

The Energy Necessary for Life

– *Seven Enlightened Health Insights* –

The Source



“A living cell requires energy not only for all its functions but also for the maintenance of its structure. Without energy, life would be extinguished instantaneously, and the cellular fabric would collapse. The source of this energy is the sun’s radiation.”

– Albert Szent-Györgyi, Chemist – Nobel Laureate

Light is Radiant Vitality

A study published in the Journal of Environmental Psychology investigated daylight exposure and its relation with "vitality" in everyday settings.

The amount of light experienced was significantly related to vitality, indicating that *persons who were exposed to more light experienced more vitality*, over and above the variance explained by personal characteristics, time of day, activity patterns, and sleep duration during the previous night.

Overall, the results provide support for the acute effects of light exposure on feelings of vitality during the daytime, even in everyday life. While light exposure can never replace sleep, it may produce a similar energy effect much like coffee.



Seven Enlightened Health Insights

#1 Light is a Nutrient



“We have finally learned that light is a nutrient much like food, and like food, the wrong kind can make us ill and the right kind can help keep us well. We are all light deficient and this deficiency may be the source of our physical and emotional problems.”

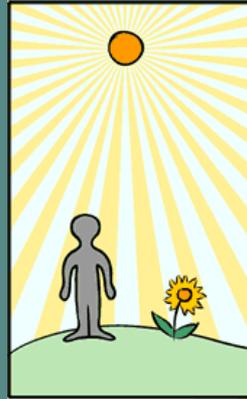
— Dr. John Ott, **Health and Light**, 3,000,000+ copies sold

~ Natural light wavelengths are akin to vitamins that are essential for cell function, growth, and development.

~ Natural light provides essential "bio-nutrients" needed for proper functioning of metabolism.

#2 Light Ignites Metabolism

Metabolism in humans is much like photosynthesis in plants which is the conversion of light energy to chemical energy.

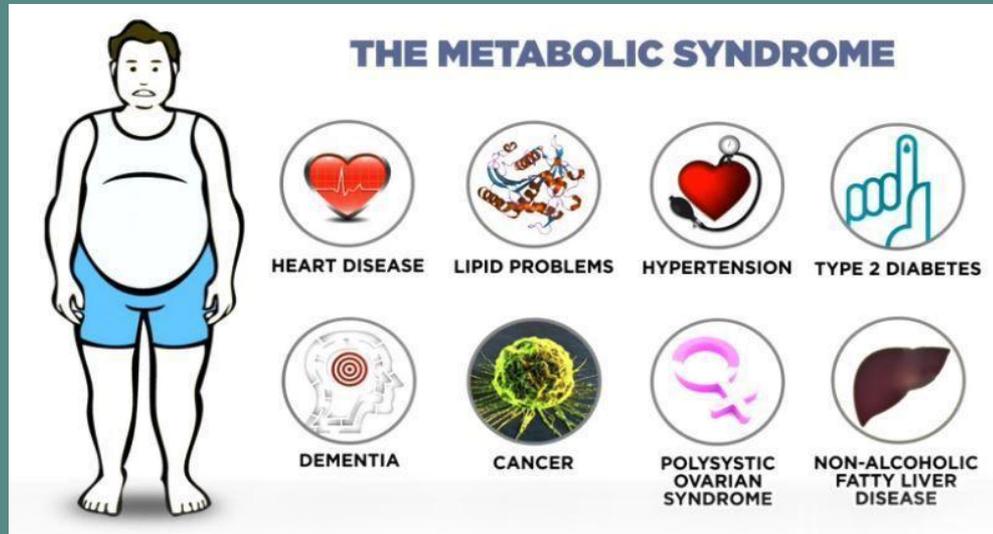


Sunlight's 'radiant vitality' is the lively energetic force that animates and perpetuates living beings and organisms.

#3 Light Reduces Risk of Metabolic Syndrome

A new study published in the journal Cell Reports suggests that lack of sunlight can lead to problems way beyond SAD (seasonal affective disorder).

- ~ Scientists found that fat cells deep in the skin of mice can detect sunlight.
- ~ Too little natural light alters how fat cells behave and may increase metabolic syndrome.



#4 Light Enhances Immunity



~ Researchers at Georgetown University have found that sunlight energizes the T-cells that play a central role in human immunity.

~ This study shows that sunlight directly activates key immune cells by increasing their movement.

#5 Light Amplifies Vitamin Absorption



Still Taking Your Vitamins in the Dark?

~ Scientific research has shown that ingested foods and vitamins require *specific light wavelengths* in order to be fully metabolized.

~ Without the correct wavelengths of light, absorption is incomplete and nutrients are partially wasted and less effective. In other words, for ingested substances to be properly assimilated they must go through a series of chemical reactions that are catalyzed by light.

"We can now say emphatically that the function of the entire metabolism is dependent on light."

— Dr. Fritz Albert Popp
International Institute of Biophysics

#6 Light Modulates Blood

The 2017 Nobel Prize in 'Physiology or Medicine' was awarded for the discovery of how plants, animals, and humans optimize their health by harmonizing their circadian rhythms with the cycle of light and darkness.

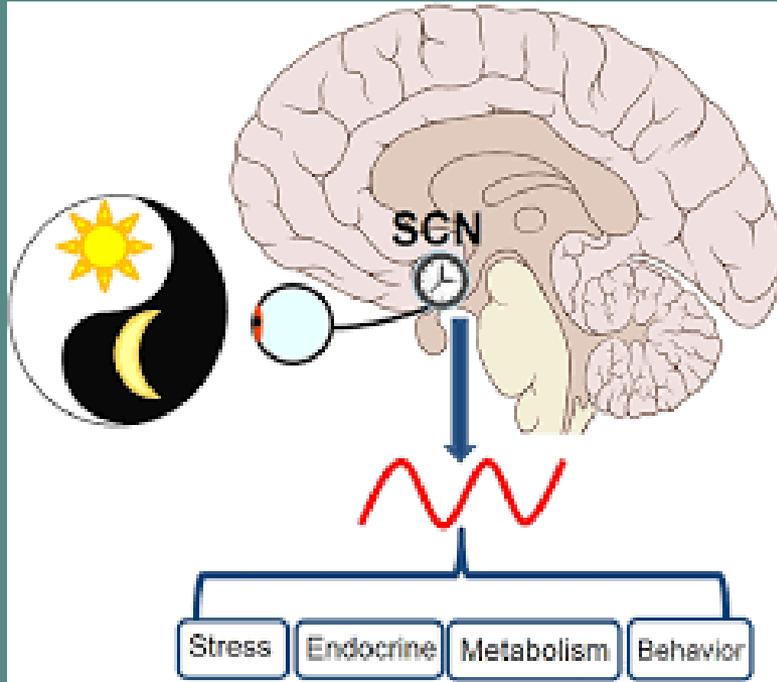
This discovery when applied as therapy is called PBM or Photobiomodulation (cellular modulation by light) . PBM allows the use of specific wavelengths of the light spectrum for therapeutic purposes to stimulate the metabolic activity of cells.

— ***98% of the sun's energy enters the body thru the eyes.***



- ~ All of our body's blood circulates thru our eyes about every two hours.
- ~ Blood PBM is "systemic" and primarily targets blood circulation through the eyes instead of targeting other areas of the body for a more localized response.

#7 Light Regulates Circadian Rhythms



Light entering the eyes regulates brain chemistry and circadian rhythms that control:

- Appetite
- Energy
- Mood
- Sleep
- Libido
- and other body-mind functions

Light Is The Energy Necessary For Life



The human body is a combination of cells and chemicals that comes to life only when “Nature’s electricity” —*LIGHT*— is present.

"Light is nothing short of miraculous. Light makes our world luminous, dazzles our senses and quietly controls the chemical tides in our bodies."

—George C. Brainard, Ph.D. *The Healing Light: Interface of Physics and Biology*

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