Sweat Your Way to a Healthier Heart: The Benefits of Far Infrared Saunas Transcript

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Podcast Intro and Summit Welcome

Welcome to Doctor Talks, the podcast where every episode leads to a healthier you. Join us as we navigate the world of optimal health, uncovering groundbreaking strategies to conquer chronic disease.

In each episode, we'll bring you the latest insights from leading health experts, medical innovators, and wellness warriors. If you're seeking to transform your health journey, or if you're looking for answers to burning questions, you've come to the right place.

Get ready to unlock the secrets of lifelong health and vitality. This is Doctor Talks, real talk from real doctors on the issues that matter to you most.

Well. Hello everybody. Welcome back. It is reverse heart disease. Naturally. Summit. Exciting time. A topic you want to know about. So buckle up, sit down and or maybe on your treadmill desk and, you know that I do that.

And let's really go deep on a therapy of heart disease. I think we can even say there's reason to believe it reverses heart disease called infrared sauna.

And we didn't just get anybody to talk about it.

Connie Zack's Origin Story

There are a lot of great people that we got. The person, Connie, Zach coming to us from Kansas City, Missouri and absolutely lovely town, her home town and, corporate headquarters of Sunlight Income.

And we'll talk about why, that is such an amazing company now. And I think 13 countries providing high quality but welcome, Connie. Welcome. Thank you so much, Doctor Con.

It's so great to be here. I'm so excited to talk to everyone and talk to you. And I know you're in the corporate now health world and before that you were in the corporate Procter and Gamble world.

Just take us back. I mean, how did you and your husband, Aaron, an absolutely amazing guy, take this leap into creating a field at 22 years ago really didn't exist.

And just a little background story on that. Yeah, the quick story is my brother was really, really ill when I was working at Procter and Gamble in the pharmaceutical side, and so was Aaron, and he, discovered with the help of, a holistic dentist.

And this is when I talk about it, now that it's been 20 more than 20 years, it's really amazing that there was even a dentist that, you know, knew about him for a way back then.

But the dentists theory was that Mercury was leaking into his body and that the reason he was so sick, because my brother was so, so sick, very young, we couldn't go on any, family vacations because he couldn't he had vertigo.

He was at fatigue all the time. He was dizzy, couldn't go in an elevator. It was really bad. And the dentist recommended infrared. My brother did, some research and found that there was really just one type of infrared sauna, and at that time, and he bought it and it changed his life.

And here I was at PMG studying science. You know, I was working in the cardiovascular division as well as I also spent some time in the gastrointestinal division.

And, you know, we were spending lots of money and time on research, trying to help the body. And I saw, you know, this wavelength, help cure my my brother without any drugs and without any side effect.

And so I decided to take I love when you say leap because that's exactly what it was. Aaron at the time was not your husband yet, right? He was not. Yeah. Good memory.

And you decided, let's just do a start up when the words kind of lesson wasn't quite as common. And, I mean, it could have turned out to be you ended up working at a grocery store, and here you are running a big business. So.

Yeah. Well, you know, we were so passionate about both of us. Both. Aaron, I we're so passionate about wanting to do something in this world that made an impact and made a difference specifically when it came to wellness and, you know, helping people live a healthier life.

And we thought we were doing that at P&G. But reality is, you know, all of these, these, these pharmaceutical there was side effects, right? And that really wasn't curing anything.

It was just kind of temporarily, you know, and you know, this is the doctor. It's just kind of temporarily making a difference. And when we saw the cure, I mean, saw my brother, I mean, it changed his life, like, literally changed his life.

Without, gosh, maybe we don't maybe this is what we're supposed to be doing, and we just took it one day at a time. And actually, I worked both jobs for a while.

Aaron quit and started. And then I worked at PNG, and he tried to get our company off the ground, and and here we are today. And just to take a little side turn and come right back.

How Infrared Sauna Works

The reason your brother healed is mercury toxicity, which is a real deal, whether it's an environmental occupational exposure, whether it's the more common fish and mercury silver filling exposure is that infrared sauna has the potential to exit toxins from the body, a detoxification there's all kinds of science and woowoo about detoxification, but, you're sitting in front of a beautiful, beautiful, sunlight infrared sauna.

I think it's the impulse three and one, which, I use regularly at my home. Tell us a little bit just on this topic, detoxification. And then we'll get to the heart and we'll get to the technology in your saunas.

But I mean, what does infrared sauna. Why don't we just break down? What is it to start with? I mean, you use the word wavelengths, and why don't we just start there and you go, okay, so infrared is part of, the, the massive light wavelength, right length.

It's very, very long. And it's just one small part. And within the infrared spectrum there are three categories of light. And there's near infrared. There's mid and there's far.

And they work with the body in very very different ways which we can talk about later. But the important part is that no, there are no harmful rays. It's really the part of the sun's rays without the UV that are natural, safe and healing for all living things.

Everybody. We receive infrared every day. When you walk outside with the sunshine, your body emits infrared. But what what happened with my brother? Is he heated?

You know, his body up with infrared increases circulation, which we'll talk about the heart. And the infrared is absorbed into the body. It works with the cells to detoxify the body.

The difference between infrared while I'm talking about it and just regular traditional heat is your body is hot because the infrared is going into the body and working with the body.

Regular heat, like traditional heat, like hot saunas, gets the air hot. So it's a completely different, experience with how the body works and responds to the heat.

So these energy wavelengths of infrared sauna can actually penetrate through the skin invisibly. A few millimeters. What do we know? Well, well, we know.

So near infrared it does. Infrared goes the deepest far. Infrared doesn't really go deep. It's just it is absorbed with the body, with the water molecules.

And that's where you get the transfer motion, you know, is is the absorption and the working with the light, working with water molecules inside of the body, near infrared, which is delivered without heat.

There is no heat because it's it's called Nir because it's the closest wavelength to the sun. You can't deliver Nir with heat. It would be it would be way, way, way too hot.

So you have to convert the energy into LEDs, in order to receive it into the body. And that goes the deepest into the skin. So there's benefits with near-infrared and then mid-infrared, while I'm talking about the wavelength is not as hot as near infrared.

It can be absorbed. It's hotter experience for the in the air than farm for it farm for it has the coolest experience in the air and actually is probably the most therapeutic of the three for detoxification specifically specifically for that that benefit.

Good news is, if everybody listening is not a physics and engineering geeks, you just turn those on on it does it for you. You don't have to dial, like back to the future, the scientist and all the buttons.

You don't have to do the gigawatts. It's all there for a but. Yeah, well, one last comment on your brother, so. Yeah, he heated his body up internally.

Most people sweat. Maybe not profusely. It varies. And in that sweat can be concentrated. Toxins that eliminate. Go take a shower when you're done. Eliminate from his body and gradually graduate.

You lower the burden in this case of mercury in his body. But there are other toxins. I remember reading a study a few years back that they actually took sweat droplets from people in the gym, sweating, and they took sweat droplets from people in a sauna sweating.

And there were more toxins concentrated in the sauna sweat than the gym sweat, which is also a good habit, of course, but it is accelerated. I don't know if we know why that's the case.

It's a deeper, more central core temperature rise with infrared sauna than with just exercise, I imagine. Right. It's the way it works with the cells, the absorption and into the body.

And that's why it's so important when you're if you're trying to detox. But that's one of your goals. You really want to have the temperature as low as possible, which is counterintuitive.

People think, oh my gosh, I want to sweat, so I'm gonna just blast myself. It's not true because the harder it is, the less of the energy that gets into the body and starts working with your water molecules.

It's all about it being absorbed and working with the water molecules and making everything vibrate and everything, you know, resonate, and then pushing and transforming the cells.

Infrared vs Traditional Saunas

That's really. And doctor that we're working with. Doctor Hanlon right now, who is, you know, such an expert on, light therapy, and he's the one that's really helping teach us kind of the methodology and the why behind all these

results that we've experienced for 20 years.

And we're he's he's just joined our scientific advisory board and he's helping kind of break down the the value of each wavelength and why it does what it does.

So that actually is a perfect segue to the next area I just want to cover with you. Michael Hamblin, for those that don't know, is a Harvard professor.

While published many textbooks and usually regarded as the expert on red light therapy, also known as photo bio modulation. And before we go there, I just want to ask you so people are aware of high heat steam saunas, maybe at their health club, maybe their shower does that people are aware of dry more Arizona like sauna is usually pretty darn hot.

And now we're concentrating on the third class infrared sauna. So just two minutes on the differences and maybe the scientific, you know, load of studies for this type A sauna, you produce infrared sauna versus the other two that I mentioned.

Yeah. So we did a well before I get to the study. So just a quick 32nd. Yeah. You know, difference is steam is moisture. And then hot, you know, hot, hot moisture into the air.

So a lot of people like it. It's a personal preference. The traditional is hot air, typically temperatures 170 and above hundred and 8090. Most people, doctor con cannot stay in a traditional sauna that long.

And what we're learning still, you know, after all these years is so many of the benefits are correlated to the amount of time and the more time it depending on what you're looking for.

There's a lot of great studies right now on depression and mental health. And the longer that you can stay in there, the better that it works. The, infrared works with your brain and it helps to alleviate depression.

So the issue with the hotter the steam and then traditional right, is that people like, feel like I'm done, you know, and they also it changes your energy level.

A lot of people with traditional on steam, they get zapped and they just they don't have any energy. People when you use infrared, it actually does the exact opposite.

It restores your energy. When I'm done, I'm just like, I'm ready to go conquer the world. So that's the really quick 32nd difference. As far as studies, there was a study done in 2005, at University of Missouri, Kansas City on infrared versus, a it was a double blind, placebo controlled randomized trial. And, so because it was placebo controlled, you couldn't tell which one was which.

And the infrared, with sunlight and technology, it was our, our our product produced significant results, specifically as it relates to heart disease, which is, you know, one of my lower year, it's statistically significantly lower blood pressure versus the regular sauna that had an element of infrared, also had some traditional heat, but it didn't have our specific type of infrared.

Did not do the same thing. So, you know, it does matter. You know, some people say heat is heat is heat. And, you know, in some cases that is is true.

But when you're talking about transformation, it does matter. And, I wish we could go down the path you brought up rather amazingly about new data about infrared sauna and mental health and depression.

We'll have to do that for the reverse your mental health and depression. So there you go.

Red Light Therapy and Wavelengths

I want to circle back for a minute and say that is an extremely exciting field that people should read more or contact your company and get more information.

But let me one more on the technology of all this a red light panel. Yes. In your workout room, some gyms have it. It's not an infrared sauna. How does that energy therapy that Doctor Michael Hamblin has, so eloquently researched different differ and overlap a bit?

And can it be incorporated in an infrared sauna for a all purpose energy experience? Yes. So, yes. Is the direct answer. It is very different. So here's here let me try and make it really easy.

So within the near infrared part. So forget the metaphor for a second. And that's where the study was done on detox and heart disease and all that. So we're going to put that aside.

But we're just talking about the near infrared that the part of the infrared near-infrared spectrum that goes the deepest that I was talking about is in the invisible light category.

Okay. So that's what I call photosynthesis. Like that. That goes up. There's tons of research studies. You can I mean, I can send whatever, the next level, it starts to move over to the, colored light and the next, the next, unit of measurement over is red light, and then the next one is blue light and red light.

It has tremendous, you know, benefits for the skin, and can help with different other conditions. But it is not going to increase your core temperature because there is no heat.

So there are benefits. And we can talk we can talk forever about just the near infrared light category. There is a benefit to combining and adding. So in our sunlight use on the three and one, we talked about the ones behind me.

We have the near infrared in their LEDs in the invisible light category. We are adding, that's part of our plan is to add the red light, because we know now that when you add red light to the invisible light to the far infrared, and the men, when you have all those four, wow.

Like you have the entire spectrum. So that's great. But there there are different that operate in different ways. And they near infrared alone is not going to be able to, you know, by itself probably reverse heart disease and increase circulation and all the things that when you when you want to mimic exercise, which is infrared, I always try to make it easy.

It's kind of similar to exercise, that feeling that you feel that's really with the far infrared category. Does that make sense? It does. And in fact, we can look forward in the future to having a full spectrum infrared sauna with red light therapy incorporated.

So I usually think of hot and red as hell, but that sounds like heaven. Exactly. So so let's turn to that term that I think most listeners have never heard a oh, and therapy y, therapy that is really an amazing database of research.

And it's really on target with the theme of this summit, reverse heart disease, naturally. And tell us about the Japanese researchers going back probably three decades plus.

And kind of just a little overview about real science, everybody, this is not, you know, a trade magazine conversation this is peer reviewed, published data.

Every cardiologist, every internist, every, person in the public can go online and read. And what they've, developed in Japan, but we can incorporate it anywhere.

Correct. It's it's accessible, which is what I love about our product is you can, you know, you can use it anywhere. So what's really interesting, I was thinking about when I was, driving here and thinking about the summit is the reason, really one of the reasons that I decided to take the leap in the first place, after my brother, I saw the transformation of my brother is I started to do my own research on infrared and what data was out there.

You know, I'm like, is this is this what, who or what? What is this? And the Jap Japanese had done already. This is like you said three decades ago, they had done extensive research on infrared and how it works with.

Japanese Research on Owan Therapy

But in the majority of the science at that time was all connected to the heart, all connected to the line, all connected to how does infrared help with the heart?

So, wound. That's how you say it, correct, I am correct, yeah. So what is, soothing, I believe. And and Owen is warmth. That was the soothing warmth therapy.

And just another reminder that doesn't have to be hot, hot, hot, you know, to get the benefits. So the way they do it is you're in there for in an infrared sauna for 15 minutes.

And then you come out, I think it's 460, if I remember correct. And then you're wrapped in like towels or blankets. And they have been doing this research, I mean, for I mean, like you said, decades.

And the findings are significant heart benefits, you know, lowering blood pressure, you know, helping increase circulation. I know there's some, some really powerful ones with congestive heart failure as well.

Yeah, incredible congestive heart failure, data that, you know, they're taking frail older people with heart disease. And I just want to emphasize there's they the Japanese have done basic science.

Why might fire infrared sauna benefit a heart patient? Because it does seem to have a beneficial side. And you were about to say the lining of arteries, the endothelium.

And I think, the listeners, some will probably hear the word endothelium over and over and over and nitric oxide production over and over. But they've done the basic science to show that it improves endothelial performance.

And then they transferred to humans and that healthy humans, sick humans, with advanced disease, with weak hearts. And they've shown improvements in the blood values of congestive heart failure patients.

The ejection fraction measure of the heart increasing. That is such a critical comment. We use drugs to do that. We had a, interview with, doctor Mark Houston about, metabolic cardiology supplements to raise the ejection fraction.

But infrared sauna is in the medical literature as improving. And you want to improve your survival, improve your ejection fraction. They actually measured how many feet these people could walk because these were frail people.

Partly the reason they wrap them for 30 to 60 minutes and had them hydrate. Most people could probably skip that sauna like yours. But these were these were, you know, medical patients and, you know, in the cardiology literature in Japan, infrared sauna is as promoted as the pharmacologic and other aspects of heart recovery, or healing your heart naturally.

Not just with, you know, pharmaceutical agents. So. Pretty amazing. You mentioned a study in 2005 about blood pressure. So I just want to make sure as an important cardiovascular endpoint, so many people are looking for natural solutions to either minimize or maybe eliminate their blood pressure medication.

So you have actual science there. I just saw a study in the last few months about you're going to exercise. Are you going to exercise plus jump in a sauna after exercise, randomized study out of Finland and blood pressure improvement in people with blood pressure problems was greater.

If you combine exercise sauna therapy to exercise alone, you could be a little cautious. Stay hydrated. If you're weak and dizzy, you know, always pay attention to the way you feel.

But you got a powerhouse there behind you. So a little bit. Be proud as I would be if I were, co-owner of such a

great company. You and your husband, Aaron, about why the technology and I made batches so low carbon technology.

You talk a little about EMF. People are concerned. What? You know, why are you different? And why don't they have to worry about safety issues? Yeah. So I'll I'll do this a low carbon first.

And this is something we discovered in, in 2005 when we were with that study happen. And we had that static results, the significant lowering of blood, blood pressure, as well as there was toxin removals, increased circulation, increased quality of life scores versus the other one that did not did not deliver.

And so with that, that's when we started to do a research of what is it about our heater? What is it about this that is that is so powerful because the other one had infrared, right.

So why what? So essentially it's that quantity and the quality of the wavelength that we've been able to patent and and deliver into all of our heaters.

And essentially, to make it really simple, we found a way to deliver the highest amount of, far infrared possible in the most efficient way. So we have taken out all of the other wavelengths, all of the other, what I would call it, kind of noise in the air and just focus on the highest quantity of the healing wavelength.

So it's really efficient, you know, when you're in there and you can get in there. Here's another thing I really want to mention because, I mean, Doctor Michael Hamblin is beat this into my head is that you can start receiving the benefit right when you turn it on.

So you don't think people sometimes feel like they have to turn it on and like, you know, wait, let it get to really hot temperature or whatever. That's not true.

So the energy starts to work with your body right away.

Heart Health, Blood Pressure, and Safety

And he really encourages, you know, us to keep talking about getting people to get in there right away and notice they'll notice a big difference in how they feel if they just get in there when it's a little bit cooler, because then it really gets into your body faster because it's not competing with, you know, the air.

My wife gets the first 30 minutes and I take the next 30 minutes. We may have to start joining because we have a two seater. So he could be there together.

But, I usually there's a dog in there for a few minutes. Do they love it? Yeah, yeah, our dog is too. So then the EMF. I didn't answer that question. So we have done I mean, when we first started, we always made sure we did everything to protect the electromagnetic field.

But since I don't even know, gosh, 5 or 6 years ago, we really put a lot of, time into getting everything we can out. Meaning no electromagnetic field being emitted inside, the sauna.

And then we tested it. We had a third party come in maybe two years ago just to, show, you know. So it's not us saying it. It's somebody else testing our EMF at every level.

Because impulse, it has three wavelengths. There's a tablet, you know, there's it's a lot more complicated than some of our just one person, like the solo, which is easy.

It's easy to cancel out that EMF band pulse. It was harder. So we're constantly working on getting it from virtually like really, really low to non-existent, which is where it is today.

So people can know that, you know, when they're in there, they're safe. And then there's also the easy button, like

you said, but there's an easy button for specifically heart health.

So for cardio. So you go in there so you don't have to think about which, how do I do this? Just go in there, press the cardio button. If you're looking for heart health benefits.

And then it it's all done with the computer behind the scenes so you don't have to worry about it. There's a weight loss button, isn't there? Like an anti-aging. What is the anti-aging?

I love that one. It has a lot of near infrared. There's, detox button relaxation. And another one of my favorites is pain relief. And, you know, it certainly has a great place, to stack other, self-help therapies.

A lot of people meditate in a sauna. I call that sanitation. It's like it cleans out your body and your stress. I mean, you can listen to gentle music.

There are people that do a little yoga flow or. And then the size of your sauna, and other, you know, combined therapies, to benefit even more. Just be a little careful with electronics like your phone and your laptop.

Should you bring it in? We'll heat up pretty quick. So may be a place to leave those out and have a little refuge. I think a lot of us find our sauna as a safe place to hide.

As much as possible. Now that's great. And, you know, since you brought it up, I mean, your products are more expensive than some of the sauna as you go into a big box store.

I think you've talked about your low carbon technology being one reason very, very low third party tested, EMF being another. I mean, you have the full spectrum.

You have near mid and far infrared that's, you know, extremely. Is that not only unusual, is that unique in the market or it's unusual in the market. Yeah. It's it's very unusual.

Well we have the we have the patent on two or more wavelengths. So being in the same place. So that's part of the reason that it's unusual because it's a patented technology.

But it's, that does make it a little bit more expensive. But we do have other choices where, I mean, I am all about accessibility, like making sure that everybody has an option.

And so, you know, if you can't, you know, do that. Three and one. We have smaller models that are far infrared. We have the solo which is what kind of started it all.

We still have that that's a little product, a little tunnel that works perfect in an apartment or a studio or a house. But it's, it's on the lower price spectrum, but you get all the benefits.

Yeah. It's fantastic. It's not a group experience. No, not a good experience. But, you know, there's something valuable about being there and by yourself.

Yeah, absolutely. A little bit like being a mommy. But, I it's anti-aging. Accelerated aging. So yeah. You got. And then I think I read in the news you just built a big sign for one of the sports teams in Kansas City.

Yeah, the Kansas City Chiefs. That sign is just beautiful. Yeah. We're starting to do a lot more custom, for athletic facilities, because a lot of these teams are seeing the benefit for muscle recovery.

You know, our very own Patrick Mahomes and Travis Kelce and Chris Jones and a lot of the Kansas City Chiefs players had had their own first. And they started telling their trainer and they noticed the difference in their body healing faster.

And, so, yeah, they invested in it a large, sunlight and sauna for their facility. And sporting KC has one too, which

we're really proud of. I mean, typically in your home infrared sauna, you're sitting pretty close to the panels.

If it was a larger device, is there is there a fall off at which if you're six feet away, you're not going to get as much benefit as if you were a foot away?

That's a great question. And so it depends on the wavelength. If you're you, it doesn't really matter for the farm Farrow, which is the one, again, that provides the heat that detoxifies the body that also clinically has been proven.

And in 2005, to help with heart disease and, lower blood pressure and increased blood flow so that when it you're perfectly fine to sit anywhere you want in the cabin, if you are, you if you are looking for the near-infrared benefits, the invisible light that we talked about that has no heat, that you have to be right next to it.

So when I was using their infrared myself for pain relief, for, when I was training for a marathon, I would go in there and I would literally put my foot and my knee right up next to the LEDs, and that's where it needs to be.

It does make a big difference if you're removed, like if you're sitting and there's an LED in front of you, if that's at where you need to be, like right up next to it.

You know, when I used to take for the anti-aging program, I used to put my face right on the LED before we would go out to, you know, any type of function.

And that's, that's where you're going to get the benefit if you're far back. You're not. Right. I wondered because we have a common friend who built some, fitness centers in Detroit with infrared panels as you exercised as a group.

And I wondered, how far can you be? But if it's far infrared, you could be on a bicycle, you could be doing yoga.

Product Features and Closing Remarks

You could be swinging kettlebell and still receiving far infrared, wavelengths. That would penetrate into your body. That's interesting. Very good. Yes.

As long as you have enough, you know, you couldn't do it if it was just if you were in a room and there was just one panel, you know. But if there's enough, for the far in front part.

Near infrared. No. Like that you can't. That's a really big that's an easy, easy answer because the data all shows. I mean, you have to literally, like, be right next to the LED to get the benefit.

At every step you move away from it changes the benefit. Okay. Well, that's very good. Any last few comments you'd like to contribute? I think I just want to hit the highlights.

A lot of research in animal studies in humans with infrared sauna and the human research on cardiac issues, from high blood pressure to, atherosclerosis to a very serious condition, congestive heart failure.

Cardiomyopathy is what owned well, and therapy is remarkable. And it's still a secret. I mean, you know, very few cardiologists might mention that to a patient, and they might find that a fitness center in town has one of your devices they can access, or they might choose to purchase one.

So these are hidden pearls. We talked briefly. You tantalize us about mental health and depression when talked about blood pressure, specifically weight loss, anti-aging, detoxification, and then some new products you got coming down the road.

I mean, that's I think, an exciting, you know, package of information provided. Any last pearls you'd want to share? There doesn't have to be, but, well, I just want to emphasize again, because, you know, I'm so passionate about science and for for people are listening who want peace of mind that they're getting exactly what they're looking for, especially when it comes to heart disease and helping, you know, to make their heart a healthier, healthier heart.

We know for sure we did. You know, I mean, a study with sunlight and sun, but there's not a lot any more, product specific studies that have that type of an outcome.

And so that was a really powerful study in 2005 that was double blind placebo plus controlled randomized. You know, it was a robust study, that delivered significant reduction in blood pressure.

So ultimately obviously helping to, you know, live a healthier heart. That's a pretty powerful data point. That was with us, enlightened product. So that's probably the one thing I would just, you know, leave people with is that peace of mind that it's, it's it's been studied with the product that's not this product, but the technology that's in this product behind me.

So they know, you know, that it's it's not just, you know, kind of some box with. And if somebody wants to they're intrigued by all this and learn more about your company. It's a simple URL.

But why don't you share with us. Yes. Enlightened.com. So su in log10.com. Or you can call us directly. You can go to the website. We have a chat. Well we'll meet you wherever you want to be needed.

So and all over social media, LinkedIn and Instagram and Facebook where you're posting the science of everything we talked about. Well, thank you very much for your time on a busy day, lovely Kansas City's idea.

You know, you're a wonderful husband, and, yeah, you're doing so much good. And I know all the listeners today either already knew this or are going, oh my God, I totally missed that.

This was real and science. And not just about, grandpa sitting in a in a hot tub like they remember, know this is cutting edge and it's a routine part of my integrated practice to bring up, the therapeutic advantage for so many different conditions.

So thank you. Thank you. And, I know people benefited from your wisdom and your hard work and your courage, too. Well, thank you so much for having me. It was an honor to be here.

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