

## HEALTH EXPERTS RECOMMEND



**Kris Carr** - *NYT best-selling author & health advocate*

"I'm a long-time believer of infrared sauna therapy and its natural healing benefits. I love the Sunlighten brand and have been using my infrared sauna for years. In fact, I'm in the market for a new one since the buyer of my old house insisted I include the sauna in the sale!"



**Bob Greene** - *Health Expert & New York Times Best-Selling Author*

In Bob Greene's newest cutting-edge program, *20 Years Younger*, he offers four cornerstones for looking and feeling your best – nutrition, exercise, skin care and sleep. He recognizes that Sunlighten saunas can enhance all four of these pillars for a customer. "Sunlighten™ infrared saunas are an excellent enhancement to the 20 Years Younger pillars. They can be an effective tool for detoxification, weight loss, skin rejuvenation, relaxation and post workout muscle recovery." Bob recommends Sunlighten™ infrared saunas because of their superior, clinically-tested technology.



**Dr. Brian Clement** - *Hippocrates Health Institute*

"Hippocrates Health Institute, along with Dr. Brian Clement and his professional staff utilize Sunlighten on-site as a critical healing tool for guests. We endorse Sunlighten and believe this leading brand of infrared saunas is the best in the industry for everyday use and healing. In fact, Dr. Clement--a worldwide leader on wellness--made it his personal mission to partner with Sunlighten because of his respect for the company, the product, and the level of customer service."



**Dr. Mark Hyman, MD**

Dr. Hyman, New York Times Best Selling author, is a contributing Medical Editor to *Alternative Medicine Magazine*, and Editor-in-Chief of the peer-reviewed journal, *Alternative Therapies in Health & Medicine*.

Dr. Mark Hyman's newest book, *Ultrametabolism*, addresses the use of saunas as a means of practicing active relaxation to reduce stress and lose weight. For home use, he recommends purchasing an infrared sauna from Sunlighten™. Dr. Hyman currently owns a Sunlighten sauna and recommends Sunlighten™ to his patients.



**Dr. Dietrich Klinghardt** - *Founder and Chairman of Klinghardt Academy of the Healing Arts*

"With clinically-backed infrared heaters, Sunlighten™ saunas aid in detoxification, blood pressure reduction, weight loss, pain relief and skin purification. Made of Non-toxic materials with easy set up, comfort and use, these are the preferred choice for treatment of lyme disease, autism and other chronic conditions for lifetime use."

# HEALTH EXPERTS RECOMMEND



**Dr. Ann Louise Gittleman** - *NYTimes* best-selling author of 30 wellness books including *The Fat Flush Plan*

"Sunlighten saunas represent the next wave of advanced, therapeutic cleansing to improve overall health and longevity. Regular infrared sauna therapy can help with detoxification, weight loss, and pain relief. I recommend Sunlighten saunas because of their near infrared LED technology shown to improve cell health, immunity and skin rejuvenation. So get ready, set & SWEAT your way to healthy living!"



**Dr. Rachel West** - *Family Practitioner, specializing in chronic disease, pain states, women's health & childhood Autism*

Dr. Rachel West is an Osteopath and Family Practice Physician with offices in Santa Monica, California. Dr. West's practice integrates conventional medicine with alternative therapies such as homeopathy, cranial-sacral work, Iyengar yoga and biodynamic osteopathic manipulation. As a family practitioner, Dr. West specializes in chronic disease, chronic pain states, women's health and childhood Autism.

"In today's world where we are all exposed to toxins in the air and water, as well as through medications, vaccines and dental work, it is vital to integrate a detoxification regimen into one's daily life. Sunlighten™ saunas are a non-toxic, no side-effect way of ridding the body of harmful pollutants, especially heavy metals. Detoxification is important because it strengthens the body's immune system and helps the body's biochemical processes function efficiently. Detoxification has also been proven to be helpful with colitis, chronic fatigue, fibromyalgia, auto-immune disease, immune deficiency states, autism, ADD and ADHD."



**Jorge Cruise** - *Creator of the 3 Hour Diet*

Jorge Cruise is the New York Times Bestselling Author of *The 3-Hour Diet* and *8 Minutes in the Morning* book series, the diet coach for AOL's 23 million users, the diet and fitness editor for *Good Housekeeping* magazine and *USA Weekend Magazine*.

"If you want to live well, you need to use a Sunlighten sauna. It will help you maximize your metabolism, remove toxins, and reduce inflammation and soreness. It's a great secret to extraordinary physical health."



**Jeffrey A. Spencer** - *Wellness Expert*

Jeff Spencer, D.C., 2004 Sports Chiropractor of the Year and former Olympic Athlete works with premier athletes to minimize injury downtime and expedite recovery after competition. Dr. Spencer works with high performance athletes including Tiger Woods, Chad Reed, and Troy Glaus. He believes that the regular use of a Far-Infrared Sunlighten sauna is essential in promoting muscle recovery, reducing tension and eliminating performance inhibiting toxic burdens from the body.



**Jordan Rubin** - *Founder of Garden Life*

Jordan Rubin, founder of Garden of Life, owns and recommends Sunlighten for a healthier lifestyle. Jordan S. Rubin founded Garden of Life, Inc. in 2000 after overcoming an incurable disease - one that nearly ended his life. When both conventional and alternative medicines failed, he took matters into his own hands. Today, he credits his survival and vibrant health to an enduring faith in God and a revolutionary health program he calls *The Maker's Diet*.