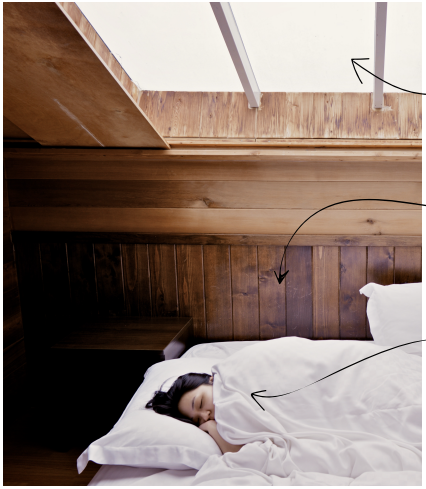
LIGHT VITALITY GROUP

A COLLABORATIVE PLATFORM FOR LIGHT WELLNESS SUPPORT

The Link Between Light & Health

Identify & Discover



The importance of circadian health to wellness, and the impact natural, white light has in supporting it

+

Spaces in your own environments which deliver the most impact to your light wellness profile

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Wellness patterns in your daily lifestyle and how those interplay with your light wellness profile

what you'll learn

VISIBLE LIGHT AND DARKNESS SUPPORT OUR HEALTH

Our bodies perform most expertly when aligned to a daily dark and light cycle; without this daily cycle our bodies' circadian rhythms can become misaligned, and we therefore can become very, very sick.

OUR EYES TELL OUR BRAIN TO TELL OUR BODY "IT'S GO TIME"

It does this because our eyes have unique photoreceptors that direct our brain to maintain the functions of vital organ systems and hormonal responses when light is received.

NOT ALL LIGHT WAVELENGTHS CAN DO THIS

Those photoreceptors respond to very specific wavelegnths of natural daylight that are received at very specific times of day.

NOT ALL ELECTRIC LIGHTS USE THE WAVELENGTHS THAT CAN

The advent of electric lighting has obstructed our ability to function most naturally by introducing daytime responsive spectra into the evening, and vice versa.

WEATHER AND SEASONS CAN IMPEDE OUR LIGHT WELLNESS

Populations in regions of the world with overall lower light levels and shorter days suffer the most from circadian rhythm disruption and related health conditions.

NUTRITION CAN SUPPORT OR IMPEDE LIGHT WELLNESS

Food, like light, is the body's medicine. There are many nuances hidden between the overlaps of light wellness and nutritional wellness that play key roles in supporting your circadian health, and understanding them can make all the difference.