

# THE LIGHT DOCTOR

## The Science and Solutions for Replacing Your Lights Now to Protect Your Health

**Today's electric lights greatly increase the risk of breast cancer and prostate cancer, and double the risk of obesity, diabetes and heart disease.**

Most lights are designed for attractive illumination and energy efficiency, without considering their devastating health impact.

Circadian science has identified the critical blue signal in light that keeps us healthy during the day, but must be removed from light at night. This has enabled the invention of healthy lights.

It is urgent that you replace your lights now with healthy circadian lights to protect your health.

### Story Ideas

**The Light Doctor:** *The Science and Solutions for Replacing Your Lights Now to Protect Your Health*

- What types of light cause the most health risks?
- Can I use the same lightbulb during the day and evening?
- How do I make sure I have healthy lights in my home?
- Can I tell how much blue is in a light by looking at it?
- Why does the Department of Energy promote harmful lights?
- What daily lifestyle changes can I make to improve my health?
- How do I protect my children from harmful blue light?



**Martin Moore-Ede M.D., Ph.D.** is a leading world expert on circadian clocks and light. As a professor at Harvard Medical School, he located the human circadian clock. In 2010 he founded the CIRCADIAN Light Research Center, which identified the key blue wavelengths that control the circadian clock, and patented & developed the first evidence based healthy circadian lights.

*The Light Doctor is the biggest gamechanger since Rachel Carson's Silent Spring*



**Blue-enriched LED not safe to use in the evening or at night**

Increases risk of breast and prostate cancer, diabetes, heart disease and obesity

Most LEDs have too little circadian blue during the day, and far too much blue at night

**! DANGER**



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