

Ingenious Ideas Dept.

A New Lighting Solution To The Indoor Blahs

(TVA) - No life can exist without the presence of natural sunshine.

Each spring, we feel the joy and energy that longer, sun-filled days bring. All of nature wakes up to the added benefit of more and more natural light. That's because when daylight enters our eyes, it reaches the pineal gland and activates the endocrine system, which is connected to our immune and nervous systems.

The pineal gland reduces the production of the light-sensitive hormone melatonin 90 percent during the daytime. The balance of melatonin has been proven to be a crucial element in many health-related studies; stimulating proper production of melatonin from the pineal gland is paramount to good health.

Fortunately, there's a way to make sure this happens. Exposure to full-spectrum light has an important influence on the endocrine system and can reduce the risks of many diseases, including cancer. Poor lighting can cause over-secretion of melatonin. So light of a proper type and intensity can be considered a nutrient.

At the beginning of the 20th century, most Americans worked outdoors, thus benefiting from exposure to essential natural outdoor light. Now, however, things are different. Drastic lifestyle changes have led to peo-



Light that simulates the sun's life-giving wavelengths is best for our physical and emotional health.

ple spending more and more time under the type of lights that are missing the portion of the sun's spectrum that is important in triggering proper melatonin secretion. It is estimated that over 38 million Americans feel the effects of malillumination caused by poor work conditions, which can result in less energy and productivity.

Now you can get the benefits of natural sunlight even indoors. By simply replacing your old-fashioned fluorescent lightbulbs with full-spectrum tubes, you can instantly enhance your environment and your well-being. Simulated full-spectrum light is color-corrected light that operates in the range of 400 to 800 nanome-

ters. This light will simulate the optical brilliance of outdoor light at noon. This light can be measured by two numbers, CRI (Color Rendering Index) and Kelvin temperature. The secret to true color light and optically balanced light is how close you can get to the optics of natural light—the sun at noon has a natural color temp of 100 CRI and between 5,000 and 5,500 Kelvin.

Full-spectrum lighting can improve your mood; slow aging; reduce glare and eyestrain; minimize tension; fatigue; irritability and headaches; lower your levels of the stress hormone cortisol and even lessen dermatitis and allergic skin reactions.

This is because when you simulate light that matches the optical brilliance of sunlight the pupils in the eyes will become smaller, generating clearer vision and higher perception. When you can combine lux intensity with high CRI and balanced Kelvin temp, you will have quality light that not only matches the optical brilliance of the sun, but reduces levels of melatonin and cortisol.

Full Spectrum Solutions offers lighting products ranging from fluorescent tube replacements and reading lamps to room lighting and light therapy for Seasonal Affective Disorder. For more information or to order, go to www.fullspectrumolutions.com.