Light is the basic component from which all life originates, develops, heals, and evolves. In fact all organic energy comes from light. Without light (along with oxygen and water) all life on Earth would cease to exist.

Light waves, or spectrum frequencies, from the sun, including the ultra-violet (UV) rays, provide energy for plants to photosynthesize the products necessary for growth in the same way light waves provide energy and health for both animals and humans for biological combustion.

Many civilizations throughout history worshipped the sun for its healing powers using its full spectrum of light to heal physical and mental problems in a practice known today as “heliotherapy”.

Then in the 1970’s a form of light therapy called “syntronics” was developed by Dr. Harry Spitler. Syntronics uses different portions of the whole light spectrum to heal an array of bodily conditions by way of the eyes, which is transferred directly to the pineal gland.

**Pineal Gland – the Human Light Meter**

The eyes are the entry point through which light enters the Pineal where it has its profound effect on the regulation of human physiological and emotional functions, fertility, motor activity, sleep, blood pressure, growth, tumor growth, immune system, aging, and the development of consciousness.

The Pineal gland, located behind the eyes, is the body’s light meter. The Pituitary gland, located in the same area, is also stimulated by light. These two glands monitor and supervise the entire endocrine system. Health of these glands and the proper balance of light waves, or frequencies, are,
among other things, factors in the prevention of many of today’s light deficient diseases such as breast cancer and other types of cancer.

Because of pollution and our modern day, indoor lifestyle, many of us are suffering from chronic “mal-illumination,” which, like malnutrition, creates major imbalances in the ability to function as healthy human beings. Artificial lights (including fluorescent lights), sunglasses, window glass and tinting, eyeglasses, contact lenses, and sunscreens distort the light waves we absorb.

Fortunately, some manufacturers are now making glasses and contact lenses that don’t distort light waves and some are making lighting products that provide full spectrum light, however the eyes always need to be exposed, as does the skin, to full, direct sunlight without impediment.

In a 1980 study by Dr. Fritz Hollowich humans sitting under non-full spectrum light experienced a drain of energy and produced human stress hormones called ACTH (a hormone that stimulates steroid production in the adrenal gland cortex, also known as adrenocorticotropic adversely affecting liver and kidneys) and cortisol (an adrenal steroid too much of which can cause inflammation and autoimmune disease). These hormones also act as growth inhibitors and weaken immune system function.

Photobiologist Dr. John N. Ott discovered through the time-lapse photographs he took for Walt Disney that distorted light and the radiation it emits has an adverse and negative effect on plants, animals, and humans. “There is no question,” he states “that UV light in large amounts is harmful; however in trace amounts, as in natural sunlight, it acts as a life-supporting nutrient that is highly beneficial.” Remembering that UV light is what the skin converts into vitamin D, which reduces skin aging, is necessary to the immune system function. Dr. Ott, a pioneer in his field, believes light to be the missing link in curing cancer research. He has written several excellent books on the subject and founded the Environmental Health and Light Research Institute in Tampa Florida.

Given that many new school classrooms don’t have any windows in them, studies by Dr. Ott and others reveal that artificial light (especially florescent lighting) which gives off distorted light waves, contributes to agitated physical behavior, poor attention span, fatigue, cell mutations, and reduced mental capabilities. Therefore, full spectrum lighting needs to become mandatory in all schools without classroom windows, and for the replacement of fluorescent lights, if there is any chance that we are to improve not only the education of students but also to positively affect their attention deficits, poor comprehension levels, and lowered intelligence quotients.

It is known in physics that all drugs and minerals absorb light waves, however, drugs, including caffeine, fluoridated water, and refined sugar, absorb distorted wavelengths, which are what cause cell mutation and cell death. On the other hand, minerals absorb full-spectrum light wave-lengths that facilitate the body’s electrical system (e.g. the heart) and enhance cellular functions. Future scientific research into this area will provide more answers regarding sunlight’s healing effect on cancer and heart disease.
Humans Have Higher Concentrations of Electrons than Other Organisms

Free radicals destroy electrons while antioxidants replace them. The electrons in cells serve as the resonance system for the sun’s energy. Light waves are in accord with humans and it’s no coincidence that people love the sun and have a tendency to feel better while in its warming rays. This concentration of the sun’s energy is improved when food rich in electrons are consumed.

Foods containing essential fatty acids, especially unrefined organic extra virgin olive oil, avocado oil, and flax oil are a rich source of electrons. Electrons have a negative charge and orbit around nuclei which have a positive charge. Electrons in motion produce an electrical charge, which in turn creates a magnetic field. When they both connect an electrical circuit is produced. It is this current that keeps the heart ticking and the blood circulating.

In 1981, UV studies created a climate of fear at the Medical College of Virginia in Richmond. Monkeys were first tranquilized then their eyelids were pried open with lid clamps. With the monkeys pupils fully dilated researchers beamed light into their eyes from a 2,500 watt xenon lamp for 16 minutes (knowing that normal sunlight exposure, even directly at the sun does no harm if under 15 minutes). This intense light contained light levels of UV radiation. After these monkeys received a highly abnormal and abusive exposure to ultra violet light there was some damage. Normally, monkey’s pupils and eyelids would adjust to protect their eyes naturally, just as the pupils and eyelids of humans do.

The same kind of studies on abusive laboratory animals concluded that UV light also causes cataracts and skin cancer. With the conditions extremely abnormal and the animals in a drugged and abusive state how can the results be accurate?

Sunlight Contains Large Amounts of UV Radiation

UV light is classified as either near-UV (UVA), mid-UV (UVB), or far-UV (UVC) depending on its wave length. Near-UV – directly adjoining the violet end of the light spectrum- is responsible for the tanning response in humans. Mid-UV seems to activate the synthesis of vitamin D and the absorption of calcium and other minerals. Far-UV – mostly metered out by the earth’s ozone layer – is germicidal, killing bacteria, viruses and other infectious agents.

Most people don’t know that there are tremendous health benefits from exposure to a certain amount of ultra-violet light. Tanning beds, for instance, emit very beneficial amounts of good UV light and produce not only an even tan, but healthy immune boosting effects.

Ultra Violet light:
• Activates the synthesis of vitamin D, which is a prerequisite for the absorption of calcium and other minerals from the diet.
• Lowers blood pressure.
• Increases heart efficiency.
• Improves electrocardiogram (EKG) readings and blood profiles of individuals with atherosclerosis (hardening of the arteries).
• Reduces cholesterol.
• Assists in weight loss by improving thyroid function.
• Effective in reducing psoriasis (which is a vitamin D deficiency).
• It kills bacteria, virus, and other infectious agents (i.e. tuberculosis)
• Increases levels of sex hormones in both men and women, which are also a factor in fertility and fetal development.
• Activates an important skin hormone – solitrol, a form of vitamin D – works with the pineal gland hormone melatonin, which governs changes in mood, agitation, circadian (24 hour) rhythms, and seasonal reproduction. Solitrol influences many of the body’s regulatory centers as well as the immune system.

Full spectrum light (from either indirect sunlight or full spectrum indoor light) is needed on a daily basis. The amount of direct sunlight needed must be evaluated on an individual basis, determined somewhat by skin, hair and eye coloring, but a good rule of thumb is 15 minutes direct sunlight exposure daily.

Sunbathing, as a regular habit, is a good one to adopt, keeping in mind that the skin needs to be covered with extra virgin olive oil to absorb sunlight in its least distorted state and with the most full spectrum wavelengths. Absorbing sunlight while bathing is best before 11:00 am or after 2:00 pm if you want the best antioxidant benefits, or if you are unable to receive sunlight or full spectrum light you can also supplement with natural antioxidants of vitamin A, C and E and selenium mineral. It is the consumption of food drugs, such as refined sugar and artificial sweeteners, and damaged fats, such as hydrogenated and partially hydrogenated oils (margarine and shortening), and pharmaceutical grade synthetic prescription and over the counter drugs that cause the most harmful affects to the skin.

Even though sunlight is a key for healthy living, always keep in mind that with sunlight, just as with everything else, too much of a good thing is still too much!