

# ARE YOUR LIGHTS KILLING YOU?

If you use LEDs they may be...

**Most LED lights can greatly increase the risk of breast cancer and prostate cancer, and double the risk of obesity, diabetes and heart disease.**

Lights are too often designed for attractive illumination & 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:** *Using Light to Boost Health, Improve Sleep, and Live Longer*

- Light bulbs may be the secret to staying healthy and a longer life.
- Lighting not medication may be the key to boosting your child's performance.
- How blue-rich fluorescent & LED light have increased the cancer rate.
- Why does the Department of Energy promote unhealthy light?
- Which light bulbs make you fat and double the risk of diabetes?
- Why 250 scientists say LEDs should be labelled "unsafe at night".
- Why do most blue blocking glasses block the wrong blue?
- Lighting your office properly can boost productivity and retain employees.
- When God said "let there be light" he wasn't talking about LEDs.
- Why your light diet should be a part your weight loss strategy.



**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 on Substack at <https://lightdoctormartinmooreede.substack.com>

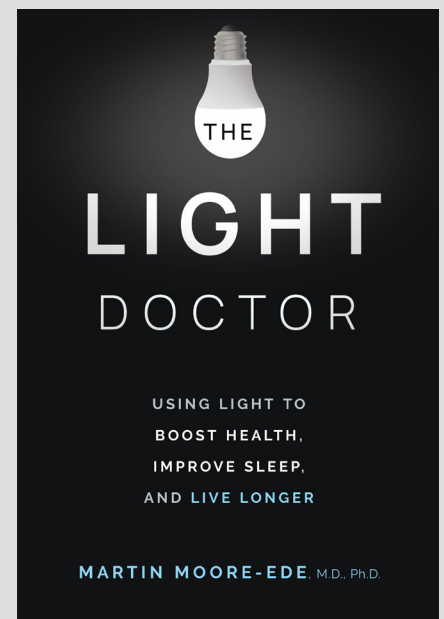


**Blue-enriched LED not safe to use in the evening or at night**

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