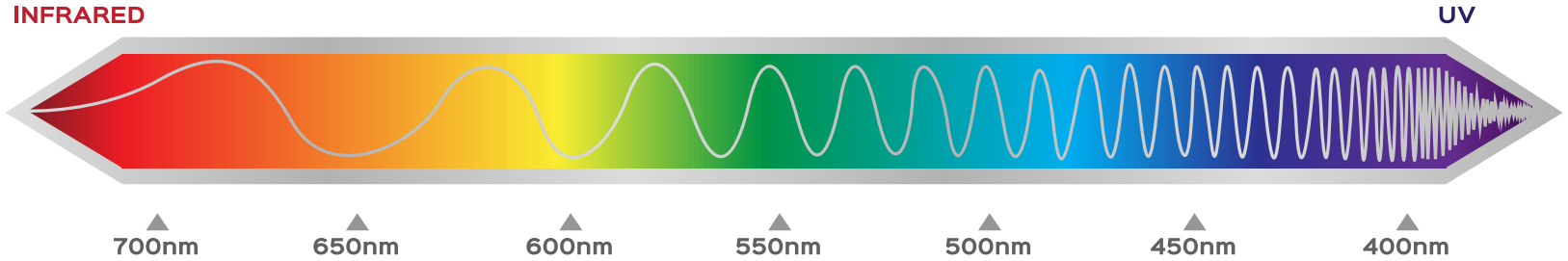


# LIGHT EXPLAINED



nm Wavelengths of light are measured in nanometers. Visible light is in the range of 380 - 740nm.

## WHAT IS IT?

## WHAT ARE THE BENEFITS?

## CAN IT BE HARMFUL?

## WHAT SHOULD I DO?

	WHAT IS IT?	WHAT ARE THE BENEFITS?	CAN IT BE HARMFUL?	WHAT SHOULD I DO?
<b>BLUE &amp; GREEN</b>	Sunlight is the main source but it is also created artificially by light bulbs and digital devices. It passes through the cornea of your eye.	It sets the circadian rhythm, regulating your sleep and wake cycles. It helps to boost alertness, elevate moods, and increase the feeling of well being.	Exposure to it after sunset signals to our brain it is daytime and disrupts the release of melatonin, the sleep and anti-aging hormone.	In the morning get outside for natural blue light. After sunset block out out man-made blue light with RA Optics Night lenses, the most effective blue light glasses on the market.
<b>RED</b>	Visible light naturally emitted by the sun or created by specially designed LED lamps. It penetrates the skin and enters the cells.	It stimulates our cell's powerhouse, the mitochondria, to produce energy and leads to better cellular function and health.	It's important to find the right balance for you. Too much may damage skin tissue, too light has no effect.	Red light therapy is a well researched treatment shown to help skin, muscle tissue, and other parts of your body heal.
<b>ULTRAVIOLET (UV)</b>	A shorter wavelength of light produced by the sun and also solariums.	Ultraviolet light interacts with your skin to create vitamin D, a hormone that is essential for vital health.	Over exposure results in sunburn and aging of the skin.	Most people can make enough Vit D by exposure to the sun, 10-30 mins a day.