



EPISODE #167
INFRARED SAUNAS: NEAR, MID, FAR SPECTRUMS EXPLAINED
WITH CONNIE ZACK

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Wendy Myers:

Hello everyone. It is Wendy Myers here from Liveto110.com. Thank you so much for joining us on the Live to 110 Podcast.

I am so excited about today's podcast. We have Connie Zack of Sunlighten Saunas. You can learn more about Sunlighten at Sunlighten.com. And she has a wealth of information on the scientific backed benefits of using infrared saunas.

They are so amazing and I really think they are a crucial component to use on a regular basis for anyone who plans to live to 110, disease-free and living a healthy life without medications and suffering that revolving door doctor after doctor's office and debilitating disease. You have to sweat out all the metals and 700 chemicals on average that we have in our bodies if you plan to be healthy.

And infrared sauna is one of the most crucial components that people need to have and add to their health regime if they want to be healthy because our bodies are not equipped to detox all the metals and chemicals that we have. They are just entering our body at too fast a rate, they are not able to get out of bodies quick enough. Our bodies are not just evolutionary designed to deal with all these chemicals and metals that we have in our body that are being unleashed from the earth from industry and whatnot. So it is so important to get into a sauna.



And Connie is going to talk to us today about the benefits and a lot of distinction between a regular sauna that you have at your gym and your near, far and mid infrared rays. There's such a lot of interesting information in today's podcast.

But please keep in mind that this podcast is not intended to diagnose, treat or cure any disease or health condition and is not a substitute for professional medical advice. The Live to 110 Podcast is solely informational in nature, so please consult your healthcare practitioner before engaging in anything that we suggest today on the show.

02:34 ABOUT CONNIE ZACK

Wendy Myers:

Connie Zack is Co-Owner and Chief Sales Officer of Sunlighten. She started the business in a basement in 1999. Her husband and co-founder Aaron Zack is the company CEO. Together, the Zacks have led Sunlighten to tremendous growth since those basement days.

Before starting Sunlighten, Connie held positions at Procter & Gamble ranging from alternative marketing manager, district pharmaceutical sales manager and gastrointestinal national manager. During her 11 years at Procter & Gamble, she made her way into the P&G Leadership Group, a collective of elite staff groomed for future executive positions and onto the P&G Women's Board and Mentoring Program for Junior Level Female Staff.

We are so happy she moved away from pharmaceuticals and into the health field because she is helping so, so many people improve their health and their life dramatically.

Connie, thank you so much for coming on the podcast.

Connie Zack:

Thank you so much for having me. I am happy to be here.

Wendy Myers:

Why don't you tell the listeners a little bit about yourself and your background?

Connie Zack:

I would love to. Sunlighten started about 16 years ago and it was a result of my brother being on his death bed, very, very, very sick. And one of his friends as well as a dentist recommended far infrared heat as a way to pull out the toxic elements that were stored in his body. And that is how the company got started and I was working at Procter & Gamble in the pharmaceutical division.

And I saw this transformation in my brother and he wanted to make a difference and I wanted to make a difference. And so we started Sunlighten and our mission is to leave the world a healthier place as a result of our products.



04:26 SUNLIGHTEN IMPULSE

Wendy Myers:

Yeah. And you have a fantastic product. I used Sunlighten Sauna for about a year when I first started using saunas. And I would go to my Pilates gym where they did Pilates and they had an infrared sauna and it was a *Sunlighten Impulse*. It was just a fantastic sauna and I got really good results from it.

And so tell us about Sunlighten. Tell us about your saunas and how things are going.

Connie Zack:

Thanks. I will start with Impulse since you have mentioned that. We are so proud of bringing this product to market. We brought it to market about six years ago, but it is really the only place where you can get all three infrared wavelengths in the same place. And the value of that is each wavelength provides different healing benefits to the body.

So there's the longest wavelength, which is the far infrared which goes deep into the body, transforms the cells, gives you that core temperature increase that you need to fight disease. And then there's a mid infrared that doesn't go as deep and that is awesome for fighting inflammation and reducing pain and helping with weight loss and burning calories. And then there's the near infrared, which we call the *natural Botox*, which helps with skin rejuvenation and wound healing as well as reducing inflammation at the top of your skin.

We put that altogether with different venues inside one beautiful Impulse cabin. And there are six different programs, depending on what you are looking for. You can just press a button and you can try on the cardio program or the weight loss or the anti-aging or the relaxation. And we have put together a program that will target those conditions and you will feel dramatically better after just one session.

Wendy Myers:

Yeah, I always did the weight loss program. I was like, "Yes, I will take that. Thank you very much."

06:24 INFRARED VS. NON-INFRARED SAUNAS

Wendy Myers:

So let's go back to some basics. So how are infrared saunas different from traditional saunas? So a lot of people think, "Oh, I am using a sauna. I use a sauna at my gym." So how is that very much different from an infrared sauna?

Connie Zack:

So the saunas that are typically seen in the gym use traditional heat like the heat that is outside that is when it is really hot, sometimes it is hard to breathe and it can be a little bit oppressive or it can be really humid.

Our heat is infrared that is healing heat that goes deep into your body. So it's focusing your body versus heating the air. So the reason that you are sweating is you are sweating



because your body is hot, not because the air is hot.

So it is a different type of sweat. It's like that same type of sweat consistency when you have a fever and it breaks and you get this boost of sweat that comes out almost immediately like, "Oh my gosh, I feel so much lighter. I feel so much better. My head feels clear." That is the same type of mechanism that Sunlighten uses with our far infrared and mid infrared and near infrared heat.

07:34 SUNLIGHTEN SAUNAS VERSUS OTHER FAR INFRARED SAUNAS

Wendy Myers:

And so how are Sunlighten Saunas different from all the other far infrared saunas you see out there? I want to talk about a lot of the differences because if you go on Amazon, you will see far infrared sauna people's heads sticking out. And then there's Bio-Mats and there are all kinds of different products out there.

So how is Sunlighten different from the other guys?

Connie Zack:

Yeah. All heat is good, but what we really tried to do Wendy is to target and be efficient with our wavelength. So we found a way. We patented our technology. We found a way to precisely deliver as much of the healing wavelength as possible.

So we have taken out all the excess, what I call, *convictional heat*, the hot air and we are just focusing on the healing part, the healing energies of each wavelength. And then we patented that.

So you can get peace of mind when you are using a Sunlighten product that you are getting the most effective and most efficient delivery system. You are not spending time in something that's getting more convictional heat than infrared heat, which a lot of those products that are really inexpensive that you can see on the internet.

They give you a little bit of infrared heat, but the majority of it is what you see outside or what you see in a gym. It's hot air and it is not going deep into the body to transform your body and so the sweat isn't the same consistency as a fever sweat. It is just a regular sweat. And so we give you that healing sweat and you feel so much better and so much lighter with just complete rejuvenation.

Wendy Myers:

Yeah. And I am not a fan of the saunas where your head sticks out because you need infrared sauna on your head as well. There are a lot of toxins in there and infections in the sinuses and yeast in your ears and all kinds of things that can be cooked in the sauna and killed and detoxed. So you need to cook your head also.



09:38 BENEFITS

Wendy Myers:

And so can you talk a little bit about the benefits of infrared sauna and all the many things that infrared sauna accomplishes for your health?

Connie Zack:

Yeah, so about 11 years ago, we really started to dive deep into this journey with science. There was a study that was done with our product at University of Missouri - Kansas City and it was done with a healthy population.

But we found out with using our product three times a week that you could significantly lower blood pressure, remove toxic elements such as mercury, cadmium, lead. There was somebody who had arsenic in their body, as well as reduce inflammation, burn calories and improve quality of life.

There are also some pretty significant claims and significant changes that you can do really by just sitting there. I mean in pushing that beautiful button that says weight loss or detoxification or pain relief and let all of the energy levels do their thing.

So those are some of the results we have seen. We have also seen a lot of great results with skin because of the near infrared LEDs. So it really helps to accelerate cell turnover and repair the skin and give it that beautiful glow that it deserves to have. That's really been helpful.

We've seen a lot of scar lightening in people who have had surgeries. We've had somebody who had a gallbladder removed. And their scars lessened with using our technology.

And then we also did a study at Auburn University on joint flexibility and improving the agility of the body. So a lot of athletes are now using it for muscle recovery or as well as the aging population just having aches and pains as you age. This helps to reduce that inflammation and get your body feeling healthier and younger.

Wendy Myers:

Yeah. And that's great for circulation too. I know a lot of people that are diabetic or they are older, they have congested heart failure and anything like that. They just don't have enough circulation and the sauna is so amazing for that.

Connie Zack:

Yeah, absolutely. I always feel when I get done with this session, I feel that even though I haven't really moved my body, I feel as though my body is moving and I am getting more oxygen in my head. That is the biggest thing I know when we first started developing and fine-tuning our technology.

When we finally hit that button of getting the most amount of far infrared, my head just felt so much clearer after a session. It's just like that whole mind mess that goes on in our busy lives. We are also busy doing many, many different things.



At the end of the day, you are just like, “Oh my gosh, what did I do today?” And then when I take a session, I would just feel like just totally in the mood. My head was clear. I could think again. So I am really more effective after using one of our Sunlighten products than if I don’t use it.

12:42 DEVELOPING A HEALTHY HABIT OF USING INFRARED SAUNAS

Wendy Myers:

Yeah, I love to finish my day with getting into a sauna and just getting rid of all the toxins I encountered and all of the current toxins that I have that accumulate over decades in our body. Can we talk a little bit about that, about how many toxins we have in our body and that we encounter?

It is really scary when you start thinking about it, but what’s great is with using infrared sauna, you have control, you can get all these toxins out of your body and improve your health.

Connie Zack:

Absolutely. And we have a doctor here that’s local that has found that when using a Sunlighten regularly, you are removing stuff that you didn’t even think was in your body. And they would call me up and say, “You are not even going to believe all this stuff that I am pulling out.” It’s just trapped, like you said, overtime.

And if you are not actively doing something to purge your body and to cleanse it, then it just gets stored and that is why a lot of people are really tired or they get headaches frequently or nausea or lots of different conditions and inflammation. It is because they are so full of toxic elements and they are not doing anything.

And Sunlighten offers an easy solution. I mean it is not hard if you sit in there for 30 to 40 minutes a day. Or even once a week is better than not doing it at all.

Wendy Myers:

And it is so relaxing and pleasurable. It is such a great way to detox. And the CDC has established that we have 700 chemicals on average in our body. They do a study about every five years that establishes the chemical levels that people have. And even people who live in remote regions, the Indians in the Arctic, they have 70 chemicals in their breast milk. It doesn’t matter where you live. You can’t escape.

Connie Zack:

You can’t get away from it, I know, no matter what you do.

Wendy Myers:

Yeah. And so I personally believe that people that do an infrared sauna on a regular basis, they are the only ones that are going to be having really healthy quality of life, disease-free without medications, without that doctor revolving door at the doctor’s office that so many people beginning in their 40s and 50s are dealing with these days.



Connie Zack:

Yeah, I completely agree. I completely agree. And I mean I find a big, huge difference. If I am on the road and I am travelling and I am not using my Sunlighten regularly, I come back and I am like, "Oh my goodness, I just really need it." My body is craving it.

When you begin those healthy habits, which I love, your body starts to crave those healthy habits and you notice when you miss it. And so when I get back, it's one of the first things that I do. I go downstairs and turn it on and I am just like, "Oh, yes." My body is just like, "Thank you."

Wendy Myers:

Yeah, I have the same thing. I am doing saunas for years and I can't imagine not doing them. I can't imagine living my life without regular sauna use. Absolutely not.

Connie Zack:

Yes. Me either.

15:52 DETOX AND SAUNAS

Wendy Myers:

And one thing also, a point that I wanted to make was that a lot of people, a lot of my clients even myself, go to their doctor and talk about infrared sauna or detoxification and they are just like, "Your body detoxes. You don't need to do anything to detox. Your liver and your kidneys are detoxing all the time. You don't need to do anything beyond that."

And that is crazy. That person, if anyone says that to you, they have no clue what they are talking about because we are so bombarded with metals and chemicals that our bodies are not equipped. They are not evolutionarily designed to handle load of toxins that we have in our body.

And so we have to use tools like infrared saunas to assist our bodies and give our livers a break to be able to cleanse our bodies of these toxins.

Connie Zack:

Yeah. And you notice a big difference in how you feel. That's always my thing. I mean I am a big skeptic by nature forever ago, it seems like. When we first started this, my brother said, "Oh my goodness, I feel so much better." I am like, "Yeah, yeah, whatever." I am very skeptical.

And then I started doing it and then I started researching trying to figure how. With the first evolution of far infrared saunas, way back when, there was just a little bit of far infrared, I am like, "What happens if we could just get almost all of it in this right precise wavelength?" And so that's what we have focused on. My validation is how I feel afterwards and how, like I said, mentally and my entire body.

17:37 ACOUSTIC RESONANCE THERAPY



Connie Zack:

We haven't talked about this, but one of my favorite enhancements that I use in our product is called *acoustic resonance therapy*. I don't know if you have had a chance to use that.

Oh my goodness, it is like a life-saver for me with just everything that's going on because it gets me from that, "Oh my gosh, I should be doing other things," to "I am so glad I am here." It's a combined sound of vibration and it uses it together and the sound waves underneath the bench. And then you listen to those beautiful acoustic music and it just pulsates just a little bit very gently and your body, your shoulders start to drop and your neck starts to loosen up and you just forget all the things you didn't do for that day.

Wendy Myers:

Yes.

Connie Zack:

It doesn't matter anyway. And so that is another thing that's great about using Sunlighten sauna. You cannot only use and get the healing wavelengths from the energy, from the infrared, but you can also add on enhancements that help with your brain and with your mood and just with your overall stress to help enhance the experience.

Wendy Myers:

I think that is absolutely incredible because one of the reasons that I use an infrared sauna is because it helps to activate your parasympathetic nervous system to relax you and for me and a lot of people that are very much in their sympathetic fight or flight mode in their nervous system and they can't calm down.

The infrared sauna, at the end of the day, really helps me to just bring everything down and that component with the light and sound that you are talking about just would absolutely enhance that experience so much more.

People need that. Stress kills. It is the underlying cause of our health issues. And you got to get that under control using every bio-hacking tool in your arsenal that you can muster. And I think saunas are a great way to reduce stress.

19:42 KILLING OFF INFECTION AND DISEASES WITH HEAT

Connie Zack:

I completely agree. I used to think I can just do it all myself. I can handle it. I don't need any other tool. I don't need all of that stuff. And now I think, "Why wouldn't you if you have it available to you? And it is safe and natural and has been proven for many, many years to help the mind, the body, the brain and as well as just improve the immune system."

And I am extremely healthy. I mean the way I have been able to fight off—I have two little kids who bring home anything that comes around, but I am positive because I am a regular user of my Sunlighten that it has helped keep me from getting sick and fighting off



disease. Your time is something you don't get more of, so you might as well use it wisely and be efficient about it.

Wendy Myers: Yeah, I 100% agree when my daughter—I have a six year old—is constantly [inaudible 00:20:46] germs.

Connie Zack: I have a six year old too.

Wendy Myers: Yeah. And they pick up a lot of stuff. They pick up a lot of germs.

Connie Zack: I know.

Wendy Myers: I was getting sick a lot prior to using a sauna and when I was doing a sauna on a regular basis, it heats up your body. It reduces this fever, this foe fever just like your body would use to kill off infections.

Can you talk a little bit about that, about the benefits of that heat in killing off any kind of infection you have in your body?

Connie Zack: Yeah. And there has been a lot of research with all three wavelengths, the far, the mid and the near, but especially in the mid infrared range with the way that you are getting such intense energy into your body. You are essentially changing the cells that are in there that could have disease and getting them out of your body. So you are forcing yourself to be healthier.

And intense sweat and intense increase core temperature overtime, tons of studies have shown if you give yourself hyperthermia, you are going to be able to ward off lots of different conditions because they can't thrive in heat inside your body. And so that is something that we offer that we can give you that you can do in the comfort of your own home as much as you are comfortable doing and stay healthier.

Especially in the school system, I don't know if your daughter goes to a public school, but I am going to tell you, it is just—I read to kindergarteners last year and every single Thursday morning, there are sniffles the whole time. I am like, "Oh my gosh."

But we are able, as a family to stay healthy. And as soon as my child started to do anything, I am like, "Okay, let's go downstairs. Let's get in the sauna." Even for them, just a couple of minutes, they don't need that amount of time that we need as adults, but a couple of minutes make a huge difference.

22:50 INFRARED SAUNAS FOR MOLD, LYME AND OTHER INFECTIONS



Wendy Myers: Yeah. Can you talk about parasites and mold and other kinds of infections like that and how the sauna helps that?

Connie Zack: What we have found is that the wavelength, particularly we think it is a blend of all three, the far, mid and the near. But there's a lot of data too, which is just the far, which is the deepest wavelength. Well, it really helps to push out the toxic elements, specifically that are related to mold.

We are looking into a study right now with a couple of doctors. But they have done their own studies with using our product and they have done panels before and after. And they found that in the urine, when they have done testing afterwards, that there is removal of toxins that are specifically connected to mold.

Wendy Myers: And that is so important. I think so many people are exposed to mold that are not aware of it.

Connie Zack: They don't even know it. Right, it is crazy.

Wendy Myers: They live in an old home. And I know there are all kinds of old over here, but I get an infrared sauna and I don't have believe I have any problems with it because of that. But a lot of people are very, very sick with mold that are not aware of it. So it is almost like it doesn't matter what the problem. Infrared sauna will help no matter what it is.

Wendy Myers: Talk about Lyme disease. How does infrared sauna help with that?

Connie Zack: Yeah. Dr. Klinghardt, I don't know if you know Dr. Dietrich Klinghardt in Washington, but he has been working with us for probably 12 years. And he has done his own studies with his patients.

That is part of his arsenal, for treating Lyme. I mean he does all these different things and then using a Sunlighten regularly a couple of times a week, 45 minutes, is paramount. And he sends everybody home saying, "You have to do this. You can use it here in my clinic, but once you go home, you have to start using it regularly."

And there are lots of Lyme experts who endorse that same regimen. I mean that same protocol is using Sunlighten regularly. I will say along at the mold, you maybe think of the materials we use in a Sunlighten is very different than Amazon and some of those other things we talked about.

I mean really what makes Sunlighten is we are a full service wellness company. So we are dedicated to make the healthiest product possible. It is the most effective and the most efficient, but it is also healthiest with all of our materials too because we are in this to leave the world a healthier place. So we want to make sure that our components are fibers, the wood we use, every choice that we make in putting this product together is going to be safe and natural because our end goal is to push everything out and make



you a healthier person.

And a lot of materials, as you know, can be harmful. Or some are extremely sensitive. The wrong glue can cause all sorts of issues or the wrong wood. There are lots of woods out there. There's one wood that we used to use years ago because we were trying to find a way to bring a product to market that was a little bit less expensive.

And there was a price to pay for that. I mean the wood had a fragrance. The fragrance causes issues. If the wood gives off a fragrance, especially when it is heated, there are people that are sensitive to that. That gets into your body. If you are not getting it out, it stays in there.

So it is really important when you are doing this if you have mold or if you have Lyme. And be very wise in your choice that you are putting into your body, you are exposing your body to and choosing to be with a product at that stage and be helpful to your body. That's what Sunlighten offers.

Wendy Myers:

Yeah because when I see some of these saunas on Amazon or your membership clubs, far infrared sauna for \$1000, I always look where it is made. And if it is made in China, I get a little bit wary because I started thinking, "Okay, maybe some toxic wood, toxic glue, EMF and there are a lot of different things that you have to think about that go into building up a sauna that can negatively impact your health when the whole point is everything you are trying to do is to improve your health.

27:24 SAUNAS AND EMFS

Wendy Myers:

Can you talk a little bit about the problem of EMFs when it comes to saunas and how some saunas can really give off a lot of electromagnetic fields?

Connie Zack:

Yeah. When we started the company, one of the first things we addressed when we are putting our product together was we had this conduit of how we shielded everything. But then we found overtime there were other ways to prevent as much as possible. And so we have developed a way to counteract as much as possible the electromagnetic field.

So it's virtually non-existent. When you are in there, you are not going to have a ton of rays coming at you. And that is really important and that's what we stand for, making sure that it's safe for you. There are lots of products that are just put together to be put together and shipped to you. And that is just not how we do business. We do business because we want to make you feel better and be healthier and we care deeply about the materials off gassing the EMFs and everything that is in the sauna. So we want to leave the world a healthier place.



28:46 INSTALLING A HOME SAUNA UNIT

Wendy Myers: So what is involved in incorporating a sauna into one's home? It is definitely an investment to buy a sauna. And so how do you guys exactly incorporate that into one's home? For me, I have my son on my living room. They get [inaudible 00:29:03] living room.

Connie Zack: That's awesome.

Wendy Myers: Can we talk about that?

Connie Zack: Yeah. So I mean you can put it anywhere. That is a great thing. But we have products for all sizes, all rooms. We have a pad that you can start off with just something that you can put on your bed.

And then we have a portable unit and we have them all the way up to a very large product that you can put anywhere. I mean not anywhere, but you can put it in a space or outside.

It is really important—I am so glad you asked that question—because so many people have this perception that this is this piece of equipment that I have to renovate my house for. And you don't have to do that. It's a modular unit or I call it Lagos for adults. You have a base and you put the walls together and bam, plug it in and you got yourself this beautiful Sunlighten healing sanctuary.

You can put it anywhere as long as you have the electrical needs and that just depends on the size. It goes together.

I am here in my office. I have a space right over there by my window. I could put it and just plug it into the wall. It's much less cumbersome than people think it is. They really think that there's this huge project and I have to hire all these people. And it comes as boxes and you just put it together with a friend and you are good to go an hour later.

Wendy Myers: Yeah, I love that you guys have the unit where you can just lay on it and it folds up and it is so important because a lot of my clients live in Manhattan or little tiny apartments in Europe. They don't have room for big saunas.

So I love that you guys make a product for that or for a 10-person sauna at a professional facility. Or if you have a big family, get in there and get healthy together.

Connie Zack: Right, exactly. We wanted to make sure that. At Sunlighten, it is a one-stop shop. So we had everything. You didn't have to just come to us for the largest for one type of person. We have built it for everything from small little pads, small little units, all the way up.

And we talk a lot about impulse, which is the three in one, which is my personal favorite because it has all three wavelengths. However, we also still have the far infrared, just the



far infrared alone. So if for Lyme or mold removal, a lot of people that have those specific conditions don't necessarily need the mid infrared and the near infrared. What they really need is that consistent increase of core temperature, that really burst of sweat and get as much out of their body. And that is perfectly fine to get in the solo or in the signature. That's our brand name for far infrared.

And that's all they need and it is perfectly fine. They don't need all the others. So we really go the gamut.

32:03 HYDRATION

Wendy Myers:

Yeah. So is there a certain protocol to follow when taking a session? I get this question a lot. "How do I do the sauna? What do I do before and after the sauna?" Can you give us some tips?

Connie Zack:

Yeah, most importantly, Wendy is hydration. It's very, very important. So always have water before because you really want to get as much into your body and then always after, always. There you go.

So that is the most important part of the whole program. If you can do it a couple of times of the week, do it for 40 minutes if you are using [inaudible 00:32:44] or signature. If you are using the three in one, the Impulse, there are six different programs and my recommendation is follow the program because it is designed to have the right delivery mechanism of each wavelength.

And so there is cardio, pain relief, anti-aging, detox, weight loss and relaxation. And depending on what you are looking for, just press that button and you are good to go. That is your protocol.

But most importantly, hydration, I can't stress that enough because you think in your head intuitively, "Oh, I am just sitting here. It's passive." But it is intense. This is intense therapy and you need to take care of the hydration in your body. And most people are dehydrated anyway and then you go in there and do that. You have to be careful.

Wendy Myers:

Yeah because you are losing a lot of water and electrolytes. I crave coconut water. I have to drink coconut water after the sauna. It is nature's Gatorade. It is full of lots of electrolytes. So I just replace those.

I think it is really important to take minerals too when you are doing sauna every day. You got to replace those minerals.



33:53 WHERE TO FIND SUNLIGHTEN PRODUCTS

- Wendy Myers:** And so when can people find your products and go to purchase?
- Connie Zack:** They can just go to our website, Sunlighten.com. We have experts here. We had a [inaudible 00:34:06] everybody. And they can call us. I can give you our phone number.
- Wendy Myers:** Yeah, please.
- Connie Zack:** It is (877) 292-0020 and then when you get to the menu, you probably press whichever area you are looking for, either residential or commercial. We have different teams that are specialized to meet to consumer's needs. And we will guide you through them.
- There is a team of experts who are highly trained are extremely passionate you will find for helping your customers. And yeah, we will put you on the road to a healthier place.
- Wendy Myers:** I think it is so important for everyone to get into a sauna. I think it is important to buy one for your home because you really need to do it on a near daily basis. You really do, especially when you are starting out.
- You got a lot of toxins in you and it's going to take time to get all those out. And then you have to do maintenance for the rest of your life.
- Connie Zack:** Right. And be patient. That's the thing that I would like to—sorry to interrupt you, but when you were saying that, I was thinking of people today. They just want everything so fast. And we are going to get you there and I agree they should use it every day. You use Sunlighten every day and you are going to be a healthier person. But just be patient because it took a while to get everything trapped inside your body.
- It is going to take a little bit. We get, "Oh, I have used my Sunlighten for a couple of days and I am not 50 pounds lighter." I am like, "It didn't take you three days to put on the 50 pounds. It is going to take a little bit of time."
- And if you have that mindset and you just make it a habit and part of your lifestyle, be much happier because you won't be so just in a hurry. It's just something that you do every day. Before you know it, you will be feeling dramatically different.
- Wendy Myers:** Yeah. Like I said, it was so important because I had a really close friend of mine that died on my birthday on August 5th of cancer.
- Connie Zack:** I am sorry.
- Wendy Myers:** It's really sad and my father died of cancer. And for me, my passion is getting the word out about the importance of detoxing your bodies. And the infrared sauna, the Sunlighten Sauna is one of the key things, one of the number one things that you have to do to prevent preventable disease.



And all the cancer rates are going up and autoimmune disease and high blood pressure and heart disease. And in so many of these, the underlying root causes are toxic metals and the chemicals and glyphosate. That's in all the non-organic food.

And you have to get into a sauna and sweat this out if you are going to live a long healthy life. And I just cannot stress enough how important it is.

Connie Zack: Yeah, I completely agree. People just need to make it a habit.

37:14 THE MOST PRESSING HEALTH ISSUE IN THE WORLD TODAY

Wendy Myers: And so what do you think is the most pressing health issue in the world today? It's a question I like to ask to all of my guests to pick their brain about what they think is so important in the world that people need to be thinking about.

Connie Zack: Slowing down, I think it is the whole stress ball. I feel like that that is one of the things that is going to cause many, many problems if people are just doing so much and everybody is just like, "The longer I live, the more tightly wound everybody seems to be." And they are not doing anything to unwind and to loosen all that up on a regular basis.

And I think you said it beautifully. You said stress kills. And so I think what I have found when I go downstairs in my house—our Sunlighten is down in our gym. When I go in there and I am in there always, the same thing that I think in the first 10 or 15 minute is this is priceless. This time where I am deep breathing, I am sweating, I am purging, I feel like I am cleaning my body all over and I am starting over for the next day because the next day is going to have all sorts of stress and everything is well.

I just feel like I am daily unwinding and I am making that part. And not to get back to me, specifically I didn't mean to do that. But I am just thinking of the number one thing I see out there that worries me and I am trying to protect my children from. It's just that overstress.

And so if you are going to do that and I think a lot of people aren't going to change. People are just going to continue to put more and more stuff on themselves. So if you are going to do that, then what tools, what are you going to have in your arsenal to help you manage with it if you are going to do without it?

Wendy Myers: Yeah. And I just can't stress enough how much the sauna helps me to de-stress every night. And a lot of people are like, "Oh, I don't have time. I am too busy." But you can do 20 minutes. You can do 15 minutes, any amount, once a week. Anything is good.

And it doesn't have to be a waste of time. Sometimes I sit there and meditate. Or you can do yoga or you can get on social media, you can call mom, you can read a book.



You can spend that time in whatever way you choose, just sitting there. And I think it is more beneficial to meditate and clear your mind when you are doing it. But you can do whatever you want in there. It doesn't have to be a waste of time.

Connie Zack:

Right. And we have a tablet inside, the same tablet that uses the programs where there is media use.

So if I am not using my acoustic resonance therapy where I am really meditating, then I will use Pandora or I will use some other types of mechanisms to just completely chill out or enjoy a music that I don't ever get to listen to, just something that is different.

And I look at it as my reset button. So to me, it's giving me back time. It is not spending time or wasting time. It is making my time more valuable because I am putting more back into my me bucket. And if my me bucket isn't filled, then everybody [inaudible 00:41:08].

Wendy Myers:

If mom is not happy, nobody is happy.

Connie Zack:

Yeah, nobody is happy.

Wendy Myers:

Yeah. And I feel the same way. I just love ending my day in the sauna. It is just one of the most precious gifts that I give to myself and it is a gift that keeps on giving.

Connie Zack:

Yeah, exactly.

41:27 MORE ABOUT CONNIE ZACK AND SUNLIGHTEN

Wendy Myers:

So tell the listeners more about you and where they can find you if they want to learn more infrared saunas and Sunlighten saunas.

Connie Zack:

So Sunlighten is based in Overland Park, Kansas and right in the heart of the Midwest. And if anybody is listening that is anywhere near us, we would love to have people come visit us. We love our local community and I, myself, live here as well.

And I have my business with my husband who is my business partner. And like I said, I have two kids, a six year old and an eight year old, first grade and third grade.

And as far as the listeners tonight, if they want to get in contact with us, what I'd love to do for your listeners is if they contact us, we will give them a special gift with purchase. And that will change depending on what's going on.

But we always have other products that we are developing that enhance or maintain their experience. So it would be something along that line. And just go to the website,



Sunlighten.com. Call us at (877) 292-0020 and we will take care of you. We'd love to have the opportunity to serve your listeners.

Wendy Myers: Connie, thank you so much for coming on the podcast.

Connie Zack: Thank you, Wendy. I am so glad we finally connected.

Wendy Myers: Yes, I really, really appreciate it and I just love everything that you are doing, that you represent. I love that you are getting this word out about saunas. We need to get them in every home.

Connie Zack: Yes. I love the work that you are doing and I hope to see you live soon.

Wendy Myers: Yes. Everyone, thank you again for listening to the Live to 110 Podcast. You can learn more about healing your health conditions naturally. Definitely infrared sauna is a part of that. You can learn more about it at Liveto110.com.

And check out my healing and detox program, MineralPower.com, which infrared saunas are a vital component to that program. And again, thank you so much for listening. Have a fantastic day.













































