra towel or two. So I can be, you know, wiping off sweat as I go and then obviously wash those towels right away.

And yes, you should shower after the sauna. We know there are a lot of and metals and all sorts of things coming out in our sweat. So obviously we want to wash our towels and we want to wash ourselves is right.

You don't want to reabsorb whatever you're taking it out. Exactly. Anything else that we didn't catch your time. That's important for the loss. So, you know, I talked to a lot about the importance of sauna therapy and spa instead therapy.

It is important to note that this is specifically far infrared, which is long wavelengths of infrared. There is no clinical foundation for near-infrared in the sauna.

Sometimes you see that's kind of a trend out there these days to have the full spectrum of infrared, there are risks with near infrared. So in the sauna where we're not, you know, we're we're spending more time and we're using it regularly with far infrared is where all of the clinical research and extremely well established and safe.

And so I was going to ask you about near infrared. So what are the risks? Some curious cataracts. It can cause damage to both the cornea and the retina.

It can actually accelerate skin aging, just like ultraviolet. Right. So the opposite of what infrared can do, it activates certain proteins that can break down collagen and it can actually increase other risks from ultraviolet.

So it can actually increase risks in certain cancers. So near-infrared really has a place in targeted localized therapies, right?

How to Use Sauna Therapy Effectively

So devices that are lasers and LEDs that are very specialized in terms of how they are calibrated and the wavelength and the intensity of the light. And they're very focal treatments, long term, regular use in the sun.

And we cross over to where these risk factors come into play and any research showing those benefits with the focal therapies is also a benefit we already get with pharma for it.

So interesting. And I was just thinking of one other what about pain reduction? Huge. I'm sorry I missed that earlier. That's a huge topic. Lots of studies showing reduction in chronic inflammation, acute inflammation, reducing oxidative stress.

There's even a is far infrared study looking at lowering pain or pain management for folks with fibromyalgia and rheumatoid arthritis and showing really good outcomes for both of those groups.

So they're really effective tools for so many, so many health factors. That I just thought of it because I was thinking about. I just I have this dream in this mission of transforming health and transforming all of you who are listening, your experience of your hormonal journey and your lives.

And I was thinking, wouldn't it be amazing if every house had a sauna? And rather than reaching for the Advil, when you have pain, you just strip and get naked.

And so that is and that's what I think. We don't we that's actually was a big transformation for me having the sauna in terms of what is my first response when I'm not feeling well, maybe I'm coming down with a cold or I'm for or something sauna, not the medicine cabinet and really life changing.

So yeah, that that's such a good point too when you're first getting sick or what does Mama say? She says, you got to sweat, right? You drink some hot tea or hot chicken noodle soup.

And so the sun I've seen in the sauna personally and professionally avert serious illnesses because you just sweat out the toxins, you sweat it out, and then you feel better.

You get a good night's sleep. So it really is there's not many things I always say. There's the myth of the magic bullet that there really is no magic bullet for healing. It's multifactorial.

But if I had to pick a tool that was going to come the closest to being a magic bullet, to me it would totally be the infrared, the sauna. Absolutely.

Yeah. And, you know, the more I learn and the more research comes out, the more excited I get. You know, every time I read a new paper and a new finding, I'm like, All right, I'm getting in the sauna.

I have another reason to get in the sauna. Not that I need more, but yeah, it's just remarkable. And I see it clinically. I've seen so many of those things, whether it be weight loss or patients who are injured or have illnesses where they can exercise.

Yet the sauna helps their cardiovascular system. So they're not missing out on that training or helping with chronic illness or helping to detoxify. It's one of the I work with a lot of patients dealing with cancer.

It's one of my other specialties. And the Sonya's always involved. It's like if you're going to work with me, you got to be doing infrasonic therapy because I want you to get better and we need this tool.

So I didn't have a huge clinic and we carved out a spot and stuck a sonnet like, I'm going to make it work. We didn't

have a private place. I, I hung a pole and we had curtains so people could have privacy.

We made it work because that's how important it was for me to be effective with my patients. So. So that's why I wanted to have you here. And that's why I'm so honored you're sponsoring, because I feel so passionate about this as a tool.

And it really does change when you are a sauna owner. It's like it changes how you how you view health and what you do and how you heal and I believe it's one of the greatest prevention tools for aging healthily.

We know that toxins are such a huge part of that. There's there's yet to be a cancer that doesn't have a toxicity component.

Near-Infrared Risks and Pain Relief

And so it's just crucial, as I said before, that we we become chronic detoxify, that we become chronically involved in actively involved and passionately involved in tools to to detox and sweat.

So so thank you. Thank you for being here. Thank you for sharing the the studies. I'm I tend to be I just am a clinician. I'm in on the ground. I see it with patients.

I see women losing weight. I see them aging backwards. I see their skin just changing in front of my eyes. I see their brain fog going away. I see their sleep and being in hands.

I just see so many benefits from it. So I appreciate it because it makes my job easier. Thank you so much for having me. It's been wonderful. You're welcome.

And for those listening who who are interested, I know we have a special gift for them. If they're interested in learning more, purchasing a sauna, what do they need to do and say to get a discount?

Absolutely. You can visit hightechhealth.com or give us a call and mentioned Dr. Sharon Stills mentioned, this mastering menopause summit. And you will be eligible for a special discount.

And thank you for doing that and thank you for helping me to spread Sun of Love. It really is. It's so key. So, so key. So I hope you all are like I got a sweat.

I'm like, I'm going to I got to go hop in my sauna. That's how I'm feeling. That's one other thing, too. We talk about addictions and we think of addictions as bad, but I think there are some good things to be addicted to.

For me, I'm addicted to the sauna, I'm addicted to sweating. But I think if you're going to I have overcome many bad addictions and not healthy addictions, but if you're going to have an addiction, at least let it be a healthy one.

And so join my sweat addiction and start to think about how sauna can change your life. Because trust me, it can. So thanks for being here and happy to answer any questions.

Hi tech health is a wealth of information. I was fortunate enough to meet the founder when I was still in medical school and I was traveling around the country teaching at different health conferences.

I was teaching European biological medicine and I ran into the sauna and I was like, Ooh. So I got educated very early. So it became part of what as soon as I like, even before I graduated, I was using it.

And so it just became something that I've used and I definitely credit sauna therapy to being a big piece of why I have such good success with my patients.

So thank you. Thank you. Thank you. And everyone get your sweat on. It will see as soon be well.