

STRESS, MOOD AND CONCENTRATION

For a month, I used Zepter Tesla Light sunglasses with fullerene coating every day. Besides the fact that they provided image clarity when working at a computer, driving, while watching TV, I noticed an improvement in my mood, a better concentration. In March I had a stressful situation (the death of a significant other) and I turned to a psychologist for help. In order to objectify my feelings, I used psychological tests to determine the level of trait and state anxiety according to Spielberger-Khanin anxiety inventory, the Taylor Manifest Anxiety Scale (Norakidze modification). These tests consist of a questionnaire that allows to identify the degree of disadaptation of an individual in the event of a stressful situation, especially in the state of anxiety. After three weeks of daily use of the glasses, a decrease of psycho-emotional stress, a better concentration, an increase of efficiency, normalization of sleep, and control over emotions were observed. The level of anxiety on the Spielberger-Khanin scale fell by 9 points, on the Taylor Manifest Anxiety Scale (Norakidze modification) - by 6 points. Since I didn't take any medications, this effect was caused by the influence of hyperharmonized light on the body.

Galina V. Zobnina
PhD in Medical sciences