Why Combining Infrared Saunas And Red Light Therapy Is A Game-Changer For Health Transcript

(Transcripts are generated by AI and may contain errors)

Introduction and Sauna Company Background

Well, everybody, we're going to heat up this summit, this reversing heart disease summit. We're going to shed some light on this summit because we brought world expert Connie Zack, who has owned and developed one of the, most exciting companies I know of in any field, but certainly the best in the field of infrared sauna and red light therapy.

So welcome, Connie. Zack. Thank you so much, Doctor con. I'm thrilled to be here. And, you're beaming in, I imagine, from the great city of Kansas City where I lived in the past.

And you have set up this company. And, how many years is have been that you and Aaron, your husband, have developed and grown son lanterns on us? It has been since two.

So 20, 25 years. 20. Yeah, almost 25 years. Congratulations. You know, thank you. You guys are like laser beams. You know, you're focused on one sector of the health and wellness, you know, field.

But you're the best at it. And that's not a bad thing to be able to say. You know, rather than spreading yourself thin, you've been making the highest quality, safest devices.

The one that I have in my own home and my children have in their homes, because there is no second best in this field. So, you know, we've seen so much science over the years.

There's all kinds of devices people are buying biohacking units. But we get right down to it, you know, you know, choosing to have an infrared sauna in your home or accessing one and a wellness center or a gym.

It's really a science based background. So this is a hard summit. Just tell us from your profound knowledge a few of the benefits that the science literature actually research says might happen for a person regularly getting into an infrared sauna, of course.

So of course, you know, at the, at the forefront is helping with the heart. And I know you can, you know, help elaborate on on that as well. But, definitely contributing to a healthy heart.

And there's lots and lots and lots of studies on that. There's studies on longevity as far as, you know, helping to, decrease and slow down the aging process.

We can talk, you know, more in depth about that. Definitely with decreasing inflammation and helping promote detoxification, probably one of my favorite benefits is the the way that infrared light and heat helps to, promote a really significant amount of energy in the body.

On a cellular level, it's just it's just an amazing benefit that I know everybody could use a little bit more energy, especially ones that, you know, in the winter and you're just, you know, you're doing everything you can to get through cold days.

Infrared Sauna Health Benefits

There's also pain relief and, helps with sleep, helps with, mental health as well, which is not something that we talk about a lot, but it's really super important skin health.

And then just overall relaxation and, and muscle recovery, one of the best tools on the market, one of the best tools

available for for muscle recovery, it really speeds up your time to be able to get back, either to, you know, to training or to athletics or, you know, shoot, just, you know, walking and moving, which is, you know, those cardiologists.

It's so important for the body. But some people can't move. And, using a sunlight and so on is a great way to, to increase blood flow and start moving again.

So those are some of the benefits. There's there's more, but those are the, I always put my heart at the very, very top because, I mean, so, you know, your heart obviously is so important and there's just an abundance of literature and science connecting infrared to a healthy heart.

Yeah. And that was a great listing. Saying this, I want to point out for anybody that has noticed, you're sitting in front of an infrared sauna, suddenly an impulse.

The same brand I have in my bedroom at home. I have a two seater, and, I don't yet have an adapter with red light panels. We'll talk about that in a minute, because that's an innovation your company has brought out, recently.

But, maybe one more. I'm not sure if you mentioned weight loss, but the idea that I didn't. So. Thank you. Setting an infrared sauna. These are science based comments may actually boost, you know, like calorie burn.

You know, we don't want to people we don't want people not to exercise. There are some people that have, you know, physical challenges with exercise, with time and an infrared sauna may mimic is the word that the science talks about some of the benefits of exercise that include, you know, managing your weight.

So let's circle back to the heart for a minute. You know, you have to be a geek like you are by necessity, because it's your field. And I am by nature to know what my own therapy is for when.

But I know you know that. Just share a little bit about what we learned in Japan for infrared, sun and heart health. Yeah, well own therapy and it stands for a Soothing Warmth therapy.

And you know, you're the one that taught me all about this wherever I go. But it is is really important data when we're talking about the impact that infrared can have on the heart and the way it was study was study for five years.

The thing I love about this study is it was only 15 minutes. And, you know, something people always talk about is I just don't have much time. I don't I can't fit it in.

And when the study only 15 minutes a day like for I think three times a week, contributed to significant, health changes. And in fact, the end result was a 50%, change in those who used infrared therapy, reduced trips, hospitalization, as well as death compared to those who did not.

And so that's a significant you know, piece of data when you talk about longevity and, and heart health. And, and it was just like I said, 15 minutes.

And then, after that, using infrared. Then they still stayed with a blanket to keep that, that warmth for another 15 minutes and resulted in, the reduction in hospitalization and death so it can save lives and is pretty powerful statement.

Yeah, I agree, and, that's a published research study in people with what's called congestive heart failure, very serious and quality of life. And sometimes quality of life limiting disease.

And, you know, they basically demonstrated in Japanese research centers that in humans, this was not a rat study, that this was something they put in their guidelines in Japan for treating congestive heart failure.

I just happened to be perusing the literature in the last couple days. And a cardiologist in Houston, Texas, and another plant based ally, Baxter Montgomery, published about treating congestive heart failure and included

infrared therapy in his list of kind of a multiple, switchblade approach to that serious disease.

So, yeah, maybe people listening don't have congestive heart failure and hopefully never will get it. But the fact that this, you know, warm, penetrating series of energy waves can get in and affect our blood vessels in our tissues is exciting.

And, tell us a little bit, people you know may be familiar with steam saunas. People may be familiar with the dry Arizona style sauna at the health club.

But tell us a little bit about the difference and maybe the advantage of, infrared read. And yours are full spectrum and maybe those two terms infrared and full spectrum.

What do they mean to you? Yeah. So the difference between infrared and what I call, you know, traditional saunas, which are the high heat is, you know, first in the heat aspect.

So the heat in infrared, it, it's light, infrared light that you can feel by heat, especially in the far mid infrared spectrum. And that heat heats your body directly, versus heating the air.

Heart Health Research and Sauna Therapy

So if you're in a steam sauna or a dry sauna or Arizona, as you say, you, you walk outside and you feel that, I mean, you were instantly hot because the air is hot in infrared.

The wavelength is absorbed into the body or with the retina. It is penetrates the body. And so it works at the cellular level. It also works at the systemic level as well, which is one of the benefits is there's such an impact on all of your different systems.

So it starts this like biochemical cascade that affects every single part of your body. And that that is a different, advantage. I will call it, in infrared versus traditional traditional saunas.

Another big huge difference is the light aspect. So, you know, light is is needed for every living thing. And infrared has a spectrum of light and parts of that spectrum of light on the red and on the near part, it works on the body in a different way then, the far and mid.

So and, and each part of the spectrum is extremely powerful in different parts of the body. So when you put it all together and you have the opportunity to have the entire spectrum to your question on full spectrum, what that means is we're giving you the full spectrum of infrared, and the entire like you're getting it all, which is it's it's something unique about sunlight, tones, products.

You can't get that anywhere else. You can't get far infrared, mid-infrared, near infrared. And now red light in the same place. And so you get all of the benefits.

It's like the easy button. You get all the benefits. You know, while you're in your impulse, you just press the button and all the different parts of the light energy, impact your body.

So I just don't I really want to make sure I emphasize that light piece, because that's something that's very different than traditional sauna. So if you're like, you know, in a steam or hot sauna, you're not getting the light energy.

And the light energy is really important for your mitochondria. It's really important for reducing inflammation. It's really important for skin. You know, it's important for, mental health, cognitive health.

I mean, there's so many there's so many valuable benefits, of red and near infrared red light. And when you combine red and Nir with mid and far, which you feel in your body by heat, and that's what promotes this amazing sweating and a sweat increases your circulation, increases blood flow, increases oxygenation to all your tissues, you know, helps aid into longevity and the hallmarks of aging.

So that's that that's a big, huge difference for those who maybe don't understand or have never experienced or have never felt infrared. And speaking of feeling infrared.

So for those people that aren't familiar with that sensation, it is it feels it like, you know, when you're outside. And today, for example, here in Kansas City, it's a mix of cloudy and sun.

And this morning I went for a run and that the sun came out of the clouds. And you instantly feel that even though it's really cold, you feel that energy in your body.

It's a really great feeling. It's like, oh, that feels so good. That's infrared. That's the feeling of infrared is a very, very different feeling than than hot air.

Hot air almost. You kind of you feel it almost with your breath. You know, you're like kind of takes your breath away a little bit and, infrared. That feeling is more like you got a nice blanket around you.

You get a nice hug, like the sun just gave you this wonderful hug. So that's a quick overview. And, there actually, again, I had to just call literature, but a recent large study out of Sweden and sauna people using their sauna reported better mental health, better attitude.

They just, you know, gained something from all that. And they another unique thing.

Infrared vs Traditional Sauna and Full Spectrum Light

And you take it from here, but, you know, you don't have to have your infrared sauna, your sun lines on at 180 degrees, like the health club steam room might be with all the warning signs, warning signs.

So it tells you how people can benefit because not everybody likes that extreme heat. And some people clearly shouldn't be in that extreme heat for health reasons.

Yeah, that's a great. You know, down in the 100 110 range. Yeah, maybe even 90 degree 95 degree range. You may benefit. Yeah. That's a great addition.

Thank you for mentioning that. So it it the feeling of infrared, you can get all of the benefits from the wavelengths at a lower temperature. So if you kind of just picture this just really long, wavelength that needs to be absorbed into the body for it to start taking, effect and start, you know, increasing your circulation and it impacting your cells and impacting your mitochondria and your stem cells in every part of your body.

It needs to be absorbed and so that it's in, in, in heat, there's the longer the wavelength, the more easily and readily, and abundantly it's absorbed into your body.

So how that applies, to us is when you can actually go in to your sauna and you can turn it on and you, as soon as it turns on, that wavelength is the longest and the most, effective, even though you're not feeling it.

You are your body is receiving it. So that's it's an important, people always ask me, how long do you know before, like, get in and how, you know, what's the temperature and how long does this have to heat up?

That's a personal preference. If you're really doing a scientific, you know, session and you're really going according to science, you turn it on and you get in and you let it heat up while you are inside, and you're going to get the most amount of infrared.

Speaking of that, something that that sunlight and offers. Yeah. That's unique, compared to other companies is we have patented our delivery system. So, you know, we have like the strong, as I call it, like multivitamin, you know, infrared pill on the market.

So you can't get more infrared absorbed into the body. You can't get more anyplace else in the sunlight. And

sonics. We've patented the absorption that is called the technical term.

Scientific term is called emissivity. And we have the highest emissivity on the market. So you're going to get the most amount of infrared into your body that you can. Wow.

And there are no risk I mean people need to understand this is not radiation. This is not a, tanning booth where you need to worry about burning. Right.

And you also have, you know, probably definitely the lowest EMF exposure. As I know, you have third party test that, but that remains, you know, something you can proudly say the EMF levels are, you know, minuscule.

Yeah. Yes. It's real. That's really important to us. I'm glad you brought that up. You know, it's so I can't even I can't even quantify how important and how many years we have, we have spent making sure that we did everything we can to bring down the EMF, levels as low as possible, because this is.

I mean, we're in this for wellness, and we're in this for healing. We're in this for the literally the long haul. This is not like a short obviously been doing this.

And so we want to provide not only the most effective product on the market, but also the safest product and the product that's the most nontoxic and healing.

And so in order to do that, we want to bring those electromagnetic waves down. And, we did a third party test, and we were thrilled with, when the company came out and gave us the results, that it's virtually non-existent.

And that's really hard to do because, you know, we keep advancing the technology and adding things to make it more effective. Like we change the LED panels over the years to make the LED panels larger so that you could get more near infrared, penetrated to the body.

You know, when you make changes, then you have to also change the delivery and the and the circuit and to make sure that you're not giving off, you're not sacrificing any type of EMF as a result, you know, of getting the benefits of it.

We've we've kept that. That's always in the forefront, of our design making a product that is safe. Our wood is completely safe. And, you know, we use all natural materials.

And, I mean, we just make it really easy for you to heal and enjoy, your session in a very safe, nontoxic environment. That is fantastic. And then kind of the last topic is the recent addition, where you both have red light panels different than infrared in your sun as.

Plus you can buy a freestanding, high quality red light panel. And now you see you've combined two kinds of light therapy infrared and red light. Of course, when you sit in that sunlight and sauna without red light therapy, there is no light that you see.

You just feel warmth. But now you've got a, skin sensation and a visual sensation. So give us, a little rundown on, benefits, health benefits of red light therapy.

Yeah. So this is a big advancement. When we developed impulse, we brought it to market. Gosh, 2010. So that's going to be this 15. Yeah, 15 years old this year. Crazy.

And when we when we brought that to work with all these scientist on near infrared specifically, which as you said, it's an invisible light and it's very, very powerful light energy I call it energy medicine for sure.

It is so great for the body. But we, just recently introduced the addition of red, which is kind of it's like sister, right next. As far as in the nanometer, part of the spectrum.

And if you think about the rainbow, just to kind of give a visualization of, of, nir and red and you see, you know, the red part of the rainbow is the exterior part of the rainbow.

And then right next to that, that's invisible. You can't see anything. So that's and the best way to think of near infrared and red light as far as, the benefits and then there's so many and this again, you know, not to get geeky and scientific, but there's extensive, science and research.

If you ever want to do your own research.

Red Light Therapy and PBM Benefits

A great way to do it is look up photo bio modulation, or PDM. That's a fancy term for, near infrared and red light. And it has to be at a very specific nanometer wavelength, which is what we have spent all of our years mastering is making sure we get the the right wavelength.

And how those two work is they penetrate, you know, the skin and, and they, they impact your mitochondria. They, they actually help to activate more. I call the mitochondria like cell engines.

You know, they they help to activate more so you get more more energy helps to, repair tissue to decrease inflammation, which is significant. It's really great for for brain health and cognitive function.

Near infrared. I do want to mention because when I talk about brain and cognitive function, near infrared is a little bit, more effective than red specifically.

And that is because near infrared goes deeper. So the reason we introduced near infrared in the first place back in a 15 years ago is because out of all the different colored parts of the the spectrum that are light energy, near infrared, which is invisible, goes the deepest, penetrates the deepest, into the body.

And the result of that is it helps to restore, repair, energize, and impact the cells, you know, at a deeper level. So for the brain, near-infrared is a little bit more effective because red light doesn't go as deep. So, did I cover all the inflammation?

Yeah. Cognitive. Processes. Been some data I haven't seen yet. There are there are clinicians that are using red light panels in the heart, patients on the hope that it benefits their vasculature, their myocardium, because it does penetrate.

But certainly at a basic science level, it's known that red light therapy can reach the mitochondria in the heart, displays something called the trapped CoQ10 to release CoQ10 to do what it's supposed to do make more ATP energy and, just some really exciting stuff.

But we need some better clinical research to know if, red light panels for heart patients. It's certainly safe, but whether it's actually going to be a proven benefit and no reason to wait, I might as well jump in.

I love red light therapy. Do you recommend consumers wear goggles now that you've added red light panels or there's really no concern? You know, that's a great question that we, we send.

Goggles. Like if somebody buys a red light therapy panel. So I just used a lot of them over holiday. And the, the lights are really bright. The research shows the the research does not give an impression that there is any concern.

However, with that said, they are really bright. So I when I use it, I use it, I but I'm also facing it. So I put my, my goggles on. The goggles that we sent are amazing.

They're like like completely like blacks. Everything else. So you don't see anything? When I'm in my sauna, I will say I don't typically wear goggles because I'm also, away from sun with my back to the panels.

So, it's not, as, you know, you're feeling the light energy more than you're seeing it. I mean, I, I, I would always on the cautious side. And especially since we send them to you, you might as well use them.

For sure, if you're facing it, it's it's really bright, but it is. It's extremely, impactful. I hate one of the things I should mention. That's really, really cool.

On the red light therapy panel is we have an app we also have it with our sauna, too. But what's great is on the app, there's all the different conditions that you can use it for.

So you can use it like for example, I use it, I'm, I'm really nurturing a knee, injury right now. And so I'm, using it all the time as well as my sauna for, for decreasing inflammation and, helping to repair that tissue.

And there's that inflammation, button too, similar to the impulse. So we have the six different preset programs. And so you can pick the inflammation program.

There's a beginner advanced intermediate. There's also a sleep. Something we didn't talk about is the scan. Oh my goodness. The red light and near-infrared.

Both of them are amazing. Amazing at the scan. It's also there's great research on hair growth. So as far as like stimulating the follicles. So, and scars for sure.

And, fine lines and wrinkles. Wound healing is another benefit of of both. So. Yeah. It's a, it's, it's a really great I the ideal thing is to have, in my opinion, to have a sauna with it all there because then it's all in one place, which is awesome.

But you know, if you can't or, then having a separate panel is, fantastic as well, especially with the app, because you don't have to think. You just press like I do it, you know, turn it up, get open my app, press, you know, pain relief, press intermediate.

And then it turns on and I and it's it's timed. So I know that it also tells you how far away to be from the from the panel. So it really makes it so simple and so easy.

And I have to mention I mean, the panels, they're beautiful. They really they're really, really gorgeous. So if you one of the option is you can have them on stand, which is the way I do it, but you can also see them.

There's an, opportunity to add on like a hanger, like to hang it up and it's really mean. It's a, it's a it's like a piece of art. It's really cool. I agree with that.

And I just want to stress that this, highly intelligent audience watching the summit, that, kind of exact use the word photo, bio modulation or PBM. And if you go to the National Library of Medicine, you'll be blown away that everything she just said is supported by hundreds and hundreds and hundreds and hundreds of animal and human research, studies.

Product Safety, EMF, and Sauna Options

And there actually are FDA approved indications for red light therapy. So it's actually gone through that level of, you know, scrutiny to get approved, like cellulite.

I mean, how many people listening right now would like to have something to work on for a skin condition that, you know, people tend to consider, undesirable without being, you know, critical of anybody.

So, you know, exposing that part of your body. Red light therapy has been evaluated and could be something you want to add to your program. So I think we've covered the basics of, you know, what we're talking about here and, what the benefits can be and what the cutting edge is now, this combination approach. So, I sometimes call it sanitation because I will try and bug out and meditate in my son.

And, you know, I'm cleaning my body, I'm cleaning my stress and cleaning my brain. And it's just such a wonderful thing to have an access to. So you do make smaller little units, that if somebody can't get the entire unit behind you or doesn't have the space or the funds, there are ways to still access and enjoy the benefits.

So yes, many options available. There's many, many options to. Yeah. Do not think that you have you know to just to go with one one that's behind me by any means.

And we have an amazing team here who's so passionate and they really, really it's they're so heart led. They really care about picking, you know, and recommending the right product for you.

So, you know, you can give us a call and they'll walk you through. But we access is really important to us. And it has been since the very beginning, since we started in the basement, is we really wanted to make sure that we have plenty of choices at many different price points, so that because it's most important is to have people to use it, use infrared and and and enjoy the healing benefits.

I mean, our brand promise is to help people feel better and do more and live a fullest life. And you can't do that if you just have a, you know, only one product that's at an upper end, you know, price point.

So we have a solo. It's one of my personal favorite products. I can't tell you you're not sacrificing anything if you can't. You know, if it's not in the budget to do the wooden cabins, the seller is a lie down model.

It's excellent. It's extremely therapeutic. There's actually some science on that particular product, specifically for depression. So, you know, if you're having kind of one of those low load times where you're just not feeling great, you know, scientifically, you can have peace of mind that it helps to, relieve those symptoms, helps a third, you, like, regulate the body, helps to increase your core temperature, which, you know, helps your body then to cool down and get reset.

Because there's a lot of scientific studies showing that people who can't thermoregulation, have a higher temperature and, and then as a result, end up having more depression symptoms.

So, so that's a side note. But whenever I think of the solo, I, I think of the depression study and the benefits that, that, people experience and how much better that they felt.

And so I just want to mention that since this is such a, great audience that is obviously very committed and dedicated to education and learning. Yes.

Thank you. And I think just to close it down, the only topic thinking about that we haven't mentioned is the fact that since this is a hard summit, there is actually published research for supporting blood pressure lowering, which, if you work with a practitioner, might lead you to reduce or get off medication.

That's great research done at the University of Kansas and Missouri. So I just didn't want to leave out, you know, such an important health issue, high blood pressure and the potential therapy of using infrared sauna.

So thank you for your time. Thank you for, you know, all the great products that you do make. Please say hello to your husband, Aaron. And I hope we see each other in a medical meeting because you like to frequent and talk to clinicians and scientists, which is, a tribute to you and your company.

Oh, thank you. Thank you so much. I hope we get to see each other, as well, so I. Oh, can I mention one more thing? As far as science? So one of the things that, we didn't talk about when you talk about the heart is far infrared.

There's scientific study. This is great. That far infrared helps to activate a gene that helps to reduce inflammation, specifically in the blood vessels.

So that's a really big, and the and far infrared is the heat part of this spectrum. You feel it on heat. And so the solo

that I talked about, that's a really portable, easy to use product, would help with that.

So if you're looking at ways to, to increase your heart health and decrease inflammation and, you know, help increase your longevity, the solo and as well as any far infrared of our, products would, would help because the way it works with your genes in your body.

So it's just a side note. Glad you added it and well, you have a great day. Thank you for sharing with us. Reversing our disease seminar audience. Thank you.