



WellnessOne Newsletter

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INSIGHT, AND EDUCATION.

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More Evidence of the Benefits of Full Spectrum Lighting

Reprinted from Mercola.com

Scientists have discovered a new receptor in the eye that, among other things, monitors your biological clocks.

Apart from the other photoreceptors in your eye that allow you to see, this "third eye" responds differently to light by sending signals to your brain's hypothalamus, thus regulating your production of melatonin, which in turn controls your body's circadian rhythms.

Researchers experimented with lamps emitting different wavelengths of light on workers toiling in the high-stress environment on one floor of a health insurance call center. In comparison to co-workers on other floors, they felt more alert, and the quality of their work improved too.

Sources:

[The Independent September 26, 2006](#)

Dr. Mercola's Comments:

Thankfully, we are seeing additional research confirming the health benefits of [full-spectrum lighting](#), which I have been advocating for some time now.

Unfiltered sunlight is essential to you achieving optimal health in many ways. Not only does it affect your circadian rhythm, but it [helps your body create vitamin D naturally](#). But many of you spend long hours, both day and night, in poorly lit offices feeling sluggish and lethargic.

The human race evolved under the sun, and for thousands of years lived in close harmony with its heat and light.

A little more than 50 years ago, doctors in Europe and North America were using sunlight to treat potentially fatal diseases on a routine basis, and a number of hospitals were built specifically for sunlight treatment.



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In fact, sunlight not only increases your energy and general well-being, but it can also help:

- Lower your cholesterol
- Treat multiple sclerosis and osteoporosis
- Prevent and treat cancer
- Lower your blood pressure
- Increase the value of exercise
- Improve your body's ability to detoxify

So the obvious take-home lesson here is to replicate your native ancestor's environment as close as possible. Since most of us can trace these ancestors back to sub-tropical climates, we know that the days were fairly consistent year round, and they had regular exposure to sunshine.

It will be very difficult for most of you to snowbird away to a warmer climate in the winter, but you can use modern technology to decrease the complications of lack of proper sun exposure.



Using full-spectrum lights will go a long way toward replicating many of the benefits of living closer to the equator with more consistent sunshine.

Make sure to talk to your WellnessOne doctor or receptionist about the full spectrum light bulbs and Vitamin D3 supplements that are available to purchase.

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