



## Health issues with energy efficient lighting



First there were compact fluorescents, then along came LED light bulbs. They save huge amounts of energy, which is a great plus for the environment, but recent research is revealing serious health issues with these forms of light. Why?

- Fluorescent and LED bulbs contain no *near infrared radiation*, which is vital for cell energy (ATP) production. Your body gets 2/3 of its energy from this radiation and only 1/3 from food!
- Fluorescent and LED bulbs contain blue light, masked by a yellowish filter. Blue light is aggressive and damages the retina of your eyes. Near infrared radiation helps heal the retina;
- Fluorescent and LED bulbs are digital, that is, they flicker on and off at high frequencies. Your eyes do not register the flicker, but your body does, and is stressed by it.

What to do instead? The sky, incandescent bulbs, and flames all contain near infrared radiation. Halogen lights do as well, but these lights are healthier if they are rigged up to a 12V electrical system, otherwise the transformers produce dirty electricity. You can also get blue blocker glasses or OLED screens for work at computers.

This information is taken from *Dr. Mercola and Dr. Wunsch on the Dangers of LED Lights*, a 36 minute Youtube video, which is well worth watching. It is quite technical, but Dr Mercola's summaries at various stages are very clear. The link is:

<https://www.youtube.com/watch?v=mOQ2SmaDLOY>

So spend some time each evening with candles, it is good for you on so many levels!

