

Detox & Ease Pain With Infrared Sauna Therapy

David Jockers, DNM, DC, MS
with **Connie Zack**



David Jockers, DNM, DC, MS

Welcome to the Conquering Chronic Inflammation Summit. I'm your host, Dr. David Jockers. Today's interview is about how to use Infrared sauna therapy to detox your body and reduce inflammation and pain. Infrared sauna therapy is one of the most powerful things you can do to reduce inflammation and pain in your body and to help detox unwanted chemicals and toxins that are in your system now. It's also one of the best things to do to help burn fat for fuel. To help burn off dangerous body fat and restore healthy mitochondrial function. We're going to talk all about that today.

My guest is Connie Zack from Sunlighten. She is the Co-owner of Sunlighten, the global leader in infrared light therapy and infrared sauna manufacturing. After seeing how spending time in an infrared sauna transformed her brother's traumatic health issues, Connie and her husband committed everything they had to help others through the benefits of nature's healing infrared light. They've now spent more than 24 years bringing light, hope, and happiness to people around the world, and Sunlighten delivers on its promise to help people feel better so they can do more of what they love and live fully through a caring approach that drives innovation, investment, and relationships.

You guys are going to love this. If you want to get a sunlight and infrared sauna, I worked with Connie and her team to get you a \$600 savings. Just use the Code: Jockers at checkout, and you can save \$600 on a Sunlighten Sauna. Powerful stuff. Again, we're talking all about how to use infrared sauna therapy to detox your body and reduce inflammation and pain. Let's go into the interview with Connie Zack.

Connie Zack, great to connect here. I know you are a leader when it comes to Infrared sauna and Sunlighten. You guys are the pioneers and leaders in the industry. A lot of people have questions about infrared, and they get confused between infrared and red light. There are a lot of different

devices out there. There are various types of saunas. I want to break all of that down and help our listeners understand what an infrared sauna is, the differences between that and other types of saunas, as well as red light therapy, and then go into the details. Also a lot of the great results that you've seen over the years utilizing infrared. Let's get started with a breakdown of what infrared is and how you discovered infrared light therapy.

Connie Zack

Yes. Why don't I start first with the second question? As far as how I discovered and how I got into this interesting career by starting a category over 25 years ago. That is because my brother was sick, and, nobody knew what was wrong with them. He tried every type of treatment, and it wasn't until his dentist said, Jason, I think that your mercury fillings are leaking into your body, and I think it's causing heavy metal toxicity, and it's leading to your chronic fatigue, your vertigo, and all your other symptoms. He was super young and, I mean, had the rest of his life ahead of him, but, I mean, he just felt horrible, and so he tried Infrared. Let's back up, his dentists diagnosed him and then also went one step further, which I'm so grateful for because, in the 90s, nobody was doing anything about the technology that we use today. I've been doing some reading about this wavelength called infrared, and I think that it could be a great tool for you to detoxify your body and get rid of the heavy metals that are trapped and could significantly change your life. That's what he did.

At that time, there was only one product on the market: an infrared sauna. He first tried an infrared blanket. It did a little bit, but it didn't work enough. He went to the sauna and it changed his life. I was working at Procter & Gamble in the pharmaceutical division at the time. When it changed his life, I started doing my research. Because I was in pharmaceuticals and I had access to so many journals, I started just trying to figure out what this is and why it is working is this just something that's fake, or is it real, is it legit? I found an abundance of studies, which still shocks me to this day because this was 25 years ago. There were so many studies about using infrared to help with heart disease, coronary artery disease, congestive heart failure, changing the endothelial lining, and strengthening the endothelial cells. I mean, so many lowering blood pressure changes, changing triglycerides.

Then there is some great science to this that nobody knows about. Eventually, there's a little bit of a story, but I won't go into all the details. But, I left my job at Procter & Gamble with my partner, Aaron Zack, who's my husband now, and we started this in our basement in Cincinnati, Ohio, and then eventually moved to Kansas City, where we are today, and have spent the rest of our time committed to delving into the science of the entire spectrum and bringing forth that knowledge of infrared and the powers that it can provide to help transform your body. That's how I fell into it. I always say I jumped out of a plane without a parachute because there was no plan B. We mortgaged our home and our cars, took out everything, and just took it one day at a time.

As far as what is infrared? What is it? I want to describe how it feels. Then I'll tell you what it is because a lot of people don't know. It's, I don't get it. The feeling that infrared provides is when, on those days when you walk outside and it's a little bit cloudy, it doesn't matter. The temperature is more than the sensation of cloudiness. Then, all of a sudden, the sun peeks through the clouds, and you just feel that sun coming into your body, and you feel instantly better. That's infrared. That is a feeling in the infrared. What we're doing with sunlight is bringing that feeling of infrared inside the sauna. Then dissecting all the different wavelengths and changing them, passing them out depending on what they do for the body, which we can talk about. As far as, how is infrared different from regular heat?

Let's just talk about that real quickly because it's a different type of feeling than regular heat. As far as traditional heat, steam, or anything else, I would consider hot air. It heats the air directly, and you get hot because the air is hot. You just imagine a very hot summer day, or if you go into a steam sauna where it's 180 degrees, or if you're hot because the air is hot and that's how you're being heated with infrared, it heats your body directly. It's a more gentle source of energy. Infrared is also broken down into light energy. It's a common; it's multi-dimensional. and every day I learn more about these different dimensions, which is fascinating. It's a very it's much more complex.

I mean, heat therapy is great. I'm a big fan of traditional heat therapy. Infrared just provides more layers and dimensions and works with your molecules and your cells differently. because it also has a spectrum of light energy. Our body must receive light energy to survive. We have to because our body's made up of mitochondria and water. We're essentially just great big solar panels. When we get the light energy, when we get the infrared, our bodies are activated and everything starts to convert into energy, and we start to be able to perform our body search and perform better. That was a long answer to your question, but I want to make sure at least to give us some foundation.

David Jockers, DNM, DC, MS

Yes. There's a great quote that says that mal-illumination, improper light exposure, lack of light exposure, or poor light exposure, is like what malnutrition is in the body. That light is information. It provides information to all the mitochondria and all the different cells of the body. When we are just exposed to artificial light all day, not getting the full spectrum of, UV, infrared red, or all the different spectrums on the light spectrum regularly, we are missing critical nutrition and information that helps our cells function. Well, it's what you're talking about there. When infrared is part of the invisible light spectrum, so you don't see it, whereas you see UV light, and you can see red light at sunrise and sunset, but with the infrared. That's where people get confused too, you don't see it, but you can feel it because it has a heating element to it.

Connie Zack

To describe the spectrum of there's heat, and then it gives you and as you go farther, left and it goes, gets into the light. The far infrared wavelength is delivered by a very long wavelength that's

transformed into heat. That's absorbed into your water molecules. Then your body gets hot and you elevate your core temperature as a result of the far infrared. The fact that the mid is a little bit hotter, so it doesn't get absorbed as deeply and helps with the joints and your tissues. Then near-infrared. There's no heat. It can be confusing.

I understand the confusion. My mission is to help people and just to help provide clarity to this wonderful, powerful, healing wavelength of infrared and near-infrared because there is no heat; it has to be delivered by LEDs, but it's still invisible and invisible light. Then, next to that, is a red light, which is the first light that you can see. It's visible in the rainbow, and that has healing properties as well, which we can talk about. There's also blue. I mean, there are other spectrums that, the majority of benefits will be found within those for the far, mid, near, and red, and near-infrared are so close. They're so tight. They're interchangeable. I mean, if you think about it, it's three because you have far, mid, and then near, and red there. I mean, incredibly similar. We can talk about what makes them different. But for most people to know that they're very similar is enough.

David Jockers, DNM, DC, MS

Yes. Let's talk about that because I know that with red, more of the skin gets into the dermis and epidermis but doesn't get deeper than that into the muscle tissue. But it's very good for skin health. From my understanding, then, as you get into your infrared, that's penetrating deeper into your system, into your bloodstream, muscles, bones, and visceral organs having an effect there. Can you break that down a little bit more?

Connie Zack

Yes, absolutely. You're exactly right. the difference between red and near are two factors. One is the color; red is visible, but near is not. That's the big difference. The other is the depth of penetration. Red doesn't go as deep as near as it should. It's good for the skin, helping with fine lines, wrinkles, and wounds. Any type of cell repair on a surface layer. There's also great research on hair loss; with red and near again, they're interchangeable. The difference between the reasons you would use near more often than red is because of the depth of penetration. There's some great research on using light to alter cellular function, especially within the brain. Near is the wavelength that goes the deepest. It helps to increase your mitochondrial activity, helps with neuroprotection, and helps activate the brain cells. The data may not go as deep. Well, it doesn't go as deep. It may not be able to have significant effects.

When you're talking about the brain, near-infrared does, and then mid-infrared goes deeper and then far is excellent. It is the foundation of the spectrum. I mean, if you could only do one, I always suggest you take advantage of all of them because there are so many different benefits. But far infrared because of the way it is absorbed into your water molecules and how it helps your mitochondria and your whole circulatory system. It is the key component of transforming all of your cells in so many different ways that we can go through the different benefits, but,

especially as it relates to, I know, it's important to as far as talking about inflammation, that's what it is a key marker for, helping reduce inflammation.

David Jockers, DNM, DC, MS

Yes. Let's shift into that. Let's talk about, it because you can get exposed to infrared and, you can get exposed to far infrared, mid or near. Our ancestors were exposed to it by just being outside all day in the sun. But of course, with the technology of sunlight, we're able to, in a sense, isolate or expand upon the benefits that we get from being exposed to nature, although that's extremely beneficial as well. But let's talk about the benefits of getting those wavelengths along with the heat element of a sauna.

Connie Zack

Yes. The majority just expand on what you just said as far as the sunlight, because I love that point. After all, we forget that our ancestors, I mean, were outside all day and their clock was controlled by the sun. They woke up with the sun, went to sleep when the sun went down, and now people have crazy hours and they're just working on different systems that cycle, and they just don't get those wonderful feelings that I talked about, the very beginning of the feeling of infrared that comes from the sun; they're not getting it daily, and people are trying to block it. There are lots and lots of issues with that. In the majority of sunlight, people must know this. The majority think 55% ish is the infrared wavelength. It is important that, if you can get it naturally enough, you also get it with sunlight and UV, and you get some.

David Jockers, DNM, DC, MS

Are there particular times a day, when we get to the sun? Are there particular times a day when there's more infrared? UV, for example, goes up as the amount of UV increases as we get closer to noon, the hours around noon, and then it decreases from there. Red increases in the morning and at sunset, but how about infrared? Does it change throughout the day?

Connie Zack

A lot of the data is saying that the best time to get infrared combined with the sunlight is at the very beginning of the day, as well as, for the same reason, it's just to reset your circadian rhythm and to feel the infrared and have that wonderful, gentle blanket surround you and get your body charged for the day. If that's what we're doing with our sauna, it's the same thing. but we're doing it inside. If you can do it outside, Great. It does make a huge difference in your energy levels. Then, as far as answering your question, as far as, far infrared, I mean, how is it helping with inflammation, it's heating your core temperature. That's why I mean that just by elevating your core temperature and activating your heat shock proteins, that mechanism of action does so much to change your body. It helps to strengthen your immune system.

I mean, it's essentially taking your mitochondria, which are your powerhouse cells. You're making them stronger. I heard a great visual today earlier for the conversation with the doctor, who said that this is infrared energy medicine, and the energy is changing our water molecules because

it's not at this high frequency where it's damaging and then killing them. It's at this lower frequency where it takes your molecules and has them start to dance around together, and they're dancing together and interacting together, providing all of the strength to each other to make your body stronger.

I always use the visual in my head of when I'm in my son and I, my molecules, my mitochondria are putting on armor; they're just putting on this steel, and they're, yes, I'm ready. I'm ready to fight. I'm stronger. That helps to decrease inflammation. You're helping to repair your cells and make them stronger. You're increasing your core temperature, and you're increasing your circulation. You're getting more oxygen into your tissues and your brain. You're strengthening your cells. and you're overall doing well. While you are increasing your core temperature, your body is working to cool itself down. It's also helping to expand and burn calories, which is also a side benefit of being in passive cardiovascular conditioning.

But that's why there's all this science 25 years ago on using infrared for heart-related diseases and even preventing congestive heart failure. There's a great study done with 129 patients on infrared, showing that it saved lives. People who used infrared for five years noticed a significant reduction in hospitalization as well as death compared to those who didn't. I mean, so much so that in Japan, it's the first line of treatment. I mean, it helps to decrease the inflammation by getting the body reset. When you're increasing your circulation, you're increasing your blood flow, and when you're allowing that into your endothelial cells to get stronger, you're getting your system back to the way it should be, which is helping to reduce inflammation. Inflammation is the root of all aging-related diseases.

David Jockers, DNM, DC, MS

Yes. It reduces the size of the water clusters in your system. Is that correct? Because now they're smaller, they're able to penetrate deeper into the system, deeper into the cells. because water is a communication vector. communication and bringing nutrients in through the water. Blood has a high component of water in it. You have extracellular fluid and things like that. It reduces the size of those water clusters. That's one of the reasons why it's improving circulation.

Connie Zack

It's vibrating your water molecules, energizing them, activating them, and moving them around. As a result, you're starting to remove like with my brother. The heavy metals are starting to come out, and everything is starting to transform, move, and be active versus sedentary, and not the interaction with all the different cells and making it stronger. It's this activation factor, where the energy helps to activate your entire system. It provides this huge biochemical cascade of events where it allows the body to repair, perform better, and be stronger. detoxify. I mean, there are great studies that we can talk about on it with detoxification, but, I mean, I knew that 25 years ago when I saw a complete change and nothing else worked, with my brother. It is hard to get rid of heavy metals, lead, and cadmium once you get those things trapped in your body. It's hard

to get them out. I mean, you have to go and do something from a cellular level, which is what infrared does, which is remove it from a cellular level versus a surface level of sweating water.

David Jockers, DNM, DC, MS

Yes. For sure. I also read that infrared helps increase nitric oxide levels in endothelial nitric oxide. That has a vasodilating effect. We know that nitric oxide, low nitric oxide, or poor nitric oxide conversion processes in the body are associated with all chronic inflammatory conditions. That's a big factor. that helps with the circulation. Then it increases mitochondrial melatonin production as well, which is interesting because we think about melatonin. We think about sleep. But mitochondrial melatonin has its most powerful antioxidant to support the mitochondria as it slips into the mitochondria.

Most antioxidants can't get into the mitochondria effectively, but melatonin is extremely powerful for getting in there. Infrared light is the number one source, but its diet doesn't play a role in mitochondrial melatonin production. Pineal gland melatonin production. It can play a role. But instead of just blocking blue light at night, play it. That plays a role. The pineal gland might have melatonin, which has to do with circadian rhythm. But mitochondrial melatonin is all based on light exposure, particularly infrared light.

Connie Zack

Yes. It's said that beautifully.

David Jockers, DNM, DC, MS

Yes. That's a powerful finding because melatonin is so powerful for protecting the mitochondria. Of course, we know. People age when, with all chronic inflammatory conditions, with yet a buildup of these senescent or damaged mitochondria. Yes, it's a powerful finding. I know. When I read about that, it motivated me to be exposed more, getting more exposed to more infrared light.

Now, people can get infrared light exposure. For example, I have an office chair that has infrared and EMF that I sit on throughout the day. It has a heating effect too, and that's beneficial. But this synergy between getting in a sauna and sweating and getting the infrared light takes it to the next level. Can you go through that in a little bit more detail?

Connie Zack

Yes, it completely takes it to the next level. When we first started, all we knew was that far infrared was a level of heat that helped detoxify the body. How to burn calories and help reduce inflammation, for sure. I mean, that's a yes. I said, That's an important part of the role of far infrared. But then, about 2022 or about 14 or 15 years ago, we started learning about the mid- and near-infrared and how to separate the wavelengths, which is a lot about delivering the energy differently so that it's not in the far-infrared spectrum, it's in the mid-infrared spectrum. Then,

when you do that, you're altering your cells. You're changing and transforming them at a different level.

For example, mid-infrared, it is working on the joints in your tissues and reduces inflammation there. There's a study done at Auburn University showing that using mid-infrared helps to increase your agility, flexibility, and mobility. It is now, especially with a combination of mid and far. It is the athlete's choice for the speediest muscle recovery tool. Getting in there and having mid- and far-together on your joints, your tissues, and your cells helps to increase your circulation and oxygenation. I mean, these are all things that are so safe and natural that you can do in the comfort of your home, a home that gets you to reduce the inflammation in your body from playing football. We play our football here in Kansas City. and, or from doing any type of athletic activity, running, jogging, weightlifting, or even stretching yoga. I mean, you still need to recover, and you still need to do things to help the body recover.

Mid, and the combination of mid and far is excellent at that. Then the light; those are the composite two heat sources. Then you can also receive the light energy of near and red. We have a product that's behind me. It's called an impulse that has all four wavelengths. We deliver them independently, so you can isolate any of them. Or we have programs that we've built—six different ones—where you can use them all together, but in different ways depending on what you're trying to accomplish. You can if you're trying to accomplish anti-aging; it's a different program than your cardio program and your sleep or not sleep, but your relaxation program, weight loss, or pain relief. From the near back to the near and the red, those are light energies that you can't feel because you're not getting the heat, but you do receive them through light energy. They're extremely powerful in the way they interact with your cells, help to repair your cells and speed up any type of healing at the surface of your skin. it to be able to do all of that with one tool. I mean, if there was a drive that would do all that, people would be taking it every day.

David Jockers, DNM, DC, MS

Absolutely. Yes. When people who get one of your saunas say they don't have much experience doing sauna therapy, at least consistently, how do you get them? What is their specific dosage as far as frequency and/or the amount of time that they spend there?

Connie Zack

Yes. We have four different choices, four different series. It's good that if you talk to us Sunlighten, a representative will walk you through it because we don't want people to get more than they need. It's our point: you don't necessarily need to have impulses if you are looking to just detox the body, or if you're looking to strictly increase your core temperature and help you with inflammation at the deepest level; I mean, far infrared is enough. We have two different series with that. We'll speak to them, try to identify what they're looking for and guide them in the right direction. We have one portable unit. It's easy to use. Then there's a different series. It has a

blend of the wavelengths together, and then there's an impulse that has independently isolated out the four spectrums.

Now, as far as the dosage, in all of them, we recommend starting slow. Because most people have it; I mean, this is a concentrated dose. That's also a thing that makes sunlight's infrared different than any other type of infrared sun. Ours is the highest concentrate shine that you can buy on the market; it's the most easily absorbed. You look at it and think of it as a supplement without fillers. You're just getting the active ingredients—99% of the active ingredients—into your body. As a result, it's intense because, most of the time, when you think about your outside, it's 55%. There are other factors or UV, and there are other things that conflict. I mean, we're filtering out everything else and just giving you the infrared. Start slow. Slow means 10 to 15 minutes. See how you feel. and then, have your body react, and then do it again.

The key, and I want to say it with infrared, is consistency. It's always there because I get a lot of questions about it. I try to frame it for people to decide as it relates to exercise and not everybody exercises, and not everybody can. But if you think of it, even just a simple walk, infrared works on the body very similar to exercise. If you haven't walked in a very long time, you want to take it slow. You want to listen to your body, but the key is consistency. If you're starting to do something—walking, running, or anything else—you don't want to do it once and then wait two weeks and do it again because, after all the benefits that you achieved, you now have to start all over again. You want to do it as often as you can. The best thing to do is create a habit. If you do it, it doesn't matter whether you do it in the morning, at night, or whatever. But do it at the same time. It helps. I'm a big morning person for my sauna. I love it. I work out in the morning, I sauna and I stack them together. I found a huge difference in my body when I stacked it because my core temperature stayed elevated. I just get exponentially more benefits than if I exercised and then did it on a different day. That's how I do it.

David Jockers, DNM, DC, MS

It's a full medical stressor, meaning that yes, it's a stress on the body, but it makes us stronger and more resilient. But we need some recovery time, and we need to build up our fitness level in handling the heat and the infrared rays. You don't want to overwhelm your system. You're saying 10 to 15 minutes; is there a temperature range? Because I know you can get an infrared sauna up to, I mean, 140, 550, maybe even more. It's not as hot as a stove or a steam sauna. It's a little more comfortable than that. but you can still get it pretty hot. You wouldn't want to start with that, I'd imagine.

Connie Zack

Yes. The best way to absorb. When I'm talking about science versus preference, as far as experience goes, I'm talking scientifically. The best way to receive the maximum amount of infrared into your body is to get in, turn it on, and get an experience. It's that infrared wavelength while it's heating up; because the wavelength is the longest at that time and the most easily and most efficiently absorbed into the body, it's not going to feel hot. A lot of people struggle with

that because, intuitively, they feel they need to be hot. I always tell people that it just depends on your preference. What do you want? If you want to feel hot and you want to feel hot when you get there, then don't do that.

But I feel responsible for sharing the optimal way to use it. The optimal way is to get in and get your body. Let it be in there while it's heating up, and eventually work up to what I talked about, 10 to 15. I want to give a marker for working up to it, and I would love to see everybody do it for 40 minutes a day. We have a program inside our sauna that is 45 minutes long, which is great. That's fantastic. I'll also say that you shouldn't do it because you don't have 40 minutes. Do it. But even if you only do it for five minutes, you're getting a powerful wavelength into your body that you weren't going to get. We might as well do it. The next day, try and do more. Don't beat yourself up. Don't, don't be, okay, not to do it today because I don't have 20 minutes, 30 minutes, or 40 minutes. Don't do that. Just get in and do what you can do, and then try and do more tomorrow.

I guarantee you, if you start that way, you're going to find time, because the way the energy works with your body, your body starts to crave that energy connection. That gels, molecules that are dance grab that feel good. You get more energy. I mean, effort produces more energy in your body. When you have more energy, you want to do things that deliver that feeling. You want to go back in there, and I want to do it again because my brain feels clearer. That's my biggest thing. It's just that mind chatter and brain fog. What if having a very, just a lot of things going on? The clarity is amazing. Then the energy connection of just feeling—I can take on anything that comes my way today because I have so much more energy now than I did 30 or 40 minutes before I got into my sauna.

David Jockers, DNM, DC, MS

You're going to get a lot of benefits, even if you're not sweating. Just by getting in there as it's heating up, and that's probably a good place for a lot of people to start over time, though they're, they may want to get the benefits of sweating. It's a great way. It's going to enhance detoxification. The higher the heat, you're going to get more heat shock, protein activation, and higher levels of autophagy from that. There are benefits to getting in when it's hot. When it's hot and you're sweating with it, but you want to work your way up, that's an intense workout. You want to work your way up to that. Is there a temperature range? For example, you've been doing this for a long time. Is there a temperature range now that your body's so conditioned for this that you should be in?

Connie Zack

I like to be around 130. That's a good spot for me. 120, 130. I feel great. I'm sweating. I'm comfortable so that I can stay in. What's important is that you don't want to be in a place where you're, I can't do this anymore. Because the whole benefit is receiving the wavelength into your body.

David Jockers, DNM, DC, MS

Would it be better? It's a good question. Would it be better to be at a temperature of 120 or 130 that's more comfortable and stay in for 45 minutes, or get it up to 145 degrees? That's what my wife and I do. Then I can do 20 minutes; maybe Max and she can stay in there for 30. But would it be better to stay at a lower temperature but stay there longer than at a higher temperature? Sweating a lot. But also being uncomfortable and having to get out at a certain point.

Connie Zack

Yes. Was it the latter that you said? It's in staying in there longer. It's better because you're getting that this energy is just so powerful in your body, and it's so important for your body. You're not going to probably get it. You're not going to get that concentration any other way. You might as well enjoy it and receive as much of the wavelength as you can. There are times when you just want that, that, burning sweat. That's a personal preference. and then then do that. I mean, I just always say, Listen to your body; you'll know how your body responds best. Try it both ways and see how you feel. The feeling is going to drive how you do it most often.

But in all my experience, if you have to dread or if you have to feel two more minutes, that habit isn't going to last a long time. I mean, I love being in there and stretching, moving my neck, journaling, or doing breathwork, just stacking all sorts of things because we pack so much into our day. I want to be able to do other things while I'm inside the Sunlighten so that I can accomplish multiple things. To do that, I have to be able to breathe calmly and enjoy the experience. If I'm just surviving, it's hard to do the other things. It's hard to meditate. You're surviving.

David Jockers, DNM, DC, MS

Yes, that's good to know that you don't have to get it to this heat point, which is hard to tolerate. It's good. I usually read it when I'm in there, but yes.

Connie Zack

The other point is just on the wall; we're talking about this. One of the great ways that this topic helps with reducing inflammation is by getting the body into that parasympathetic state, into that deep relaxation state where you're changing your blood pressure. You're expanding your lungs. I mean, you're just completely relaxing the body. Generally speaking, you're going to have a greater parasympathetic reaction experience at a lower temperature. While still activating the heat shock proteins, that is important because any type of heat is going to activate the heat shock proteins.

You're still going to get you still get your immune system. It's still going to be boosted. Your mitochondria are still going to get stronger. I mean, you're helping with the cellular repair. You're still doing all of that at a lower temperature, which is the value of infrared. The one thing that may be a little bit different is your, level, of sweat and, if you can get yourself which is

conditioning, it's anything, any training, you can get yourself to sweat at the lower temperatures, that's, that's that berries.

David Jockers, DNM, DC, MS

Yes. Absolutely. Now what should somebody look for when they're getting infrared saunas? There are lots of different options out there. Of course, a lot of people are concerned about cost. Some people aren't. They want, what's the best system I can get? Other people have concerns about the cost and how much space it takes up. It's good that there are now portable versions that are also low-cost. For most people, if you're able to access this podcast, it's going to be within a price range that you can look at, save up for, and get. That's a good thing. But they come in all different shapes, sizes, and shapes. What should people look for when it comes to saunas?

Connie Zack

Yes. The number one thing is the concentration of infrared. I can't stress that enough. It's just that if you think about nutrition, you want to make sure it doesn't have fillers and doesn't have stuff that doesn't impact your body. You want to have the highest concentration of the active ingredient that you're trying to use to impact your body and your cells, and that's 99% infrared. That's something we have a patent on. One of the benefits of Sunlighten is that you don't have to worry about the highest concentration. That's important.

Also scientifically, there was a study done in 2005 at UNMC that used our technology with the highest concentration of infrared versus another infrared sauna. There was such a big difference between the results. I mean, it statistically significantly lowers blood pressure, increases circulation, changes the quality of life scores, and removes toxins such as arsenic. Then the other infrared did not, and they did not have any of those benefits. It was a robust, double-blind, placebo-controlled, randomized study. It was it is a powerful study. Just because it's infrared doesn't mean you're going to get all these great things that we're talking about, because any type of heat has some level of infrared. But you want the highest concentration. That's the number one thing.

Then there are so many other factors after that, that we can help guide you through. Do you want just the far infrared? Should it be just that? Because that's enough. Do you want one wavelength for detox, inflammation, and cardiovascular health? Do you want to add on the other wavelengths that come with a price tag? Of course. Do you want it to be portable? We have a portable unit, a lie-down unit, or do you want a wooden cabin? Do you want to share it with other people? That's it. How do you want to experience it?

My biggest advice, I would say, is that I've learned over the years that if you are looking at a wooden cabin if you're thinking about sharing it with somebody else, I would go as big as you can fit. as far as space. The reason I say that is because I can't tell you how many times people have told me, I love my sauna so much. I just wish it would be a little bit bigger because, as

you're older, your family changes. I mean, when we started this company, I even had kids. Now, my kids. I have a 14-year-old. A six-year-old. They're giants. I mean, he's six feet two, and he's almost six feet. I mean, they're so big. When you're buying something, when they're little, it's just a different experience. You want it to age with you.

That's just a bit of wisdom from all the years I've been doing this and hearing the feedback of people. I've never once, not once in 20-some years, as somebody said, I got too big of a sauna. I wish I wasn't. I wish I would have gotten something bigger or smaller. But time and time again I know a lot of people who have traded up, not traded up, and changed their sauna to get a larger one just because they wanted to do it, with their spouse, or with themselves. They just wanted to completely stretch out. You want to look at space; you want to look at.

Here's a big one. Your electrical aspect, your electrical current in your house. This is important. It requires a lot of power. You want to make sure you have an outlet, and we can guide you through that. It will not function as well if you try to take shortcuts. You're important, and people all the time, well, I'll just know you; you just want to get an electrician out there. You want to get the outlet; you don't want anything else to come on. We won't be a dedicated circuit. We can help you with that. That's important. A lot of people want to make sure they have safe sources when it comes to wood, and, EMF, we have a hypoallergenic wood that we use. Has no copycatting, no odors, and no fragrances. and then our saunas—all of them are extremely safe as far as EMF. We've done third-party testing to ensure that there's no electromagnetic field. I mean, there's always a little bit if you plug it in, but, I mean, virtually non-existent. Those are some of the key factors to look at. Yes. I think those are probably the most important.

David Jockers, DNM, DC, MS

People can reach out to you guys at Sunlighten.com, and your team will help walk them through and figure out what their goals are, what they're looking for, and their size of space. They have all those different factors. Because I think it can be overwhelming when people just go to a website and they're looking at a whole bunch of different options or are not sure. You guys have consultants that they can call that will help set them up with the best option based on their goals.

Connie Zack

Yes, I highly recommend that. Let us help you, because this is what we do, and it can be extremely confusing. We do have a code. What's important is that I'm going to tell you that you won't get the benefit of the code unless you use it. The code is Dr. Jockers. Make sure you are listening and you want to partake and talk about getting either the Solo, which is the light on the model, or one of the other ones, or the mPulse model, which is all four wavelengths. Make sure you mention Dr. Jockers, and you will get a discount code of up to \$600 off. That's something Sunlighten provides.

David Jockers, DNM, DC, MS

That's awesome. Yes, take advantage of that discount code. Just Dr. Jockers. It just mentioned to me that you heard this in this interview. You'll get that discount, and, again, their consultants will help you. I think that's an issue that a lot of people have told me is that they want to get something, but they've been overwhelmed with the different options, not sure which one to get. Having somebody help walk you through all of that is going to be helpful.

Guys, I would recommend checking that out. Go to Sunlighten.com. You can look at their website. They've got studies on there. They've got different models. You can look at testimonials, and there is a lot of great information there to help you.

Connie this has been a wonderful interview. Thank you so much for everything that you're doing. just advancing, this field of light medicine and energy medicine. I appreciate your time. Any last words of inspiration for our audience here?

Connie Zack

Thanks, Dr. Jockers. Thanks for having me on. I mean, ultimately, we've talked a lot of science, and, I mean, my biggest words of wisdom are that our promise in what we deliver is that we just want people to feel better. We've created this product so they can feel better and do more of what they love to do with the people they love to do it with. That's ultimately our goal.

If you want to have a tool or a resource and feel better than you do today, you should be able to do more, have more energy, and do it safely and naturally in the comfort of your own home. If you're confused. That's the other tip: I want to echo what you said. I mean, our team is committed to helping, educating, and removing any confusion. Please don't hesitate to ask us anything. If somebody doesn't know the answer, they'll get the answer. I'm happy to help in any way that I can. I always put myself out there as well.

David Jockers, DNM, DC, MS

Thanks again, Connie. I appreciate your time. Guys, definitely check out the Sunlight and all their different infrared saunas, and we'll see you guys in a future interview. Be blessed, everybody.