



DR. KEESHA EWERS: Welcome to The Woman's Vitality Summit: Caring for Yourself, Body and Soul. This is Dr. Keesha Ewers and you're joining this session for a conversation with Connie Zack who is the co-owner and Chief Sales Officer at Sunlighten Incorporated.

She founded the business in a basement in 1999. Since then, Sunlighten has been recognized by Entrepreneur Magazine's Hot 100 and Inc. 500 as one of the fastest growing companies. They've also been featured on the Oprah Winfrey show and the Dr. Oz show.

In February 2008, Connie opened Sunlighten Day Spa to the public, which is located at Sunlighten's headquarters. Sunlighten Day Spa's focus is on holistic healing with services revolving around rejuvenation and detoxification to help promote healthy living.

Now, of course, I am circling back, as I always do, to the word vitality. The Summit is Woman's Vitality and Caring for Yourself, Body and Soul. Just a reminder that the word vitality means your bounce, your vigor, your passion, your juice, your joy and your ability to live to your fullest potential. So welcome to the Summit Connie.

CONNIE ZACK: Thank you so much. It's such an honor to be here and to be able to speak to all of these wonderful listeners.

DR. KEESHA: You know, I met you a little over a year ago and I was so taken by your beauty on the inside and the outside. You also glow with vitality and vigor, and of course, that's got to be a testament to what we're going to be talking about for the next 45 minutes or so, which is all about how far infrared therapy can help people regain their vitality. The way that I always start these interviews, Connie, is to ask each one of the experts that I interview what you see as one of the biggest drainers of women's vitality in our era?

CONNIE ZACK: I see one of the biggest drainers as stress. I see it as women – myself included, I'm raising my hand here – we do so much to ourselves. We add on more and more responsibilities and volunteer work and community and children and husbands and parents and family members, and I think that holds women back from living the most vital life that they can live.

DR. KEESHA: You know, I think you're absolutely right. Of course, I don't know that it's stress itself, but how we are in the presence of our stress.

One of the things that I think is so important is when we perceive our stress to be overwhelming, like we just can't handle it and we want to go back to bed, we've actually activated the fight-or-flight nervous system that says we're in danger. When you do that, of course, cortisol is being chronically released out into the system in a sustained way, which we're not wired to be able to

handle, and it begins to break our tissues down. It begins to cause problems with our immune system. It leeches calcium from our bones. We just become more brittle, more rigid and more susceptible to disease and autoimmunity, where our immune systems turn against us.

I discovered something a long time ago as a result of my own autoimmune disease that I had – I was diagnosed at 32 with rheumatoid arthritis. I did a lot of research, looking for what could I do besides take a cancer-fighting drug, and over the years, things have emerged. I've long since cured my rheumatoid arthritis, but as I've been helping other people find their way through this, far infrared sauna therapy is at the top of the list.

I really want you to talk about what is far infrared, how is a far infrared sauna different. This is the most commonly asked question I get: "Can I just use the steam sauna at my gym?" So I want you to launch into that and really help people understand what this modality is.

CONNIE ZACK: I get that question a lot too. The easiest way to explain the difference is the steam or the dry sauna that is focusing on either hot moisture or hot air, that heat stays in the air. So when you're suffering from lots of different conditions, one being inflammation, you need to transform your body at the cellular level. You need to get deep into the body to make a significant change. It's not going to happen with the air. That is what separates Sunlighten's products over traditional saunas at the gym, like a steam.

We have developed and patented our technology and really mastered this space. We found a way to filter out all that convectional hot air heat and only deliver the healing wavelength, the most precise healing part of the far infrared spectrum. Everything is a spectrum of light, and really, in order to make a significant change, you really have to find the bullseye and then give as much of that bullseye as possible, to get it deep enough into the body to make a change. Essentially, we're focusing on healing the body with our technology and other types of heat that heats the air.

DR. KEESHA: Okay. I want to talk about the differences between the different kinds of saunas that call themselves far infrared. I will come to that later, but first, I want to really talk about what does far infrared do in terms of reducing inflammation because we use this for people that are reversing cancer. This is big medicine here.

CONNIE ZACK: For cancer, it's a little bit of a different mechanism. We can talk about that for a second. I do want to say that we don't promote our products for that. We just have a lot of physicians and treatment facilities that use our product.

One of the reasons they do is because we know for sure – we have studied this part extensively – that when you consistently use a Sunlighten far infrared sauna, you're going to significantly increase your core temperature. When you increase your core temperature, you give yourself a fever and change the way your cells are structured. Then when those water molecules in your

body and your cells start to circulate and make a change, when that fever "breaks" then your sweat that comes out is a different quality of sweat. It's a very thick, viscous, oily sweat.

There's another difference between when you sweat in the heat outside or in a traditional sauna or when you're exercising. It's a different type of sweat than it is when you're sitting in a Sunlighten product because of the way that the wavelength increases that takes your core and elevates it and does it without disease. If you can consistently do that over time, you're going to have a much healthier body.

DR. KEESHA: I treat people a lot that have what's commonly termed adrenal fatigue – overstressed, overscheduled, overly self-critical. When you look at your life, are you a zebra being chased by a lion and you're about to be lunch? If you live your life as if you're always in front of the lion's jaws about to get eaten, then eventually – like I said, we are not wired to be able to sustain that level of stress – the little adrenal glands that sit on top of the kidneys and excrete cortisol, which is the stress hormone that I was just referring to earlier, over time, your body can't do that anymore.

There are three different phases of what's commonly called adrenal fatigue, where you start to lose the ability to respond to stress in the same way that you would if your adrenal glands were really healthy. One of the things that will happen, because your adrenal glands are in charge of your water balance and your salt balance, is you will stop knowing how to sweat.

I get women in my office all the time that say "I'm working out, I can't lose weight, I'm not sweating anymore." I get them into a sauna and it retrains the body in how to sweat.

CONNIE ZACK: So important.

DR. KEESHA: It's a vital capacity of the body for detoxification because your entire skin organ is the largest organ of detoxification that you own and you want to be able to leverage that and harness it when you need to get rid of stuff, right?

CONNIE ZACK: I've been using mine a lot lately for lots of different reasons, which we don't have to go into now, but I'm treating myself – not treating as in pampering, but treating for therapy for my body – and I've found that the more I use it, the faster I sweat. It's so interesting.

I sweat not only inside the Sunlighten, but also just in public, and some people will be like "Oh no, I don't want that." But it's good. It is so good for your body to be able to sweat. It's important.

It's really interesting that if you get away from it and you stop taking care of your body how so many people – even in a Sunlighten session – will say "Well, I didn't sweat". That's because they're so toxic, I mean, everything is trapped and it's going to take them some time until the



wavelength can actually change the body. Once it does, the faucet goes off and they're back to the way they should be.

It's so interesting that people don't take care of that when they notice. I always hear about it: "Well I don't sweat" and I'm like "That's not a good thing!"

DR. KEESHA: Right. That's a really important point that I wanted to make because that has happened to me too. I had a different brand of sauna that broke down. And right now, the electrician is putting in an outlet for us for our Sunlighten sauna today.

CONNIE ZACK: Yay!

DR. KEESHA: Yay!

CONNIE ZACK: There's some good news to this.

DR. KEESHA: I'm so excited because we have two Sunlighten saunas at my clinic and I get in those all the time. If I go for, like you said, a long period of time and I'm busy, busy, busy, my body slows down in its ability to release toxins.

I'm 51. I've had a lot of years and my hormones are changing now and things are happening, and boy, when you get in the sauna, it helps to regulate that so it happens in a graceful way instead of a destructive way.

CONNIE ZACK: Yes, it's a beautiful way to say that. That was beautiful.

DR. KEESHA: People will often say "I already have hot flashes, I don't really want to get in there and get hot again" and I say "Well, actually, counter intuitively of what you might think as your line of questioning and reasoning, it makes sense, but that's not accurate." When you get into the sauna, it helps you regulate your body temperature in such a way that you're not flashing all over the place. Your body is having its own regulatory process rather than this random thing that happens when women are plagued by hot flashes. It's really, really helpful.

CONNIE ZACK: Exactly.

DR. KEESHA: So I want to just throw that out there.

CONNIE ZACK: We know that's true, the regulation. When we first started our company, one of the most common pieces of feedback I received from women who owned our product was "I feel that my body is even. I don't feel like I have cold hands and cold feet and my body is all over the place with temperature. I feel like my circulation has increased and I feel like a normal

person when it comes to temperature in my body." This is very interesting feedback. When you talk about regulating your body, that's the way it should be.

DR. KEESHA: Right. Alright, now if you go online or you go to Costco or you go to anywhere that has things at a discount, you're going to find far infrared saunas that are a lot cheaper than Sunlighten. So I want to talk about the distinction between them.

I was gifted the one that's not Sunlighten, because some of us outgrew it and I already had two at the clinic, so I said "Sure, I'll take that for free" and, of course, it broke down. So I want to talk about the difference between them. I will often get asked "What about this one on Amazon that's a tent that I can sit in?" and I say "I can't vet that in terms of electromagnetic energy, the radiation piece of that, because there's no protection, so I'm not sure what EMFs are on that." So I want you to have the floor on this and talk about safety, the differences, what is the technology behind this?

CONNIE ZACK: The number one difference is in the amount of far infrared that's being delivered into the body and the right quality of that wavelength.

Far infrared is a range of heat. I won't get too technical, but it's a broad range. Within that range, there are parts in that wavelength that are not going to go into the body. It really has to be in a very, very specific unit of measurement where the body responds to it, and by the body responding, it means that the body is going to allow that in deeply to increase the core temperature to make that significant change. Otherwise, it's very similar to convectional heat.

So the biggest difference with Sunlighten is we spent a lot of years in researching this wavelength and how we can deliver the most amount of a very precise wavelength that's going to change the body.

When you look online and you see other products and they say far infrared, they have a very, very small amount, and most of it is convectional heat. What you want is the smallest amount of convectional heat, because that just stays in the air, and you want as much – almost 100% – of the right quality of far infrared. That's what Sunlighten does.

We patented it so that our customers can have peace of mind that they can't get more for less money anywhere else because that's really important, especially on the internet, where things are so confusing. We don't want people to think that they're spending more than they need to because we're a wellness company. We're here to help people. I have a business of purpose and mission to heal people and we don't want people to spend one more dime than they have to heal themselves. So that's why we've patented the technology. That way, our customers are protected to get the most effective product possible.

It's really about the effectiveness and the quantity and quality of far infrared that's the main difference. We do have a better built product because we were overseeing the construction, the wood, the safety, and as you mentioned, we have the lowest amount of electromagnetic field. We use only non-toxic materials, every single piece. As far as quality control is viewed, we go the extra mile on all of those.

I always say the one thing you can never get back is time. Time is the most valuable thing that we have and once it's gone, it's gone. So you might as well use your time as wisely as possible. And when you're in a Sunlighten, you're being extremely efficient with time. You're getting the biggest bang for your buck, and ultimately, it leads to a greater energy level which is how I think of vitality. It's when I have a lot of energy, I feel like I'm living a very, very high quality of life.

DR. KEESHA: Well, I'll tell you what I do in my sauna.

CONNIE ZACK: Yeah?

DR. KEESHA: When I get in mine, I prepare for my radio show. I read the books that I get sent so that when I do a radio interview on Healthy You Radio, I've got that preparation done. So all the books I get sent, well they're all soggy.

CONNIE ZACK: That's awesome.

DR. KEESHA: I sweat all over them.

CONNIE ZACK: I love it. That's so funny. I remember the first time I tried to read something and it's true, it's like the drops of sweat roll over, and I was like "Okay, maybe this isn't such a good idea." That's really funny.

DR. KEESHA: I've even taken my laptop in there – which I would not recommend to anybody to do – and put the radio show together that I'm doing. Then I open the door and slip the laptop back out, put it on the floor so it can cool off and then I go back in the sauna. I multitask when I'm in the sauna because I figure I'm sweating, I'm doing some good for my body, and I'm also getting my radio show done.

CONNIE ZACK: Right. Well, on a serious body level, as far as your brain, it's smart because you're inside the Sunlighten. You are increasing oxygenation to the tissues and increasing circulation, so your brain is able to function at a higher, clearer level when you're inside there. You're producing probably some clearer, and even maybe potentially, some more creative material because of the environment that you're using to prepare.

DR. KEESHA: There you go, ladies, do all your studying in the sauna.

CONNIE ZACK: There you go.

DR. KEESHA: I want to talk about the spectrum – when we start talking about the infrared spectrum – and then we'll go more into that and what that has to do with clinically-backed studies and things like that.

CONNIE ZACK: So when we first started, the only part of the infrared spectrum we knew anything about was the longest, which is called the far. That is the wavelength that, if done correctly and done in the right amount, can go as deep as possible which is what we've been talking about.

Then about 10 years ago we discovered that there are two other parts of this spectrum that are very, very powerful and healing in different ways. They affect the body in different ways at different levels. There is the mid infrared wavelength that doesn't go as deep, so it is excellent. If it is delivered right it can help with the joints and tissues and increase muscle flexibility, as well as decrease inflammation in the joints.

Then there is the near infrared, which is kind of like the natural Botox wavelength, because it focuses on the skin. In a natural, healing way, it accelerates cell turnover and repairs the skin.

In our newest product, mPulse – it's called 3-in-1 – we've found a way to deliver all three wavelengths in one place. So, you're going to sit in there and you're going to get the healing far infrared all the way around you, the mid infrared, and then you get these wonderful near infrared LEDs that help to repair the skin. You come out – depending on which of the six different programs you choose – feeling significantly different and definitely like you have done good for your body.

DR. KEESHA: Tell us about some of the studies that have been done on this.

CONNIE ZACK: There have been many different studies done on the different wavelengths. I'll talk about one of my favorites. You talked about this earlier, how people want to lose weight. We did a study on belly fat and showing the reduction of belly fat using a Sunlighten and it showed a significant reduction. So that's really exciting news for all those ladies that feel like they just can't get rid of that stuff around their belly. If you use it significantly, you can.

We've also developed, inside the unit, a program for weight loss. You press it and it delivers the right amount of far infrared, mid infrared, and near infrared to help you lose weight.

We've also done studies on blood pressure – which is how we got introduced to Oprah and Dr. Oz – showing a significant reduction in blood pressure and also inflammation.

We just did a study at Auburn University on joint flexibility and muscle recovery showing that people who used the Sunlighten regularly, the 3-in-1, they were able to have increased flexibility, decreased pain and increased agility, which again goes back to your whole vitality.

I love this topic because so much of this is how you feel, your confidence and your self-esteem on your body, and how you portray yourself to the outside world. This will definitely help you when you use any of the Sunlighten products. The 3-in-1 is my personal favorite because you get all three wavelengths in once place and you can treat different conditions based on what's going on in your life.

Right now I'm doing a lot of exercise so I'm needing to use the inflammation – the pain relief – program more than normal. Normally, I would go back and forth between the cardio and the detoxification program.

DR. KEESHA: You have a partnership with the American Heart Association because of this, right?

CONNIE ZACK: Yes. When they saw our studies 10 or 11 years ago, they contacted us and said "Wow, this is significant, it almost sounds too good to be true, that you can sit inside a Sunlighten product and you can lower blood pressure?" I mean, I used to work for Procter & Gamble. They spend millions of dollars trying to develop a drug that's going to help lower blood pressure, and with that come a lot of side effects. Here we're making claims that we can do that just by sitting in one of our products.

The reality is it works because you're decreasing the workload on the heart by increasing circulation. Again, when you get into the body in that really deep way, you're transforming it and you're regulating and you're balancing the body – that was a really great visual for me. The way our signature and other Sunlighten products work is to help balance and regulate the body to get it working the way it was designed to work.

Yes, we also work with the American Heart Association, a lot of autistic organizations, American Cancer Society, Lyme disease, autoimmune, a lot of different types of associations. Our goal is to help leave the world a healthier place and help wherever we can.

DR. KEESHA: So then it sounds like there's a specific protocol for people getting into the sauna that they ought to be aware of, so you can therapeutically set a program in the sauna for what desired outcome?

CONNIE ZACK: Yeah, for the condition, exactly. For example, if you're about to go to a really nice gala or a nice event and you just really want that glow, that boost for your skin, then you would use the anti-aging program. When I do that, I focus on stretching. It's a cooler program because it's focusing on boosting the collagen inside the skin. It's not as intense as the

cardio program or as the weight loss program, but it's focusing on just having that skin glow, youthful, clean and pure. That would be one of the programs and one of the applications for that. Or if you're trying to lose weight, then you use the weight loss program. Or if you have a specific condition, like Lyme disease or toxic overload, you would use the detoxification program. Those are some examples of the programs that we offer.

DR. KEESHA: You know, this is a really interesting thing, because I had someone looking closely at my skin not that long ago. I had some little growth at the top of my eyebrow and I went in to see a nurse practitioner for it and she had that huge high-powered magnifying glass on my face.

CONNIE ZACK: Don't you love that?

DR. KEESHA: Yeah. She didn't know me, she didn't know what I did for a living, knew nothing about me, and she said "Wow, your skin is amazing, particularly with the age that's on your chart." I said, "Oh thank you" and she said "You obviously have never smoked and you don't drink and you sleep well" and I said "Yes, I do all of those things. I eat really well and I don't eat sugar and I don't eat things that I'm allergic to" and she said "Yeah, I can really tell." And she said "Do you by chance use a far infrared sauna?" And I said "I do" and she said "Yeah, I can really tell the difference in people's skin."

CONNIE ZACK: Oh my goodness, that's fantastic.

DR. KEESHA: I know. I said "Wow! That's really interesting." So we got off on a little geek chat after that.

CONNIE ZACK: I love that.

DR. KEESHA: I know. I told her what I did for a living and it was a really interesting conversation that ensued. But I found that fascinating because here's someone that's not an esthetician, but a dermatologist, who was tying food and lifestyle into the quality of skin that she was looking at. I thought that was fascinating because I usually would hear something like that from more of a functional medicine practitioner or an esthetician who knows Ayurveda or something in a different marketplace than a regular western dermatologist. So I was very pleased and very heartened to hear that.

CONNIE ZACK: Yes, and that's not so common. One of my favorite things to do – I did this last year when I was trying to hear customers' feedback and I just wanted to be anonymous – is to sit out on the bench and just listen to customers talk as they came out of our day spa. One thing I noticed is the people then – they were using our Sunlighten saunas, because we also have massage and facials and other types of healing modalities – but when they would come out and they were using that, they just glowed. People around them felt like "What did you get done?"

You look awesome. I want what you're having." So there's just a significant change in the skin and the glow that happens when you use it regularly.

Again, getting back to the confidence and how you feel when it happens is how we all want to feel inside, which is just great, and increasing our vitality. I love that.

DR. KEESHA: I'm doing this right now, but I want you to talk to people about how you get your house ready for a sauna. A lot of people say "I don't have room." There are some objections around this; I hear it all the time. So I would love to hear your response to some of those things.

CONNIE ZACK: I've never been in somebody's home where they do not have room. I mean, you can definitely find room, especially because we offer many different sizes, including a lie-down model that is telescopic, so it doesn't fold, by any means, but it does become smaller. When we first started, that's what we first had. We would put it in our bedroom or in the living room sometimes.

All our products come in different sizes, so that's the first thing. You don't have to have this huge product. The second is if you do want a larger one, it's really simple: it's just plug and play. As long as you have an outlet, you can plug it in. With the larger ones you really want to make sure you have the right electrical components. Of course we can help you with that. That's really it. You don't have to do any construction. You don't have to do any special treatments. You don't have to build it in or anything intense. You just have to find a spot, either a lie-down spot or a place in your house. And you can also put these outside as long as you have a cover.

DR. KEESHA: That's what I did. I put mine out on our deck.

CONNIE ZACK: Yeah, you can do that. So, there's always room for it. That's the bottom line. It's easy and we can help. It's very simple to put together too.

A lot of people are intimidated because they're very pretty and they look like a really nice piece of furniture and it can be a little intimidating. But it's like adult Lego, it really is. It's like a base and you put a couple of pieces together that's all done before you get it. You just need to assemble it and once you assemble it – it takes about an hour – you're good to start your wellness journey.

DR. KEESHA: Okay. Now this also comes with some color filters and things like that, right?

CONNIE ZACK: Yeah. I'm glad you asked this. There are two ways to enhance the experience and I'll talk about the color in a second. But first I want to talk about one of my favorite things to do because it's so awesome.

DR. KEESHA: Talk about your favorite, Connie. I want to hear it.

CONNIE ZACK: Oh my God, it's so awesome. It's called acoustic resonance therapy and it is combining sound and vibration while you're inside your Sunlighten sauna. The sound comes through from the stereo system – a very specific CD that has music engineered to work with the brain – and then the vibration comes from speakers that go underneath the bench. When you turn it on, your body gently vibrates, your brain tunes into this patternless music, and then it shuts off.

You wouldn't want to use acoustic resonance when you're studying or you're preparing because it literally takes your brain from the engaged state – and there have been brain studies done on measuring the brainwaves before and after – and there's a huge difference.

What I find is, because my brain is always going nonstop, I'm always thinking about everything I need to do, that mind chatter is gone when you turn this on. There's no pattern so you can't even anticipate the next note or the next word. You really are forced to relax. My shoulders start to drop, my head starts to become like a noodle and before I know it, I'm in this yoga position, deep breathing, and it's priceless. It really is. To be able to have this wellness retreat in your home and turn this on is, to me, just priceless.

DR. KEESHA: It's what you're aiming for for meditation, so again, you're getting a lot going on. That's what my husband does when he gets into the sauna: he turns everything off in his head and just meditates.

CONNIE ZACK: Yes. It would be a perfect place to do that. I know a lot of people, a lot of my friends right now are really trying to get trained or at least start to make meditation a habit, and they just struggle with the environment and the venue. But this would be the most beautiful venue. To get in there, turn everything off, and just start the process. When you're done, you've done something for your whole – your mind, body and soul.

DR. KEESHA: Well, send your friends to The Woman's Vitality Summit because Ajayan Borys, who is a speaker on the Summit, actually has a guided meditation that's free for people, then one right in the middle of his interview that they can follow along with. So anyone that's trying to get started on meditation, easy, easy, tools there for that.

CONNIE ZACK: Perfect. I am not only going to tell my friends, but a lot of our Sunlighten followers are very interested in meditation, so that's a great tip. Thank you for that. I just wrote that down.

DR. KEESHA: Yes.

CONNIE ZACK: Then just to mention the light therapy, because you asked the question and I didn't mean to avoid it, but I really like the light therapy when my eyes are open. When I use the acoustic resonance therapy, or sometimes I use Pandora in there, because we have a media app inside the product, then my eyes typically are closed.

When my eyes are open, we have what's called chromotherapy, or light therapy, and a lot of research has shown the body responds differently based on different colored light. So you can sit in there in an orange light or in a blue light or in a green light, and it changes how you feel. So that's a nice added enhancement as well to the experience.

DR. KEESHA: Wonderful. Alright, so we are coming to the end of our time.

CONNIE ZACK: Oh, but it's gone so fast.

DR. KEESHA: I know. When you're talking amongst friends, it goes really quickly. I want to let our listeners know that on your speaker's page on The Woman's Vitality Summit, we've got your information, bonus material, everything that you've sent for us, but then I also want to have you give whatever information you want them to have, and a last pearl of wisdom you want to leave them before we sign out.

CONNIE ZACK: To contact Sunlighten, you can go to our website: Sunlighten.com.

The best thing to do though: I find there's nothing better than having a conversation, so I'd much rather you pick up the phone and give us a call. The phone number is 877-292-0020. All of our experts here are just as passionate about wellness as I am, so you will get anybody. I'm more than happy to talk to people too. I love helping in any way I can.

My last pearl would be to find different ways, whether it's meditation or it's a Sunlighten or different things that you're going to be offering via your Summit. To invest in yourself and into getting back that energy, is how I look at it. I have a ton of energy and a ton of passion and gratitude for this wonderful life that we're living, and if you're not feeling that way, then spend some time to find tools to get you there, because it's worth it.

DR. KEESHA: I couldn't agree more which is why we're having a week of caring for yourself, body and soul. Too many women are over-caregivers and not caring for themselves and burning themselves out. Then they've got nothing left to care for themselves. That's why I love the sauna therapy; it's so important what you're doing, Connie, with the Sunlighten products. So thank you so much for all the good you're up to.

CONNIE ZACK: Thank you so much. It's been so wonderful to connect. Even though it was brief, it was just great to hear your voice. Thank you for doing your Summit and for your mission and everything that you're doing because it's huge with all of our peers and women in general.



We just don't take the time, so I really encourage everybody to take the time to listen to your Summit and to listen to the tips, and hopefully we can connect. The people at Sunlighten can connect with your listeners as well. And if you guys do choose to call us, if you mention that you heard this on the Summit, I will make sure you get a free gift; something that I pick out, so it could vary, depending on what it is, but I would love to do that for anybody who calls in.

DR. KEESHA: All right. Thanks Connie.

CONNIE ZACK: You're welcome.

DR. KEESHA: Remember everybody to live, love, laugh, keep on learning, and be the most fabulous version of yourself, until next time.