

# Benefits of Full-Spectrum Lighting



*Scientists & health care professionals are recognizing the importance of receptors in the eye that affect our biological clock, emotions & Vitamin D absorption, among other things.*

Photo-receptors in our eyes allow us to see and respond differently to light by sending signals to our brain's hypothalamus. This regulates our production of melatonin and serotonin, which in turn controls our body's circadian rhythms.

Unfiltered sunlight is essential for achieving optimal health in many ways. Not only does it affect our body's daily clock rhythms (biological clock), but it helps our body create vitamin D naturally. (Vitamin D is an important hormone). Many of us spend long hours, both day and night, in poorly lit homes & offices and around electronics – get to feeling sluggish, lethargic and cranky.

The human race evolved under the sun. For thousands of years, our ancestors lived in close harmony with the Earth's heat and light. More than 60 years ago, doctors in Europe and North America started using sunlight to treat potentially fatal diseases on a routine basis, and a number of hospitals were built specifically for sunlight treatment.

Sunlight can increase our energy and general well-being, and also help:



- \* Lower cholesterol
- \* Prevent and treat cancer
- \* Improve sleep, mood & eyesight
- \* Lower blood pressure
- \* Increase the value of exercise
- \* Treat multiple sclerosis and osteoporosis
- \* Improve the body's ability to detoxify



Using a good full-spectrum light, like the Living Sunshine (pictured above) will go a long way toward replicating many of the benefits of living closer to the equator with more consistent sunshine. The Living Sunshine unit offers non-UV, high-intensity 10,000 LUX Light therapy. It sits easily on the counter with a timer that shuts off automatically. Using this in the morning for 15 minutes can go a long way to provide a person with Vitamin D, and help serotonin & hormone balancing, moods, concentration & harmony with ease.

*Air, Water & Wellness*  
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The cost of a light therapy unit may be covered by your health insurance provider. For the best benefit, a 15 to 30 minute exposure / session in the morning is recommended.

<http://time.com/4888327/why-sunlight-is-so-good-for-you/>