

Uncover The Power Of Infrared Sauna Therapy

Heather Sandison, ND
with **Connie Zack**



Heather Sandison, ND

Welcome back to this episode of the Reverse Alzheimer's Summit. I'm your host, Dr. Heather Sandison, and I'm delighted to introduce you to Connie Zack. She's the co-owner of Sunlighten, the global leader in infrared light therapy and infrared sauna manufacturing. She was at Proctor and Gamble, and she had a range of positions at very high levels. Then she switched gears after seeing how spending time in an infrared sauna transformed her brother's traumatic health issues. Connie and her husband have committed everything to help others through the benefits of nature's healing and infrared light. Connie, welcome.

Connie Zack

Thank you so much. Thank you for doing what you're doing. It's such an important topic. I'm glad. I'm honored to be here.

Heather Sandison, ND

Well, we're so excited whenever we get a chance to partner with a product like yours that we believe so strongly in. First of all, a sauna alone is something that I recommend for sweating. Sweating in saunas is something I recommend to all of my patients who are struggling with cognitive decline or looking to prevent cognitive decline. I'm excited to dig into the nitty-gritty with you about why I would recommend that. Why do so many doctors in my position recommend this for the betterment of health? Can you just get into, how does this work?

Connie Zack

Yes. We'll start with the very basics of what infrared is, and we'll start there, and then we can dive deeper into different areas. What we specialize in is the spectrum of infrared. A lot of people are confused about how infrared is different from a traditional heat source. I always pitch in three different ways. One is the heat aspect, the heat with infrared heat, your body directly, versus heating the air and the image. I like to get people to understand what it feels like when the clouds have been out, you go outside and it's cloudy, and all of a sudden that beautiful ray of sunshine peeks through and it comes down and you feel it into the body, and you just take a

breath like, I feel so good. That is infrared. That's the feeling of infrared energy getting into the body. You're being warmed because the energy is being absorbed into your body, versus the air being warm because it could be cold out. But when that sunshine comes, you feel that when you haven't felt it, the infrared peeks through, and you feel different and changed, which is just the start of what the energy feels like for the body.

Then there's also the light aspect. Infrared is light energy. Another visual. Our bodies are solar panels. We are designed to receive light. We have to have light to function and be activated. Our body is primarily water and mitochondria, and infrared activates both of those cells. It's critical. It's not only nice to have; you must have light energy in your body. The final is infrared, which is a spectrum of light. It comes from the sun. It is free of the harmful UV rays. It's just the healing part of the sun. There are three different parts of the spectrum, and we can stay at the surface for this. At some point, if you want to go deeper into all of them, we can, because it's just fascinating the depth of knowledge in the science. The research has been studied on each one of them, but the three are far infrared, which is the longest wavelength it's absorbed into the body. It helps with detox and cardio benefits and then mid-infrared, which is a little bit hotter. It's a shorter wavelength that goes into the joints and tissues and helps with inflammation. Then near, where it's so hot that you have to convert it to LEDs to receive the energy into the body. It's an invisible light, extremely powerful, which I will for sure touch on today because there's a connection between that and Alzheimer's and improving cognitive function in the brain, and because of the near-infrared, you cannot feel it at all because it's coming through the LEDs. Those are the three different parts of the spectrum. There is another part that we'll talk about, which is red, which is next door to the invisible. If you think about the rainbow and you're looking outside in red, is that outside visible light? It's next to near, which is invisible when you're looking at the sun. There are lots of great scientific benefits with them with red light as well. That's a summary of infrared, what it is, how it feels, and how it compares to traditional heat.

Heather Sandison, ND

Sauna, getting into one of your saunas, you're getting the benefits of both the heat and the light. Is that what I understand?

Connie Zack

Yes. Yes, it's fascinating, transformative, and so incredibly therapeutic because there aren't a lot of places or modalities that we can do in our own homes that can affect our bodies. so many positive ways. But we have found a way to separate that spectrum. I just went through and explained how to drive the far, mid, near, and red, and what we have done is found a way to deliver each spectrum independently and isolate it out so that if you wanted to just have the mid, or you just wanted to have just the red, or you wanted near or what we found using lots of different studies is that there is some beautiful synergistic magic that happens when you blend it all. We've done that as well. you're receiving when you're inside impulse, which is the sun, and behind me, you can receive four different transformative wavelengths, some delivered by heat.

Sometimes you're going to feel the heat, and sometimes you're not going to feel it at all because you're getting the light energy into your body.

Heather Sandison, ND

But getting the benefits of both. How would a typical person, especially someone who's getting older, use one of your saunas? Is it in their house, or do they go out to a gym and try to find some Sunlighten Sauna? Do they use it every day? What does that look like from a practical perspective? Yes.

Connie Zack

From a practical ideal state would be to have one in your home, and you don't need to have a massive space. That's what's so nice. We have our smallest mPulse Aspire, which is less than four feet by four feet and roughly three and a half feet by three and a half feet. You just imagine, step, put your feet in, and then create that space. Everybody has that amount of space, but not everybody. But it's not a massive amount of space. then you need to have a dedicated circuit. That's the most complicated part of the whole equation: making sure that wherever you find the space, you work with your electrician to have a dedicated circuit to power it because you don't want it competing with anything else for maximum efficiency. That's the ideal, as you have it, in the comfort of your own home. You plug it in, you turn it on, and you can go in there and use it. As far as frequency of use, you can use it every day, which is awesome. You don't have to do it every day. I always mention that because I feel like in this state of the world, we've all put so much pressure on ourselves. It also seems as though we don't do things. We don't start things because mentally we think we don't have enough time or we can't do it with the level of routine that we need to receive X results, which is not true with Sunlighten Sauna. It's just not true. It's better to do it once a week for 15 minutes, than not at all. Because you're going to receive 15 minutes of wonderful therapy. The more you use it, it's just like exercise or walking or moving—the good things that you can do for your body. You want to do them as often as you can, but if you can't and you don't have the space, or if you would, for whatever reason, you can't have them in your home. There are lots of wellness facilities and a day spa because there's a wellness studio that houses Sunlighten mPulse Smart Sauna inside. That would be another option as well.

Heather Sandison, ND

Fantastic, and where do you see in the literature and in the science that shows us that this would be good for someone struggling with cognitive decline?

Connie Zack

Yes, cause lots, let's first focus on far infrared because each wavelength is absorbed differently in the body and it changes the body in different ways. The far infrared wavelength is the one that is absorbed into your water molecules and helps to activate your mitochondria. When it does all of this, it increases your core temperature and helps to eliminate toxic loads. A lot of times, people suffer from brain fog or memory issues because their bodies are loaded with toxins. We're

exposed to 700,000 chemicals every single day. Our skin is our largest organ. We're putting stuff on our bodies. It's being absorbed. That transcends sometimes your brain not functioning as efficiently as it should. We know for sure that there's been lots of studying. There's a study called the VOS Study, which showed that infrared saunas helped to remove toxic elements such as cadmium, aluminum, mercury, and lead, more so via infrared sauna than exercise or sweat. That's a powerful statement. Sweat was also more powerful at excreting toxins than via blood or urine. That's just showing you the power of sweat.

That's one way to help your brain be healthier through detox. Another way that infrared helps in all of the different parts of the spectrum is by decreasing inflammation. Far infrared activates one of the genes in the body that's used to control inflammation. Stimulating that in the body or helping to slow down the inflammation, reduces it and helps with brain function. One of my earliest scientific discoveries, when I started this because my brother was so sick, was that I was doing research and I found all this great science in Asia on the cardiovascular system and how infrared helps to increase the endothelial function and helps to increase the blood flow, which just helps to restore the lining of the heart, essentially creating a healthy heart. By getting that flow into the body and by getting more oxygen to the brain and more blood flow to the brain, you're contributing to a healthier brain and healthier function. That is another way.

Then I'll switch gears to our light energy because there's so much great research on Alzheimer's and just general brain function, and that is through what we call photobiomodulation, which is a fancy term since we're essentially talking about light therapy. Just by helping the body convert light energy into chemical reactions. Whenever your body receives red light and near-infrared, it helps to stimulate brain function as well as act as a neural protector. It helps to slow down the progression of neurodegenerative diseases. That's another aspect of helping the brain: getting that light energy. It helps. I always think of it as unlocking the brain, which is stuck. You're getting this flow. It's like you're turning on a faucet. You can't turn it on. All of a sudden, you turn on that flow. Just that flow, that natural restoration of getting your body back to doing what it's supposed to be doing. The light energy helps the brain to be able to do that.

Heather Sandison, ND

Got it. Yes. It's interesting. There are all these mechanisms with the light, the heat, and the red spectrum. I think back to my earliest sauna memories, which were in Minnesota. My mom and my grandparents are from Minnesota, which has a lot of Scandinavian influences up in northern Minnesota, and saunas around the lake are one of them. What comes to mind for me is family, community, and spending time together. I think historically, even though maybe the literature doesn't point in this direction as much, the science shows that there is that sense of community and that instead of sitting in front of the TV in the evenings, people in Scandinavia will go get in the sauna together; that's what they do. They connect, and they talk. I remember my mom and her cousins and me and my cousins making these memories and sharing and catching up in the sauna.

You guys have some options that I know we talked about in this individual unit. That's what I get at my house these days, too. It's just super small. It's going to take the least amount of energy off the power grid. But with this idea of a community sauna and even signing with your partner, if you have the space for a larger sauna, I just love that option, too.

Connie Zack

Yes, the social bonding, the sense of community, and also just the experience inside of Sunlighten and infrared are very different from being inside a hot environment because it's gentle and, like I said, you're being warmed because your body is absorbing the energy. It's very radiant, like a blanket around you, so you can enjoy the experience versus thinking, when is this over? That enjoyment and that relaxed atmosphere are perfect for sharing it with someone you love, catching up, and just chatting. I remember when my kids were a lot younger, they would come in, and I got to have these wonderful conversations. It's just priceless. They would stand for a little bit, and they would go, That was so awesome. That was worth it just in itself, and it feels good. It's like that feeling when you see the sun; that exact feeling is, well, your body just almost craves it, just like, Thank you. When you're done, you feel like you have more energy. That's another brain benefit: the energy aspect.

The way the infrared energy, both the light and the heat work, is increasing your level of energy through ATP production. It's also the light I like to think of. I always have this picture when I am in my near-infrared and red light: I am planting a garden, and, in a greenhouse, you plant seeds, and then you put the lights on, and you like to watch those seeds start to grow, and you see this beautiful growth happen. That's exactly what light energy does: it stimulates and causes collagen to grow and reproduce and helps increase your production of mitochondria. These are important functions in your body that help with cognitive function and can help slow down any type of inflammation that's occurring in the brain. As well as just overall how you feel, because they're all so connected, it may be literally in the brain, but even if it's not, if you just are feeling fatigued and all, and I just don't have any energy to do anything, then that's going to be a domino effect with the rest of your lifestyle. But if you can change that, transform it, and give yourself that little bit of energy, then you just feel better, and you feel like, I can go do this. I can go for that walk, or I can go make that phone call, or whatever is on your to-do list.

Heather Sandison, ND

Many of our audience consists of women, over 65 people, who are concerned about their cognition or maybe even caring for someone who is struggling with Alzheimer's. We're worried about safety. How safe is it for someone to use this independently, or should they always have a partner with them? What do we do to reduce any risks, and what are the risks?

Connie Zack

Yes, that's a great question. First of all, it's extremely safe. We created this over 25 years ago, and one of the most important pillars was to create an electrically safe product, that did not have chemicals, no off-gassing, and that we just created to be a wonderful, enjoyable, therapeutic,

and transformative experience. We've created it to be exactly that. As far as safety, there's virtually no EMF and no off-gassing. All the wood is very safe. There are no harmful chemicals. That aspect is that you can be assured that as far as going in there with somebody else that's personal, you can go, and of course. I typically am by myself just because of schedules. But I think we talked about socially: it would be wonderful to have people go in there together, and most of the saunas can fit at least two people inside.

Yes. Then there's, there's, you can see like the bench is ergonomic, so it's comfortable, but you can also get cushions if you want more, just more padding and there to make it more comfortable. There's also a backrest that's in there. The backwear that you would lean up against, though, has this wonderful, salient fiber that's pliable. It's not hard and rigid, and it's comfortable. We've done everything we can to create a comfortable, enjoyable experience because the goal is to go in there and stay in there. That's the goal: we want you to stay in there for at least 30 minutes if you can. 40 minutes is the ideal time. There's a big difference between 30 and 40, which is like a zone, a tipping point. I would encourage people.

Heather Sandison, ND

What happens there?

Connie Zack

It's just this. Because it's energy that is being absorbed into the body, or if it's invisible, it's being penetrated. It takes the body some time, especially with the far infrared, to do its carnival biochemistry, a cascade of events. It just doesn't happen, in 2 seconds. especially for those people who haven't had that experience with infrared energy before. There are a lot of people today, especially people who are older, who aren't getting outside. I think of my parents; they're just not getting that kind of natural exposure to sunlight. That helps to give you vitamin D, and it just helps with the whole solar panel effect. It helps. If you're not getting light energy into your body through natural means, you need to find a way to do it.

Heather Sandison, ND

That's what they do in the winter. I would imagine.

Connie Zack

Yes. It's critical to get that exposure. It provides, like I said, so many different benefits. It's not just the literal ones, which it does do as far as the brain, but then you have all of the others with the blood flow, the heart health, detox, and boosting the immune system. It's helping to make your body stronger. You think about how, as you age, one of the things that you want is to have a strong body, strong cells, and a strong mind. You want to do everything you can for strength. This does that naturally by making your mitochondria stronger. I always use the visual of those cells in those powerhouse cells. When they receive the energy, they start putting on their armor, and they're just like, the longer you're in there, the stronger they get. They're like, I'm ready; I'm ready to fight. I'm going to fight these viruses. I'm going to fight these diseases. then it also helps

with I talked about reducing inflammation, and that's one of the number one causes of aging, inflammation. It's another way to slow down the aging process and help you live a higher-quality life through the absorption of energy.

Heather Sandison, ND

For my patients, I recommend that they stay super hydrated because they are going to sweat a bit and so I typically say, You can take some water in there with you. I see you drinking water as we're having this conversation. I know you're well aware of staying hydrated and then replacing electrolytes because you can sweat out not just toxins but also some salts. You want to make sure your body has a chance to recoup those. I also recommend going straight into the shower and rinsing off. I think a little bit of contrast is good. Having some cool water, maybe even cold if you're ready to go there, will close the pores so that you're not reabsorbing toxins and also keep some of that heat in, so even though it sounds a little counterintuitive, rinsing with cool water will wash those toxins away, which will get them off of you so that they go down the drain and can be fully eliminated, and it'll also make sure that you don't reabsorb.

Additionally, you were talking about just how much you guys have put into making sure that this is a high-quality sauna, and I want to share with everyone that not all wood saunas are created equal, and some are made of wood that has volatile saps that come out, some have glues or other building materials that are incorporated into them that emit off-gas as well. You want it, part of the reason we chose to partner with you guys is because you have a very high standard for making sure that people aren't getting in the saunas and being exposed to more toxins. Is there any way, wood is porous, so if I'm sweating on the wood, how do we prevent that from being something that then just goes into the air the next time I use the sauna?

Connie Zack

Yes. just using, like water and vinegar, and cleaning it. Well, we have, and I'm glad you brought up the whole wood aspect because I've been doing this so long, I forget, back in the day when we first started that we had problems with because we were at the time when we first started. There's a way that we can't do everything ourselves. We were just getting started. We work with the manufacturer, and the manufacturer would tell us, here's this hypoallergenic wood. But what we learned is that it wasn't, and we learned it the hard way because people would use it and they would call us. My eyes are itchy or my throat hurts. this, and it was horrible. Then we had, we went on this massive due diligence process to say, we need to understand you're exactly right, all wood is not the same. It's not. There's the toxic wood chart. There's an organization that looks at wood and makes sure that it lists all the adverse events that are associated with it. Then you think about that's just the wood. Then you heat it. Then they can amplify that adverse event. We have dedicated, we went through so many different woods, and we just when we didn't know what we didn't know, the manufacturer would say, this is good, this is what everybody uses. I still see a lot of those out there today, and it just makes my back hurt. I'm just like, I can't believe people are still using some of these woods.

Heather Sandison, ND

What wood did you land on? What's the best?

Connie Zack

We have two. Well, we have three, but so we have a basswood, which is where we landed. That was the first piece of wood that we found that was amazing. It's completely hypoallergenic, and we found it because it is the wood that beekeepers use, and we source it from, the most amazing place in Wisconsin. They are just the best family. They care so much about renewable sources and everything that they do. Somewhere on our website, we have a video. You should have a reason to watch it. It's so great because it highlights them and their company, and we've been working with them forever, and they're just wonderful. That's basswood, that's hypoallergenic, and that's blond in color. There's no fragrance, and there's no off-gassing. It's completely safe.

There's another wood that we found a couple of years later that I love as well, which is the eucalyptus. It does not contain any oils. It's confusing and counterintuitive, but it's darker, and a lot of people like cedar, but they don't want to deal with the fragrance of cedar. They want it, they like the color, like that darker color, which is what is lighter. The eucalyptus is equally wonderful and completely safe, as are all of our materials. I'm so glad you brought this up. It's something we forget because everything we do is say, I don't forget about the process that we've gone through over the past 20 years just make sure that we use magnets inside our saunas so that we don't have to have so many adhesives. The magnets are there to help with the backrest means that everything we do is intentional to provide the most therapeutic, most effective, most efficient, and safest product on the market. You can't get a product that's more effective or safer.

Heather Sandison, ND

You mentioned Cedar. That's a common thing that you hear saunas are made out of. Are those safe?

Connie Zack

Yes. Cedar is a little bit. It gets a bad rap, especially in our field, where we work with cedar. Cedar is one of those that has great antibacterial properties. Everybody's heard of, Cedar Clauses, but it just depends on your interaction with it. People typically know if they have any sensitivity to cedar. When people come to Sunlighten they ask, which wood? I always explain that it's a personal preference. First of all, do you have any sensitivities that you know of? If they don't know, Well, it is best to stick with either the eucalyptus or the basswood because I don't want you to find out that you do. Then when it comes down to that, it's it's a color preference, in my opinion. Do you want the lighter color or do you want the darker color? That's what's a little bit softer. Eucalyptus has a little more grain to it. They're just like a little, look, look different. But cedar is completely fine. There are a ton of Cedar fans. I would never knock it if you can if you like it.

Heather Sandison, ND

If you already have one; don't worry.

Connie Zack

Yes, No worries. If you're not allergic to it, then it's great; it's great wood.

Heather Sandison, ND

Wonderful. What's your sauna routine these days?

Connie Zack

I love my sauna so much. I stack everything. I've found a benefit to doing a bunch of stuff like that. I will work out, I'll do cardio, and then I may do some stretching, or sometimes I'll do cardio and then do stretching, inside my sauna. The sauna is always the last thing in my morning wellness routine. I'll always do my hot water with lemon inside my sauna because it's warm, it's heated, and I'm stacking the heat therapy. Then I also do a little bit of mobility stretching, maybe a little bit of yoga poses inside there. Sometimes I don't do anything like that, and I just do some intention setting, visualization, and meditation. My newest and favorite thing is doing breathwork inside the sauna. I just feel like a million bucks hanging out. I feel so clear, so full of energy, so creative, and so strong. Yes. It's just a game-changer. Here's the great thing: it's easy. It's not this complicated thing that you have to figure out. You go in and press a button. We have six different programs on the mPulse, you just pick your program: cardio, pain relief, detox, anti-aging, weight loss, or relaxation.

Heather Sandison, ND

What are the differences? The difference between them is that the spectrums of light and the ratios of those are what's going on.

Connie Zack

Yes, that's a great question. Yes. Based on science, there's something different from exactly what you said. It's called a pulse because there are different pulsations, different quantities, and different intervals in which the wavelengths are introduced in the program. Some, it will be like full throttles, like cardio, full throttle upfront, very intense. Then others they'll be, like weight loss will be a little bit of a different interval and then it'll back off the intensity and then it'll come back, and then anti-aging is completely different because that's focusing on only the far-infrared wavelength to purify the body from the inside out. The skin's going to look incredible, decrease inflammation, and then have the near-infrared, which is great for restoring the skin and increasing collagen and elastin. It's going to make the skin look great from the outside. You combine those two, and there's no mid-infrared in that one at all because mid and red are a little bit hotter, and for the skin, it's great to have the cooler temperatures and just purify the body. All five or six of them have completely different experiences. What I like is that depending on what's going on in my day, that day or what's going on, for the rest of the week, or what my goals are, that's the program that I use.

Heather Sandison, ND

You and I both have a prevention plan for Alzheimer's, preventatives, or maybe anti-aging. Our goal is to age gracefully, and a lot of our listeners are dealing with someone or know someone. Maybe they are experiencing cognitive decline already and don't have a long history of exercise. I'm like you. I get on my rower, and then I get in the sauna, and I can. I sweat. I sweat extra. I can sweat faster because I've gotten that cardio first and some strength training, but many people are new to exercise, and that feels overwhelming. A sauna is almost a shortcut to that. You're going to get the benefits of circulation, more blood flow to the brain, detox, hormones, and so many other things, but without having to do a lot of the work, and it's like a step in that direction to get your heart rate up and get blood flow going. I love how accessible this is, but I agree, that stacking them is the ultimate direction you want to go in, and if you can only do one, doing this sauna is great. Go for a walk and then get into the sauna.

Connie Zack

Yes, exactly. You don't; stacking is ideal, but, my goodness, you don't have to do that. Mind you, that's been an evolution for me. I didn't used to do that. I used to alter; this has been a process for four years. I've learned how my body reacts and everything. If you can just do one thing, getting inside your infrared sauna, it's an exercise mimetic. What does that mean? Is it that it copies the benefits of exercise? You're getting a passive cardiovascular session. Without having to move. and you will feel so much better. You will feel as though you have gone for a walk because you'll get that blood like your head is clear and your brain has been lifted. You have more energy, and you feel lighter. That's another one of my favorites. But feeling benefits is just that. Sometimes you just feel heavy, and it's just not. Heavy leads to fatigue, it can lead to depression, and having 30 to 40 minutes inside the sauna just lifts all of that, and you can get other stuff done while you're in there for people who want to do multiple things. You can get your list, talk to somebody, or make a phone call. There are so many different things that you can do while you're there.

Heather Sandison, ND

As we're having this conversation, I'm thinking about a few of my patients who want to exercise, but they're immobilized for whatever reason. Maybe they're awaiting surgery or they've got arthritis that keeps them from getting the type of exercise that they would ideally be getting. Again, it's like another level of accessibility to get some of those benefits, not to mention, of course, the photobiomodulation, the infrared, and that. But that visual I love that you describe in the clouds part and getting that red sun and that warmth, that is so beneficial in and of itself. But the blood flow in the cardiovascular system is affected by that exercise, and the memetic is there for you, especially when you can't get exercise for whatever reason.

Connie Zack

Exactly. I remember the first. One of my first letters was from somebody from a customer, or was she had bad arthritis and she was extremely overweight. She had no mobility, and she couldn't exercise. She got a sauna, and she got in there. It was game-changing. It was life-changing for

her because the arthritis changed and decreased. The inflammation went down. She wasn't in pain, because she wasn't in pain. She could start to increase her mobility very slowly. Like she did, she kept in contact. I'll never forget her because eventually she lost the weight in her knees or healed. She was restored to a healthy and vital life. But it just started as a picture of her way back then; 20 years ago is nothing like the picture of her today. But she took that first step. It changed her.

Heather Sandison, ND

In this summit, it's like drinking from the fire hose. Even my patients who come in when they leave have this long list of 12.5 things to do with supplements to take and stuff to do. I want to double-click on supplements that you might pair with a sauna session, but you don't have to do it all; just start somewhere. I think, for one person, it's going to be going in the direction of a ketogenic diet. For another person, it's going to be starting an exercise for somebody else. It's going to be getting that sleep apnea test and the sleep study done. For someone else, it's going to be getting in the sauna, and that is going to create this momentum where, just like you describe this patient you described, Now my pain is down, and now I have better energy, and now I'm sleeping better at night. Now I can make the dietary changes, and now I can make those exercise changes that are going to lead to that transformation where you look back and you go. When I first heard about this, I was in this spot. Now, years later, just like you're the person that you're referring to, this picture of me looks younger than I did years ago. I've aged in reverse, and that's what we want. I think that's part of the sauna that I love so much about it—its accessibility. I sound like a broken record, but it's such a great starting point that can lead to a very transformational change.

Connie Zack

I completely agree. That's what I do. But so are the people. We promise that people can do more, feel better, and live fully, and my personal Connie Zack statement is that I want you to be able to do more of what you love to do with the people you love to do it with as a result of what I do every day.

Heather Sandison, ND

That's incredible. But we're aligned with you on that. Connie, how can people find out more about Sunlighten?

Connie Zack

Yes. go to Sunlighten.com and then I also want to make sure that I mentioned that we are offering a discount. For anyone, you just have to mention the summit and make sure that's, if you don't remember anything else today because I know you're like drinking from the firehouse, remembering events in the summit. After all, that's what's important. That's how you activate our up to \$600 discount. It's significant, and we want to do it to support everybody that's participating in the summit, Sunlighten.com. I can also share that phone number if you want. It's

877-292-0020. and there are, you can follow us on Instagram. There are so many different ways to get in touch. But those are the two easy, easy ways to call or to go to the website.

Heather Sandison, ND

Thank you. That's a generous discount. If you guys are considering a sauna, it's Sunlighten and Connie's is your girl. They've got you covered. You'll get a good, high-quality sauna and an amazing discount. I did want to go back to supplementing. Sometimes people will ask me about using niacin and getting the niacin flush while they're in the sauna, about using binders or other things to stimulate more elimination, using liver support, or using glutathione to provoke the elimination of toxins. Is there anything that you guys in Sunlighten have certainly seen work well when paired with us throughout our session?

Connie Zack

All of that is so personal question because everybody is so different. But I have heard all of those; glutathione, using binders. The only thing I would specifically call out that I feel is important is what you've already mentioned. I'm not representing any of them specifically. The only thing I'm passionate about is as little sugar as possible. Just getting the natural electrolytes. But yes, supplements. I would lean on you to, if you have, if you have heard different ones. Just because I've seen that, I've heard so many stories in so many different ways about charcoal. This is not a supplement that I do know for sure. I will mention it. I know for sure the benefits of dry brushing while you're inside a sauna.

Heather Sandison, ND

Getting the lymphatics moving.

Connie Zack

Yes.

Heather Sandison, ND

Movement. Yes. I heard the movement you mentioned—doing some stretching and then pairing the meditation. I think there are just so many great ways to stack this therapy so that you're optimizing the benefits that you get from it and then getting creative. I think this is so much fun. Talk to others, get feedback from others, talk to your providers, and make sure it's safe. But using a sauna is one of the therapies regularly in your routine, which I think is just so beneficial, and I'm so grateful to you for the work that you've done to create this wonderful product and also for your time, expertise, and sharing with us today here.

Connie Zack

Thank you. Thank you so much. It's been a pleasure. I'm, like I said, honored to be here. However, Sunlighten can help, now as everybody is going through the summit and getting all of this amazing information. However, we can play a role in helping everybody who's participating live a

healthier life. If they have questions or want something, whatever, we are here to support them. so don't hesitate to reach out.

Heather Sandison, ND

Amazing, Connie. Thank you so much.

Connie Zack

Of course.

