



## HEALTH EXPERTS RECOMMEND



**Dr. Mark Hyman, MD, Functional Medicine Doctor**

"I have found infrared saunas to be very effective in reducing the stress response and creating balance in the autonomic nervous system. They can improve circulation, help with weight loss, balance blood sugar, and improve detoxification—each of which improves your brain function. I have personally benefited from Sunlighten sauna therapy and feel it can be integrated into anyone's wellness plan."



**Dr. Caroline Leaf, Communication Pathologist & Cognitive Neuroscientist**

"One of my mental health brain hacks that I absolutely love and has helped me so much, and that is my Sunlighten sauna. I have one at my house, and when I'm not traveling, I have a sauna every single day. This is where I really relax and wind down from the pressures of life. I can feel my metabolism and clarity of thought has improved. If I am feeling a little foggy, I find that my sauna really clears it up. I just have so much energy after a Sunlighten sauna session!"



**Dave Asprey - Founder & CEO of Bulletproof**

"Infrared saunas can quickly help you get back to feeling amazing again. Sauna therapy has been around for centuries as a way to detoxify your body, but full spectrum infrared saunas can go even further by heating up your body's core to a cellular level, where most toxins are stored. That's why my Bulletproof Biohacking lab has a mPulse 3-in-1 sauna."



**Dr. Amy Myers, MD, Functional Medicine Doctor & New York Times Best-Selling Author**

"I use my Sunlighten Sauna two or three times a week, every week. As a busy executive and mom, I have very few minutes to myself. Nothing helps me relax and detox in the little time I have available like my personal sauna!"



**Dr. Joel Kahn, MD, Holistic Cardiologist**

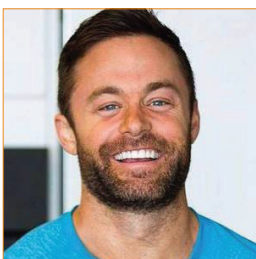
"If you analyze the peer reviewed data, full spectrum infrared sauna therapy would be a multibillion drug if it came in a pill. The ability to heal endothelium and improve symptoms and prognosis for congestive heart failure and coronary artery disease is remarkable. Sunlighten saunas are the only infrared saunas clinically shown to lower blood pressure and reduce belly fat, both contributing factors to a healthy heart."

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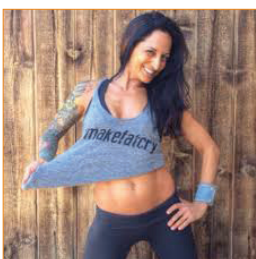
**JJ Virgin**, *Certified Nutrition Specialist & Exercise Physiologist and Board Certified in Holistic Nutrition*

"I've long been a fan of infrared saunas. Recently I took that love to the next level and splurged on one for my home. I didn't make that decision lightly. After careful research and speaking with trusted colleagues, I opted for a Sunlighten sauna, the only brand clinically shown to raise core temperature so you burn more fat and more effectively detoxify."



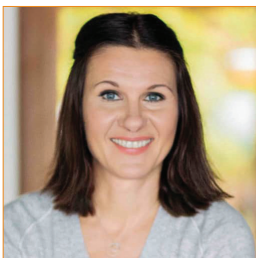
**Drew Canole**, *Founder and CEO of FitLife.TV and Organifi*

"The sauna is my time to return to my center. A daily infrared sauna session has changed my entire outlook. My skin glows, my lymphatic system loves it, my circulatory system loves it. After a sauna session, it's game on for my clarity, my creativity, my cognitive ability. I recommend to my clients Sunlighten's infrared sauna for its high-quality components and leading scientific design. It's the only sauna on the market with Solocarbon® 3-in-1 infrared heaters that can produce near, mid, and far infrared wavelengths combined with low EMF technology."



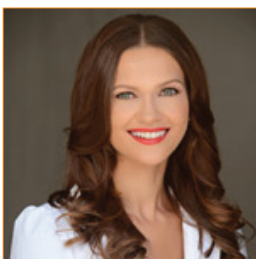
**Betty Rocker**, *Certified Fitness Nutrition Practitioner*

"I was excited when I decided to get my very own Sunlighten sauna because a lot of the places that I've traveled to around the world have had this brand. I really didn't have any high expectations about how my body would respond with regards to the mercury, I just knew it could help over time. After using the 3-in-1 detoxification program two times per week, I truly was amazed when my 2018 tests came back and my mercury levels had dropped from 15.65 to 1.44."



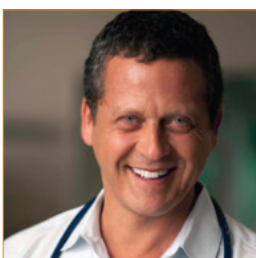
**Magdalena Wszelaki**, *Certified Holistic Health Coach and Founder of Hormones & Balance*

"I first came across Sunlighten at the Bulletproof Conference. I know the organizers and their scrutiny of partners who exhibit at this event, so that was a starting point. After looking into numerous infrared saunas, I chose Sunlighten based on the following criteria: highest quality materials, most effective Solarcarbon IR technology, and an experience to enjoy vs. endure. I believe that Sunlighten has the best sauna for you."



**Dr. Izabella Wentz**, *Pharm.D., FASCP, The Thyroid Pharmacist*

"The more I've researched saunas, the more I've realized that not all infrared saunas are created the same. I'm a lover of research, case studies, and facts, which is another reason why I like Sunlighten. Their products are based on extensive research combined with personal experience."



**Dr. Alejandro Junger**, *MD, Functional Medicine Doctor & Creator of The Clean Program*

"Infrared saunas are the most efficient for detox. They penetrate more deeply below the skin than the heat of a regular sauna, exciting the fat molecules to vibrate and enabling them to release toxins. My favorite far infrared saunas are the Sunlighten saunas because I believe they have the best technology and quality. I have one at home and use it every day."