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IHRSA writes the book on best-selling author

# MALCOLM GLADWELL

Exclusive CBI interview by Jon Feld

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mPulse unit, by Sunlighten

### *Sunlighten (formerly Sunlight Saunas)*

» Sunlighten has introduced the first biofeedback infrared sauna, the mPulse. This freestanding, magnetically assembled unit uses the company's exclusive Solocarbon infrared technology, creating the same healing energy that's naturally released by the sun, to heat the body directly. A biofeedback monitor is programmed to wirelessly transmit heart rate, calories burned, and core body temperature data to a wellness Website for personal use. The *Journal of the American College of Cardiology* reports that infrared sauna treatment significantly reduces blood pressure, lowers blood sugar, increases circulation, and induces weight loss. For more information, contact the company at 913-754-0831; [www.sunlighten.com](http://www.sunlighten.com). —