



RED LIGHT THERAPY

YAH'S HEALING LIGHT



DISCLAIMER

My Faith is very new. My best friend woke me up in December 2021. I read Scripture daily, but I am still learning and growing in my walk.

Additionally, I am not a medical professional. The information in this study is for educational purposes only. At the end of the day, you have to decide what is appropriate for you.

THANK YOU



Special thank you to Covenant Calendar Classroom for your dedicated research and time. Thank you for helping us understand YAH's calendar and to walk in His ways.

"Yahuah bless you, and guard you:
Yahuah make his face shine upon you, and be
gracious unto you:
Yahuah lift up His countenance upon you, and give
you peace." BEMIDBAR (NUMBERS) 6:24-26 אַתְּ
צֶפְחֵר



QUESTIONS

01 What does Scripture (more importantly Torah) say about light?

02 What can we learn about the dawn and dusk sun light?

03 Does red have any connection to Scripture?

04 How does red light heal?

05 Will the enemy use red light against us?

06 What can we do daily to harness YAH's power of red light?

PART ONE: LIGHT

- Light definitions
- Scripture references
- Different signs in Scripture
- Circadian rhythm
- Sunlight



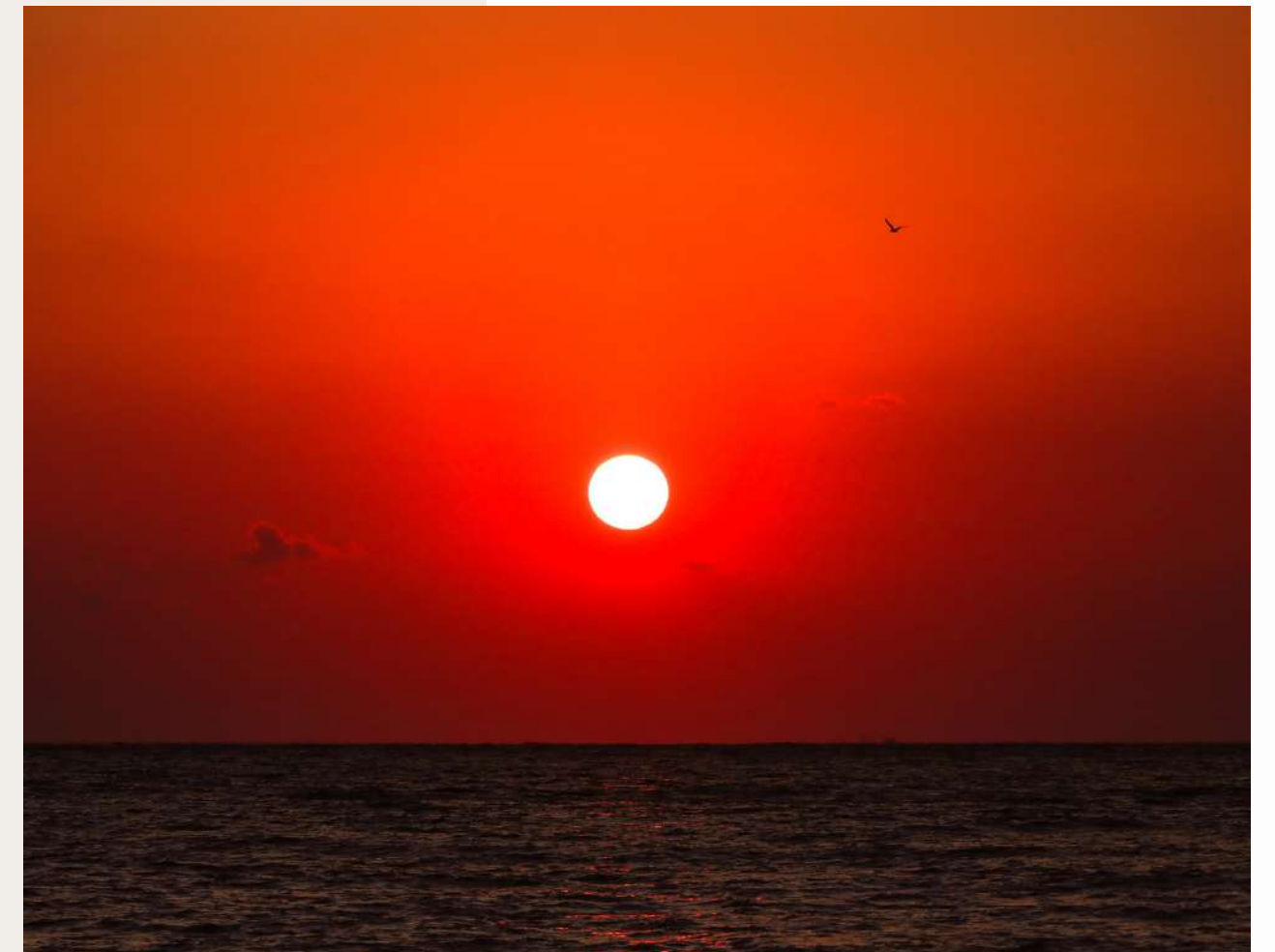
PART TWO: RED LIGHT

- Red and Scripture
- Scripture references
- Offerings and Tabernacles
- Light spectrum
- Light therapy
- Enemy confusion



PART THREE: DAILY PRACTICES

- Morning dos and don'ts
- How I get sunlight and use red light therapy
- FAQ



PART ONE: LIGHT

- Light definitions
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WHAT DOES SCRIPTURE SAY ABOUT LIGHT?



"IN the beginning Elohiym created תא the heavens and תא the earth. And the earth was without form, and void; and darkness was upon the face of the deep.

And the Ruach Elohiym moved upon the face of the waters. And Elohiym said, Let there be light: and there was light. And Elohiym saw the light, that it was good: and Elohiym divided the light from the darkness." BERE'SHIYTH (GENESIS) 1:1-4
תא CEPHER

The first 4 verses in Torah mention light 4 times!

What is *this* light's definition?

LIGHT DEFINITIONS

All 4 of these "light" uses are H216.

From Strong's:

H216: 'ôr = from H215; illumination or (concretely) luminary (in every {sense} including {lightning} {happiness*} etc.):

- {bright} {clear} + {day} light ({ning}) {morning} sun.

KJV usage: light(s) 114x, day 2x, bright 1x, clear 1x, flood 1x, herbs 1x, lightning 1x, morning 1x, sun 1x.

*Keep happiness in mind!

H215: 'ôr = A primitive root; to be (causatively make)

luminous (literally and metaphorically): - X break of {day} {glorious} {kindle} ({be}{en-}{give} show) light ({-en} {-ened}) set on {fire} shine.

KJV usage: light 19x, shine 14x, enlighten 5x, break of day 1x, fire 1x, give 1x, glorious 1x, kindle 1x.



WHAT ABOUT "LIGHTS"?

"And Elohiym said, Let there be lights in the expanse of the heavens to divide the day from the night; and let them be for signs, and for appointed feasts, and for days, and years:" BERE'SHIYTH (GENESIS) 1:14-14 תא CEPHER



H3974

Transliteration: mâ'ôr, me'ôrâh.
Pronunciatin: maw-ore, meh-o-raw.

Definition

From H215; properly a luminous body or {luminary} that {is} (abstractly) light (as an element); figuratively {brightness} that {is} cheerfulness*; specifically a chandelier: - {bright} light.

KJV usage

Light 18x, bright 1x.

*Keep cheerfulness in mind!
Remember happiness too.

Word	Word number	Definitions
Light (root)	H215	to be luminous, break of light, shine
Light	H216	illumination, luminary, light, sun
Light(s)	H3974	properly a luminous body, light, cheerfulness, chandelier, light

ALL 3 USES OF "LIGHT"



"And let them be for lights* in the expanse of the heavens to give light** upon the earth: and it was so.

And Elohiym made two great lights*; the greater light* to rule the day, and the lesser light* to rule the night: he made the stars also.

And Elohiym set them in the expanse of the heavens to give light** up on the earth,

And to rule over the day and over the night, and to divide the light*** from the darkness."

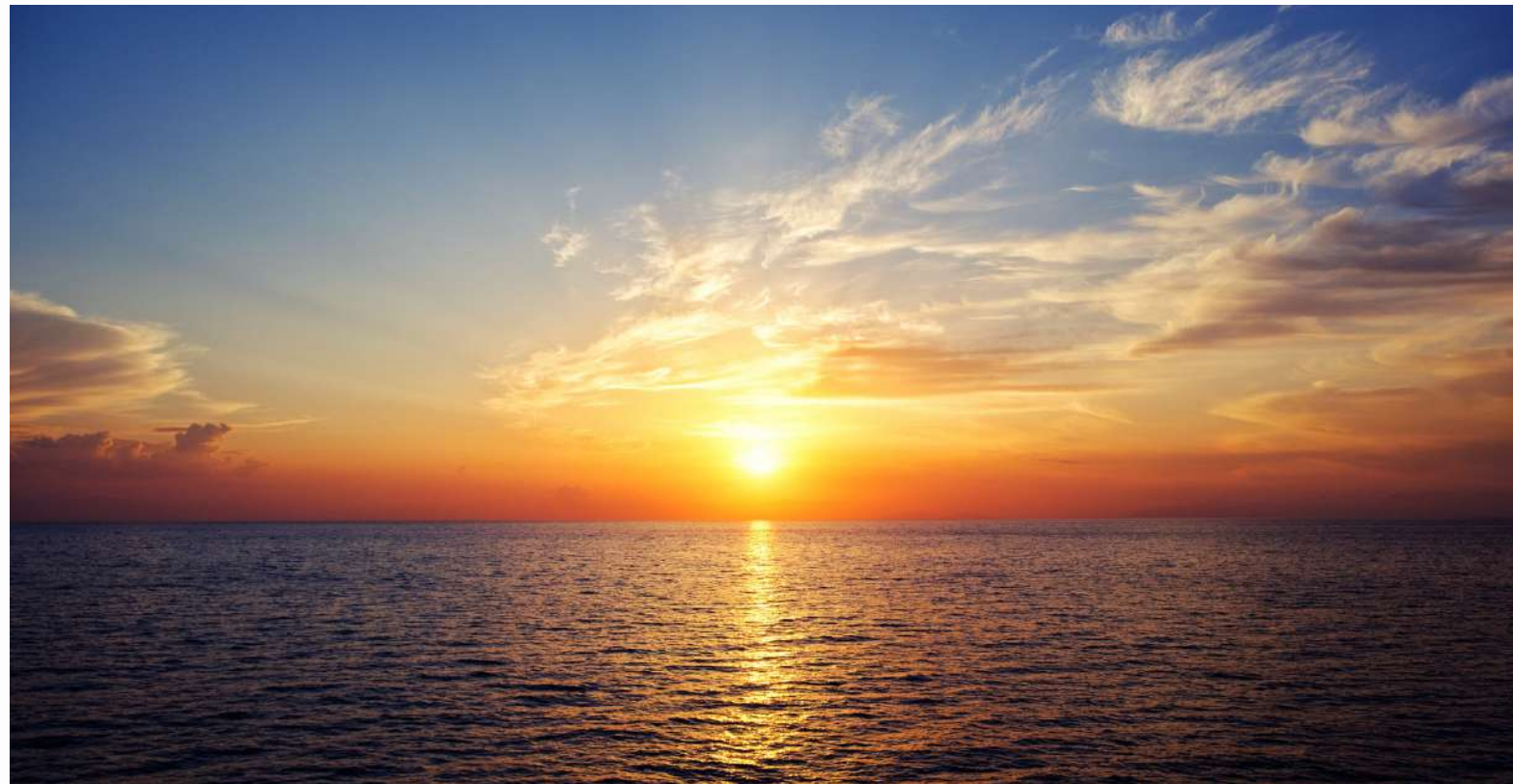
BERE'SHIYTH (GENESIS) 1:15-18 תא CEPHER

*H3974 - properly a luminous body, light, cheerfulness, chandelier

**H215 - to be luminous, break of light, shine

***H216 - illumination, luminary, light, sun

WHAT ABOUT LIGHTS AND SIGNS?



"And Elohiym said, Let there be lights in the expanse of the heavens to divide the day from the night; and let them be for signs, and for appointed feasts, and for days, and years:

And let them be for lights in the expanse of the heavens to give light upon the earth: and it was so." BERE'SHIYTH (GENESIS) 1:14-15 תא CEPHER

First mention of signs is here as H226: 'ôth. Probably from H225 (in the sense of appearing}; a signal (literally or {figuratively}) as a {flag} beacon 6 {monument} omen 6 {prodigy} {evidence} etc.: - {mark} {miracle} (en-) {sign} token.

KJV usage: sign(s) 60x, token(s) 14x, ensign(s) 2x, miracles 2x, mark 1x.

HOW IMPORTANT ARE THESE SIGNS?

There are many mentions of "signs" with regard to Shabbath and Feasts in Torah. We use "light" as "signs" for His appointed feasts, days, and years. For His Covenant Calendar!



BERE'SHIYTH (GENESIS) 9:12-13 תא CEPHER

"And Elohiym said, This is the sign of the covenant which I make between me and you and every living creature that is with you, for perpetual generations:

I do set my bow in the cloud, and it shall be for a sign of a covenant between me and the earth."

SHEMOTH (EXODUS) 31:13-14 תא CEPHER

"Speak also unto the children of Yashar'el, saying, Truly my Shabbaths ye shall guard: for it is a sign between me and you throughout your generations; that ye may know that I am Yahuah Meqoddishkem.

Ye shall guard the Shabbath therefore; for it is holy unto you: everyone that defiles it shall surely be put to death: for whosoever does any work therein, that soul shall be cut off from among his people."

VAYIQRA (LEVITICUS) 23:2-4 תא CEPHER

"Speak unto the children of Yashar'el, and say unto them, Concerning the feasts of Yahuah, which ye shall proclaim to be holy assemblies, even these are my feasts.

Six days shall work be done: but the seventh day is the Shabbath of rest, a holy assembly; ye shall do no work therein: it is the Shabbath of Yahuah in all your dwellings. These are the feasts of Yahuah, even holy assemblies, which ye shall proclaim in their appointed times."



Clearly, these "lights" (break of light, sun, light) and "signs" (signal, token, mark) are important and connect us to Yahuah.

But remember...

NO SUN WORSHIP!

IYOV (JOB) 31:25-28 תא CEPHER

"If I rejoiced because my wealth was great, and because my hand had gotten much;

If I beheld the sun when it shined, or the moon walking in brightness;

And my heart has been secretly enticed, or my mouth has kissed my hand:

This also were an iniquity to be punished by the judge: for I should have denied the El that is above."



The sun helps us, but...

Yes the sun provides light and signs, but it is not to be worshipped!

Admire the sun as one of Elohiym's Creations for us.

SO HOW DO THESE LIGHTS WORK IN OUR WORLD?

"Clouds catch the last red-orange rays of the setting sun and the first light of the dawn like a theatre screen, and reflect this light to the ground."¹



Isn't that just pollution?

"The truth is is that tropospheric aerosols... do not enhance sky colors, they subdue them. Clean air is, in fact, the main ingredient common to brightly colored sunrises and sunsets."*

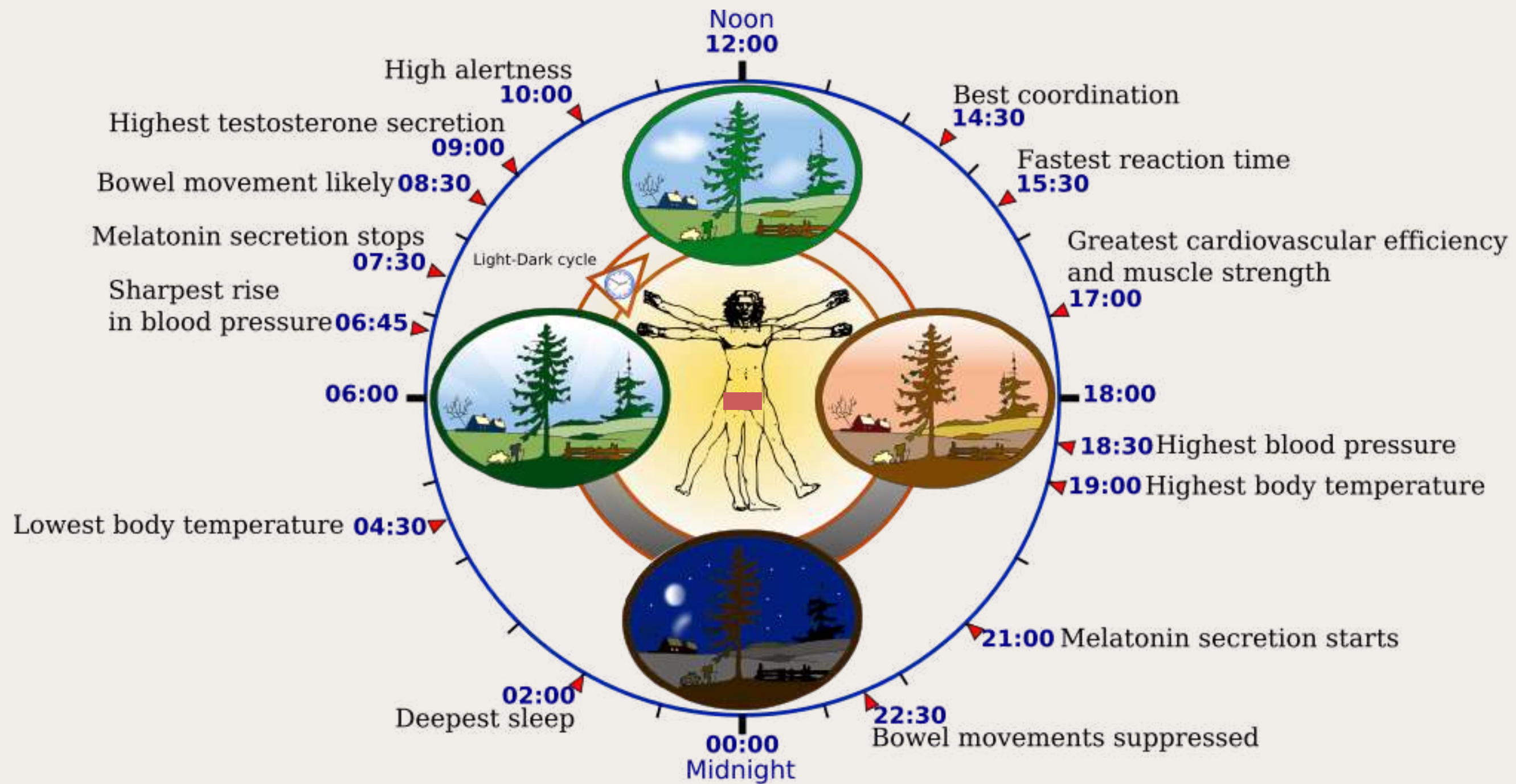
Circadian rhythm

The circadian rhythm is essentially our internal biological clock. It works the best when we rise early in the morning and get early sunlight in our eyes. This early sunlight tunes our internal clock for our biological needs.

BERE'SHIYTH (GENESIS) 9:13 תָּאֵץ צֶפְהֵר

"I do set my bow in the cloud, and it shall be for a sign of a covenant between me and the earth."

BIOLOGICAL CLOCK



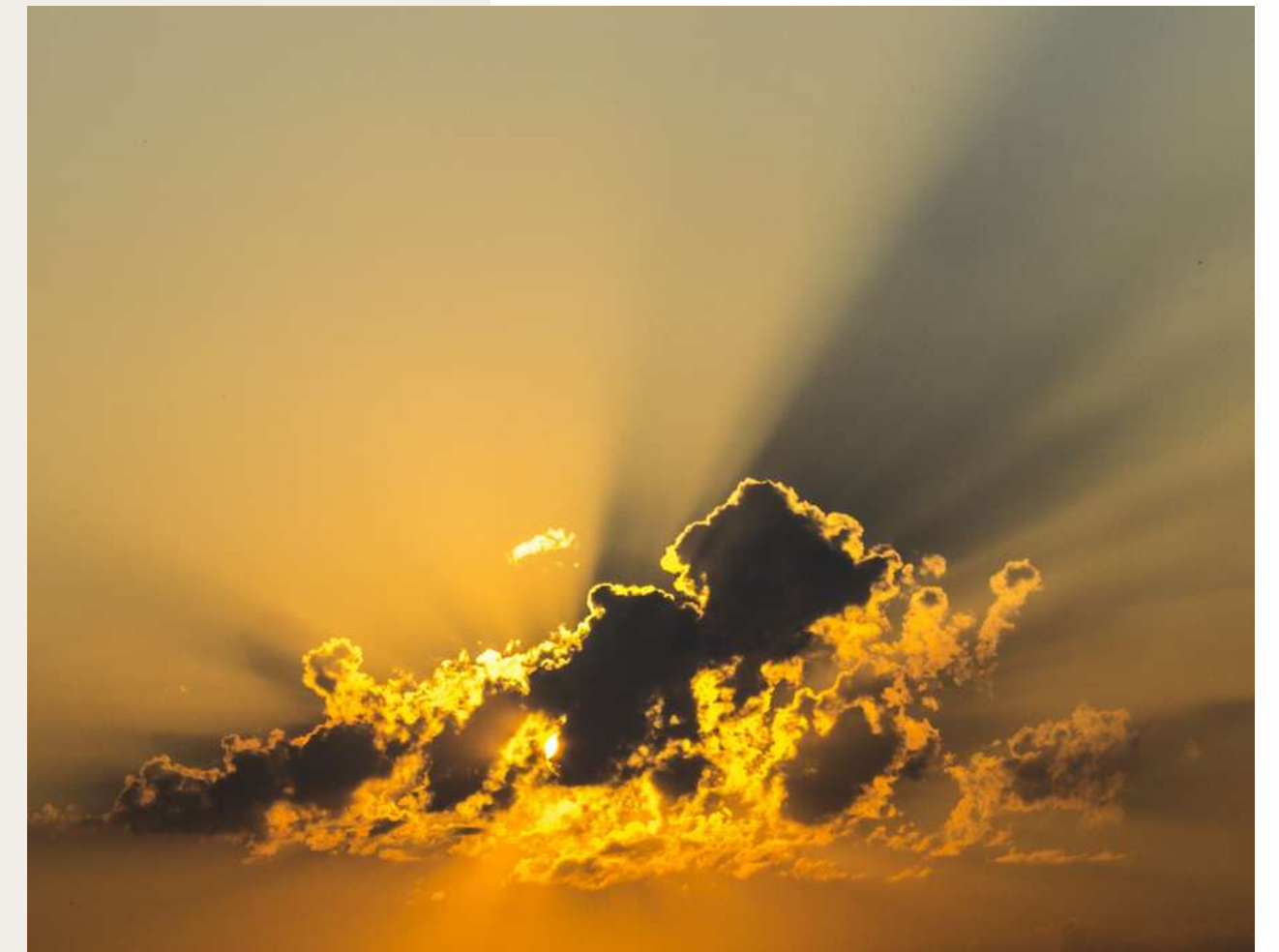
[2 Remix from Wikimedia Commons](#)

WHAT DOES THE CIRCADIAN RHYTHM REGULATE?

- Melatonin (helps us sleep)
- Feeding/ fasting rhythms
- Body temperature
- Hormones
- Adiponectin (adipose tissue and fat)
- Metabolism regulation

Light hits the eye and goes to the retina. This goes to neurons and then goes to the brain. This is how we see things.

The brain registers that it is day time. This shuts down the production of melatonin. In the previous biological clock, during a regulated circadian rhythm, we stop melatonin production at 7:30 and start producing it at 21:00.³



HOW IMPORTANT IS SUNLIGHT?

Disrupting the circadian rhythm can cause a lot of health issues because this affects everything in our bodies. Remember, this is a covenant between YAH and the earth (Genesis 9:13).



Melatonin³

Melatonin does more than just help us sleep. It is also an antioxidant, it can reduce the risk of cancer, and it helps cortisol production.

Disrupting circadian rhythm⁴

Seasonal affective disorder (SAD) has been linked to a biochemical imbalance in the brain prompted by shorter daylight hours and less sunlight in the winter. Symptoms include: depressed mood, changes in appetite, loss of energy, feeling worthless, and lack of focus.

Do you remember our
"light" definitions?

H216: "light" = happiness

H3974 : "lights" = cheerfulness

Told you to keep that in mind!

FURTHER IMPORTANCE OF SUNLIGHT

Expose yourself to good sunlight in the beginning of the day to help regulate the circadian rhythm. We don't need melatonin supplements to sleep. Our Creator gave us the sun!



Circadian misalignment⁵

"Shift workers, who are exposed to irregular sleep schedules resulting in sleep deprivation and misalignment of circadian rhythms, have an **increased risk of diabetes** relative to day workers."

Adjunctive bright light therapy⁶

"The study enrolled depressed adults with bipolar I or II disorder... Patients were randomly assigned to treatment with either [real] light or placebo light... Compared with the placebo light group, the group treated with bright white light experienced a significantly higher remission rate at weeks 4-6 and **significantly lower depression scores.**"

Effects of artificial dawn, dim light, and morning blue light⁷

"17 participants took part of a 48h laboratory protocol, during which three different light settings were administered each morning after two 6-h sleep restriction nights... Our data indicate that exposure to an artificial morning dawn simulation light **improves subjective well-being, mood, and cognitive performance**, as compared with dim light and LED blue light."

PART ONE: LIGHT RECAP

There are many Torah references to light: luminary, shine, sun, break of day. This light is a "sign" between Yahuah and us.

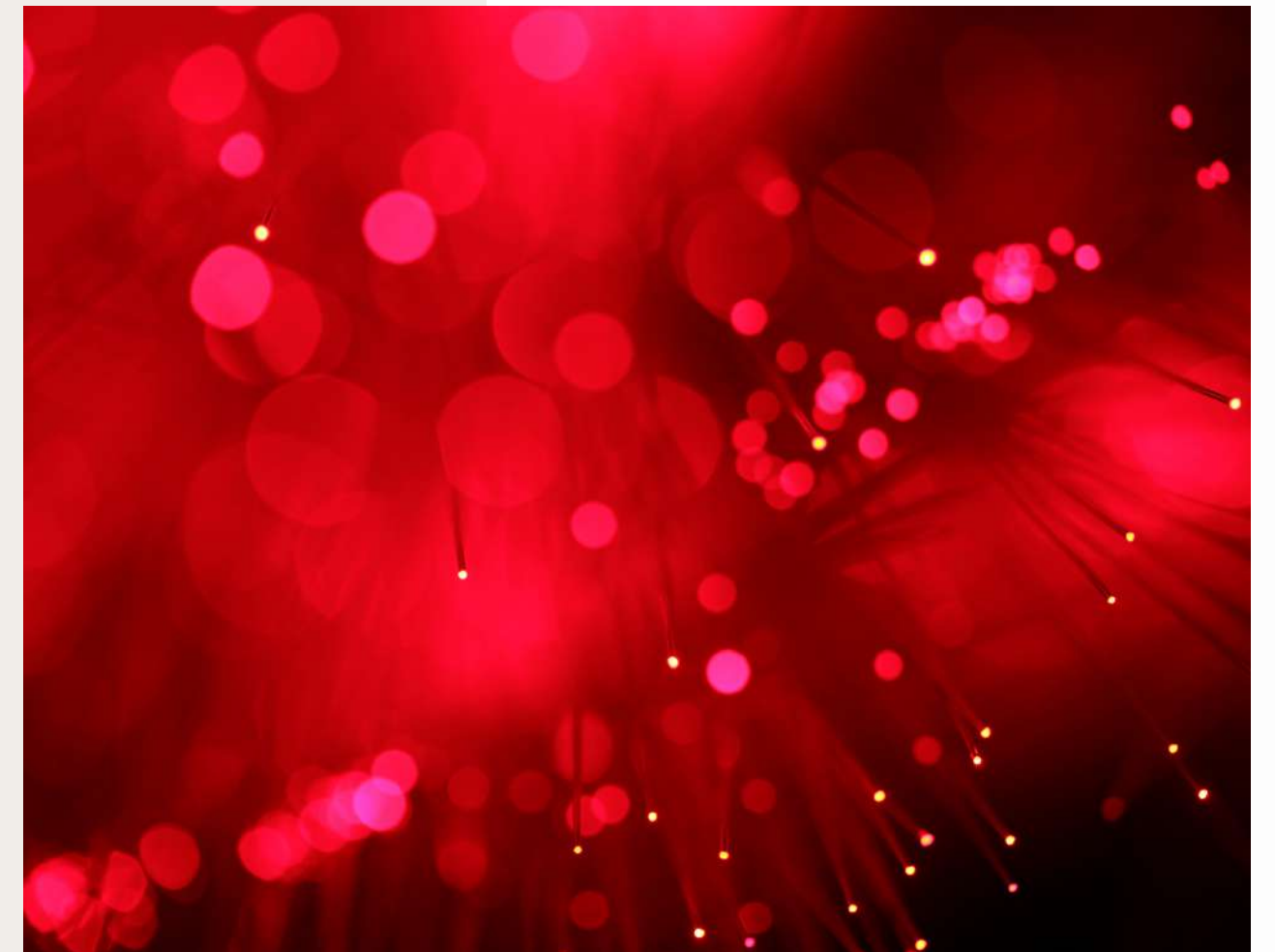
Proper sunlight early in the morning regulates our internal biological clock. This helps our hormones, mood, sleep, and so much more function properly.

But the sun is not to be worshipped! We admire and use the sun as YAH's beautiful, healing creation for us.



PART TWO: RED LIGHT

- Red and Scripture
- Scripture references
- Offerings and Tabernacles
- Light spectrum
- Light therapy
- Enemy confusion



WHAT DOES SCRIPTURE SAY ABOUT RED?



H120 - 'âdâm, pronounced aw-dawm'

From H119; {ruddy} that {is} a human being (an individual or the {species} {mankind} etc.): X {another} + {hypocrite} + common {sort} X {low} man ({mean} of low {degree}) person.

KJV usage: man 408x, men 121x, Adam 13x, person(s) 8x, common sort 1x, hypocrite 1x.

CREATION OF H120 "MAN"

"And Elohiym said, Let us make man in our image, after our likeness: and let them have dominion over the fish of the sea, and over the fowl of the air, and over the cattle, and over all the earth, and over every creeping thing that creeps upon the earth.

So Elohiym created man in His own image, in the image of Elohiym created he Him; male and female created He them."
BERE'SHIYTH (GENESIS) 1:26-27 תל CEPHER



Man

1:26 we have a collective man, mankind.

Male and female

1:27 we have distinctly = men + women.

CREATION OF H120 "MAN" CONTINUED

"And Yahuah Elohiym formed the man of the dust of the ground, and breathed into his nostrils the breath of life; and the man became a living soul." BERE'SHIYTH (GENESIS) 2:7 אֵת
CEPHER



ROOT WORD FOR ADAM (MAN)



H119 - 'âdâm, pronounced aw-dawm'

To show blood (in the {face}) that {is} flush or turn rosy: - be ({dyed} made) red* (ruddy).

KJV: dyed red 5x, red 4x, ruddy 1x.

*In Torah SHEMOTH (EXODUS) 25:5; 26:14; 35:7; 35:23; 36:19; 39:34

SHEMOTH (EXODUS) 25:5; 26:14; 35:7; 35:23; 36:19; 39:34

25:5 And rams' skins dyed red... (part of an offering)

26:14 And you shall make a covering for the tent of rams' skins dyed red (making the Tabernacle)



35:7 And rams' skins dyed red... (another offering)

35:23 ...and red skins of rams... (offering continued)

36:19 And he made a covering for the tent of rams' skins dyed red... (Tabernacle continued)

39:34 And the covering of rams' skins dyed red (more Tabernacle)

OFFERINGS AND TABERNACLE



... And let them make me a sanctuary; that I may dwell among them." SHEMOTH (EXODUS) 25:1-2, 8 תא CEPHER

Does this offering and sanctuary of red, connect us to Yahuah?

"And Yahuah spoke unto Mosheh, saying, Speak unto the children of Yashar'el, that they bring me an offering: of every man that gives it willingly with his heart ye shall take my offering....



FROM SISTER ANDREA

Red is first in the color spectrum/rainbow's order.

Its role is to trigger melanin production to prepare us for the intensity of the light during noontime and afternoon so we don't burn.

The spiritual parallel is that He's preparing us now, while we are living in a low-light place, to one day be able to stand in His Presence & Light and not burn!

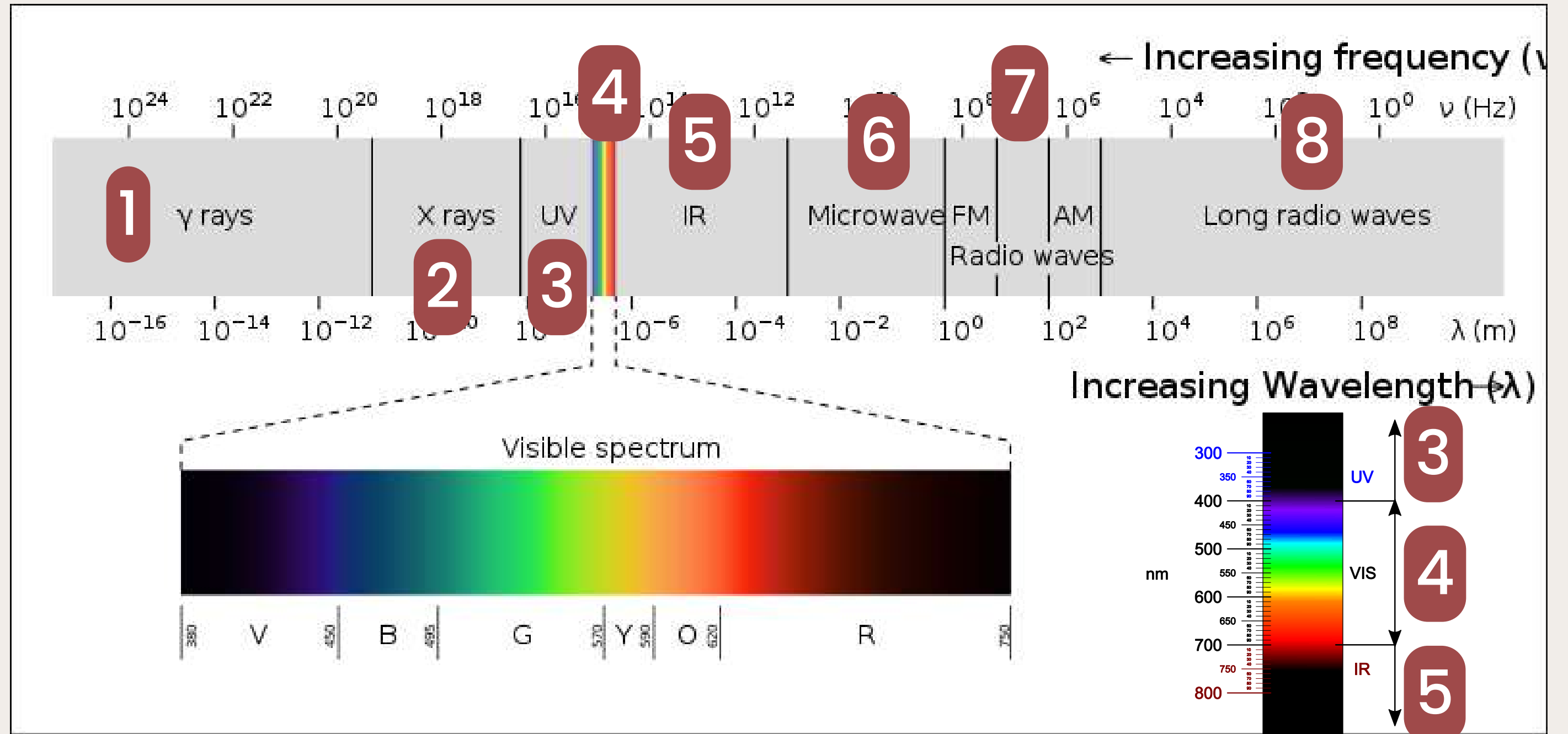
And red, of course, is the color of His Blood, His Covering for us.



"It has recently been suggested that infrared (IR) exposure might have protective effects against UV-induced skin damage mainly by triggering protective/repair responses to UV irradiation. In the natural environment, visible and IR solar wavelengths predominate in the morning and UVB and UVA are maximal around noon which suggest that mammals already possess a natural mechanism which, in reaction to morning IR radiation, prepares the skin for upcoming potentially damaging UV radiation at noon."⁸

LIGHT SPECTRUM

1. Gamma
2. X rays
3. UV light
4. Visible light
5. Infrared
6. Microwave
7. Radio
8. Long radio



A wavelength is the horizontal distance between the two peaks of the wave. Light is measured by its wavelength (in nanometers). It is usually characterized by the Greek symbol λ Lambda.

Visible light is usually defined as having wavelengths in the range of 400–700 nanometers (nm) or one billionth of a meter. High frequency (starting with gamma) are the most damaging to us. ⁹

HOW DOES RED LIGHT FROM THE SUN HELP US?

Mitochondria is the engine for our bodies.

It creates Adenosine triphosphate (ATP) which is an organic compound that provides energy to drive many processes in living cells.

Mitochondria can overheat (just like a car engine). And the by-product of this is oxidative stress.

Oxidative stress can lead to cancer, dementia, diabetes, inflammation, the "v i d 19" mortality, and learning disabilities.

The pineal gland secretes melatonin at night and goes into the mitochondria.



Mitochondria is also a powerful antioxidant - more powerful than vitamin E.

Near infrared (NIR) light from the sun stimulates mitochondria to produce melatonin where oxidative stress happens.

This may prevent cancer, neurodegenerative disease, cardiovascular disease, diabetes, alzheimer's, parkinson's, and even the "v i d 19".¹⁰

WHAT IS LOW LEVEL LIGHT THERAPY (LLLT)?

"Low level laser therapy (LLLT) utilizes a pencil-like beam of electromagnetic waves of a single frequency and defined wavelength to promote tissue healing and pain relief in a broad spectrum of soft tissue injuries and diseases." ¹¹



Which nm do we use?

"Wavelengths in the range of 390 nm to 600 nm are used to treat superficial tissue. And longer wavelengths in the range of 600nm to 1,100nm, which penetrate further, are used to treat deeper-seated tissues. But 700–750 have limited biochemical activity." ⁸

What can LLLT treat?

Acne, photodamage, non-melanoma skin cancers, skin rejuvenation, vitiligo, wound healing post elective surgery, wrinkles, superficial hyperpigmentation, anti-aging, hyperpigmentation, rosacea, skin tone, firmness of skin, and age spots on the face, neck, and hands. ⁸

Which nanometer is right for us?

I was using a light therapy device for myself and my cat. This device uses 660 nm. And then I started this study and wondered... Are there any Hebrew word number definitions for these nm numbers?

DEFINITION OF H660

H660

Hebrew : אפעה

Transliteration : 'eph'eh

Pronunciation : ef-eh'

Definition : From [H659](#) (in the sense of hissing); an asp or other venomous serpent: - viper.

KJV Usage : viper;(3x).

Occurs : 3

In verses : 3

Well that's not good!

USES OF H660

🔍 H660] Cancel

Old Testa. New Testa. 📖

Isaiah only

Job 20 : 16
He shall suck[[H3243]] the poison[[H7219]] of asps:[[H6620]] the viper's[[H660]] tongue[[H3956]] shall slay[[H2026]] him.

Isaiah 30 : 6
The burden[[H4853]] of the beasts[[H929]] of the south:[[H5045]] into the land[[H776]] of trouble[[H6869]] and anguish,[[H6695]] from whence come the young[[H3833]] and old lion,[[H3918]] the viper[[H660]] and fiery[[H8314]] flying[[H5774]] serpent,[[H8314]] they will carry[[H5375]] their riches[[H2428]] upon the shoulders[[H3802]] of young asses,[[H5895]] and their treasures[[H214]] upon the bunches[[H1707]] of camels,[[H1581]] to a people[[H5971]] that shall not profit[[H3276]] them.

Isaiah 59 : 5
They hatch[[H1234]] cockatrice'[[H6848]] eggs,[[H1000]] and weave[[H707]] the spider's[[H5908]] web:[[H6980]] he that eateth[[H398]] of their eggs[[H1000]] dieth,[[H4191]] and that which is crushed[[H2116]] breaketh out[[H1234]] into a viper. [[H660]]



**GUESS I NEED TO DO
MORE RESEARCH...**

HOW I FOUND A NEW LLLT DEVICE

I was using red light therapy for Jericho because he has a lot of gum inflammation. The previous device of 660 nm was made for pets. And, interestingly, the company's founders are believers in "god". Additionally, they talk about chakra healing and other new age practices on their website.



Stomatitis

Stomatitis means inflammation of the opening (mouth). It's severe inflammation in the oral cavity. And currently there aren't many treatment options. Most vets want to remove all of the teeth. But this often does not solve inflammation.

NIR laser therapy

I found a study that used NIR laser therapy on cats with stomatitis. These cats had their teeth removed. But one group did see a great reduction in inflammation.¹²

What nm did they use?

Of course, I wanted to know what nm they used so I can avoid the "viper". This study used 808 nm.¹² From previous slides, this higher nm can penetrate much deeper than the skin.

DEFINITION OF H808

H808

Hebrew : אָשִׁישׁ

Transliteration : 'âshîysh

Pronunciation : aw-sheesh'

Definition : From the same as [H784](#) (in the sense of pressing down firmly; compare H803); a (ruined) foundation: - foundation.

KJV Usage : foundation;(1x).

Occurs : 1

In verses : 1

Ok, foundation. Not bad.

COMPARE H803

H803

Hebrew : אשׁוּיָה

Transliteration : 'ăshûyâh

Pronunciation : ash-oo-yah'

Definition : Feminine passive participle from an unused root meaning to found; foundation: - foundation.

KJV Usage : foundation;(1x).

Occurs : 1

In verses : 1

Same, foundation.

WHAT ABOUT THE ROOT?

H784

Hebrew : **אש**

Transliteration : 'êsh

Pronunciation : aysh

Definition : A primitive word;fire (literally or figuratively): - {burning} {fiery} {fire} {flaming} hot.

KJV Usage : fire;(373x), burning;(1x), fiery;(1x), untranslated variant;(1x), fire;(with;H800);(1x), flaming;(1x), hot;(1x).

Occurs : 380

In verses : 348

Lots of references! What about in Torah?

THERE ARE LOTS IN TORAH!

The references are in the context of making a fire for food or a burnt offering.

And Yahuah appearing as fire or raining down fire. So could be good, could be bad.



Genesis 15:17, 19:24, 22:6, 22:7

Exodus 3:2, 9:23, 9:24, 12:8, 12:9, 12:10, 13:21, 13:22, 14:24, 19:18, 22:6, 24:17, 29:14, 29:34, 32:20, 32:24, 35:3, 40:38

Leviticus 1:7, 1:8, 1:12, 1:17, 2:14, 3:5, 4:12, 6:9, 6:10, 6:12, 6:13, 6:30, 7:17, 7:19, 8:17, 8:32, 9:11, 9:24, 10:1, 10:2, 13:24, 13:52, 13:55, 13:57, 16:12, 16:13, 16:27, 19:6, 20:14, 21:9

MY NEW LLLT DEVICE



The new LLLT device I found has 808 and 650 nm.

It was difficult to find one that did not use 660 nm!

This was one of the only devices I found that had 808 that wasn't for professional veterinary use.

DEFINITION OF H650

H650

Hebrew : אֶפֶיֶק

Transliteration : 'âphîyq

Pronunciation : aw-feek'

Definition : From [H622](#) ; properly {containing} that {is} a tube; also a bed or valley of a stream; also a strong thing or a hero: - {brook} {channel} {mighty} {river} + {scale} {stream} strong piece.

KJV Usage : river;(10x), channel;(3x), stream;(2x), brooks;(1x), mighty;(1x), scales;(1x), strong;(1x).

Occurs : 19

In verses : 19

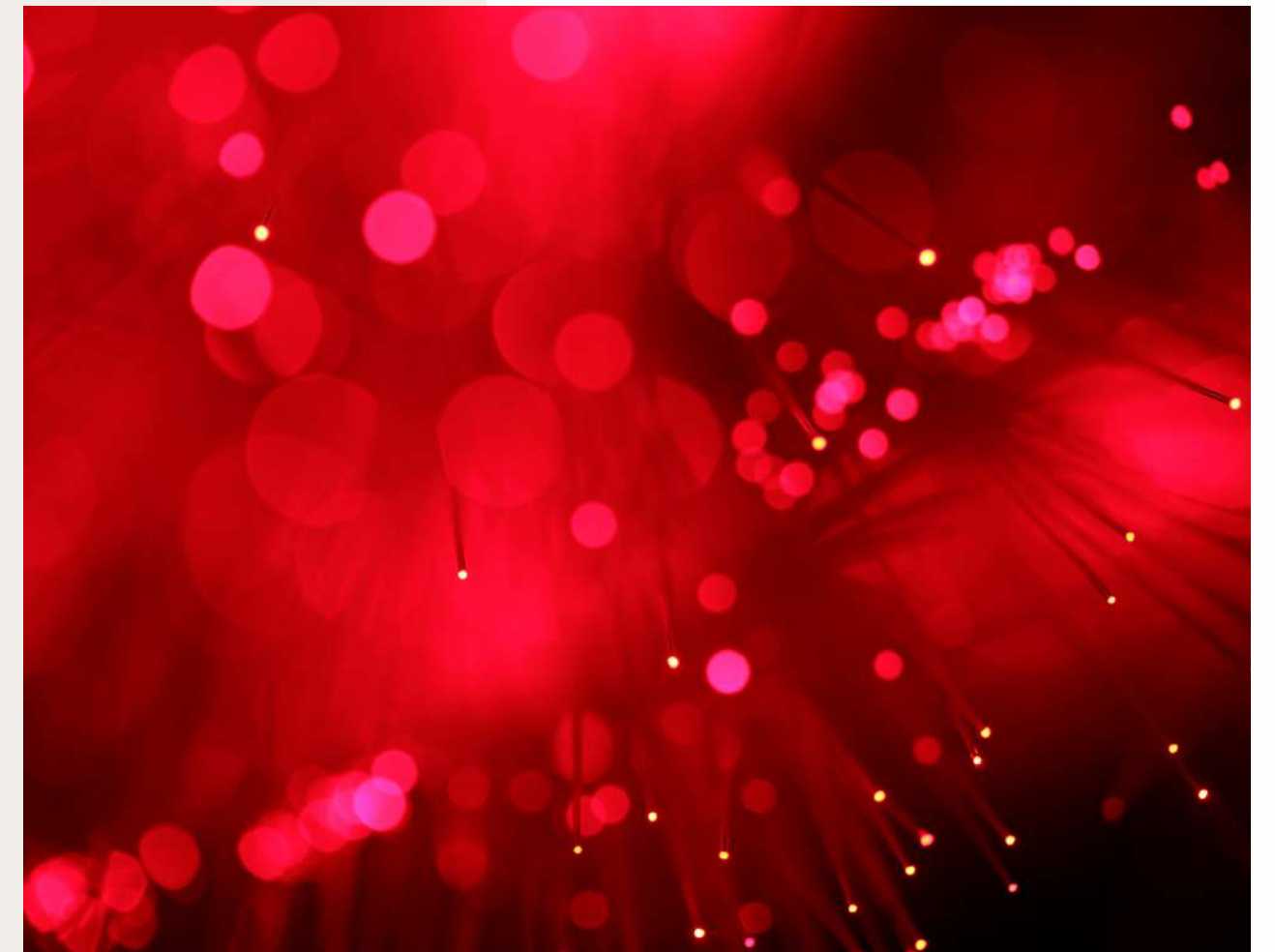
"A strong thing or a hero"
Interesting! But no uses in Torah.

PART TWO: RED LIGHT RECAP

The color red is associated with mankind and blood. This red is also tied to offerings and the Tabernacle we make to YAH.

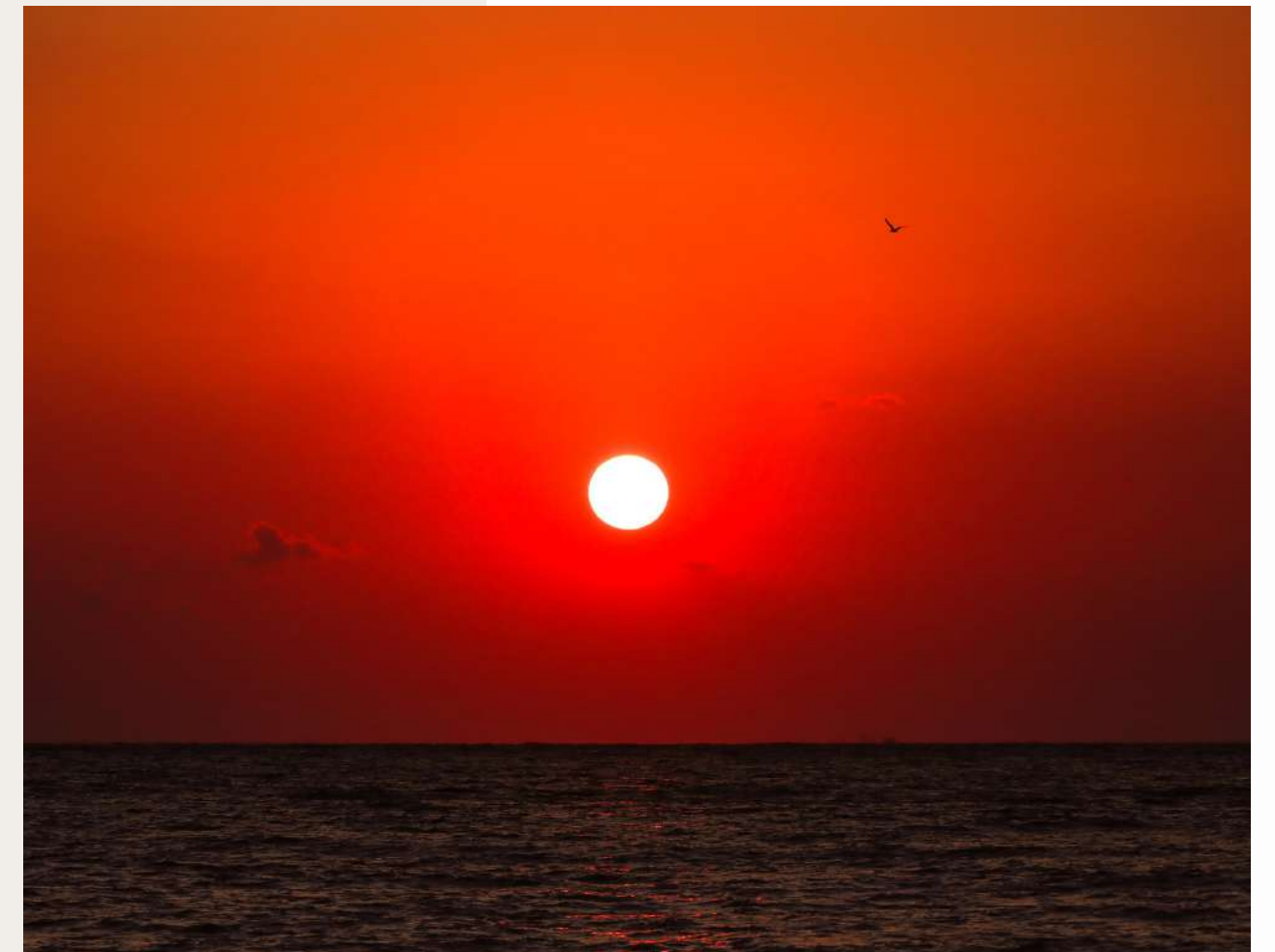
Near infrared light from the sun helps protect us from UV and oxidative damage. This can prevent many serious health issues.

But we need to pay attention to the specific nanometers that we use to avoid the "viper" and any other tainted numbers.



PART THREE: DAILY PRACTICES

- Morning dos and don'ts
- How I get sunlight and use red light therapy
- FAQ



SO HOW CAN WE GET STARTED?



Don't feel like you have to buy the most expensive light therapy device straight out.

We can get started with some very easy and free practices every day.

Remember, Yahuah gave us everything we need right here.

The sun!



MORNING DOS AND DON'TS⁰³

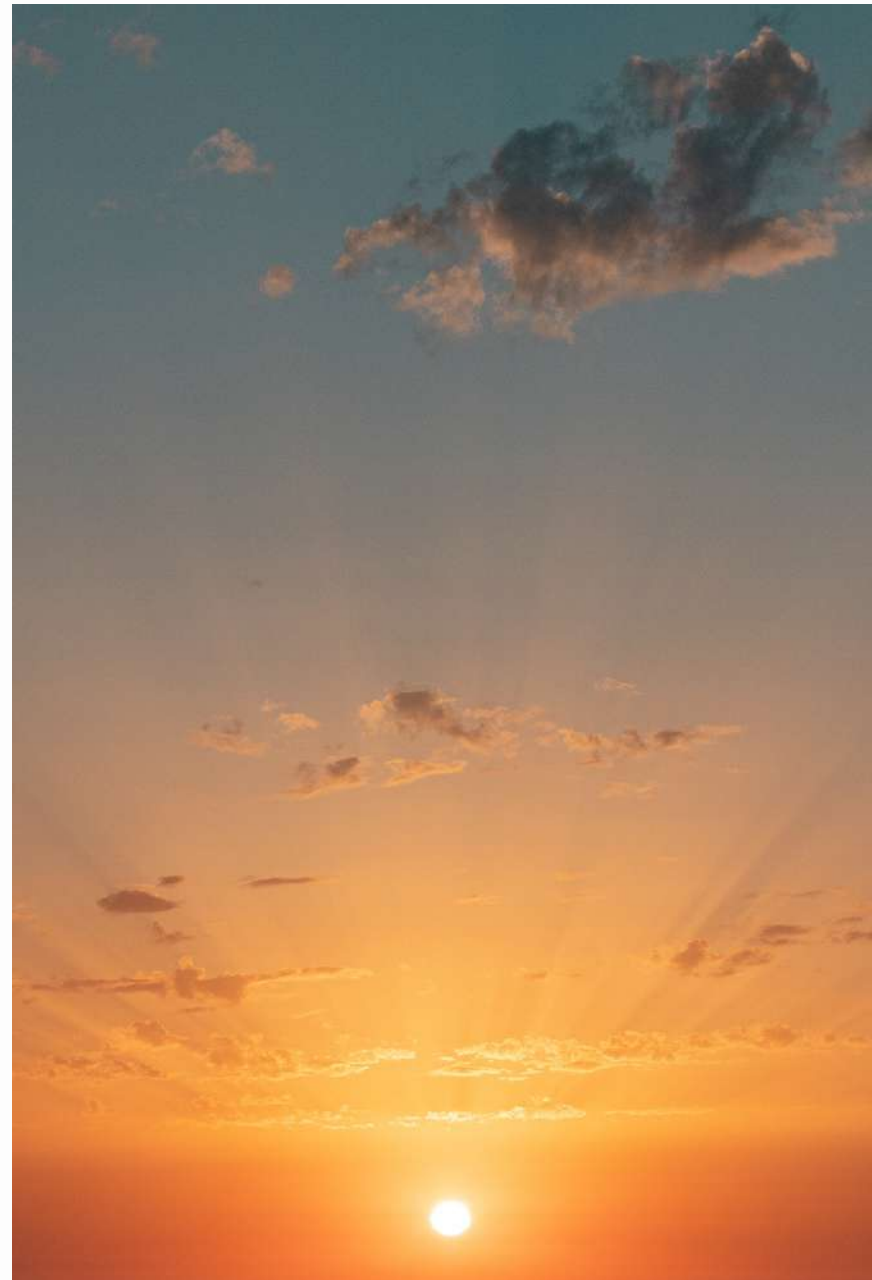
DO

View bright sunlight as early as possible, close to waking up, ideally before 9 am.

Straight sunlight, nothing between you and the sun.

Bright light might only need ~30 seconds.

Cloudy day might need 30+ minutes.



DON'T

Stare directly at the sun.

Do this inside, in a car, or wear sunglasses.

Use blue light blockers*.

*Blue light is good during the day because that tells our pineal gland to stop producing melatonin.

EVENING DOS AND DON'TS⁰³

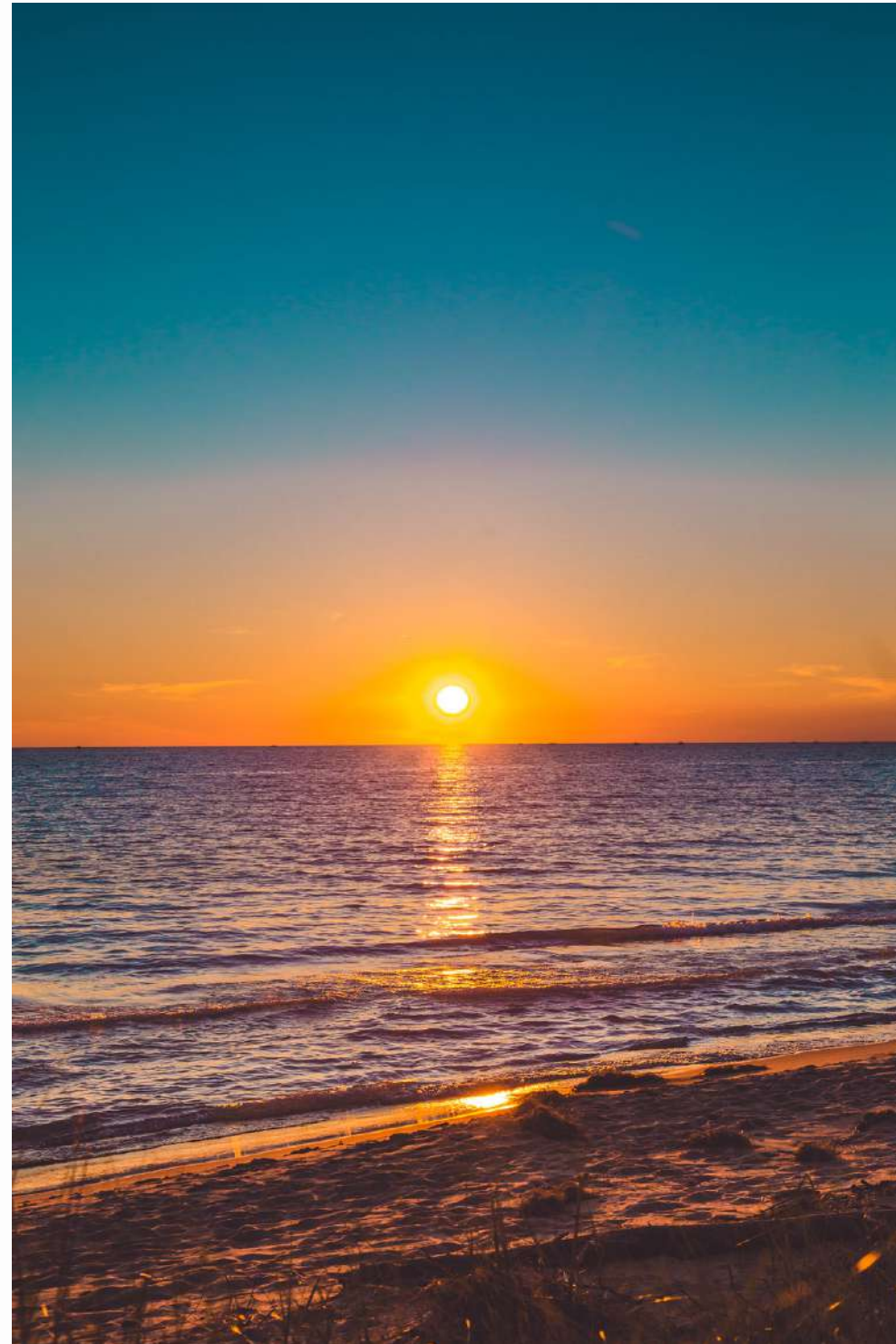
DO

Catch the sunlight sunset.
NIR is highest at sunrise and sunset when the sun is at a lower angle.

Limit light use after sunset.

Use low-angle, dim, red/orange light if you have to use lights.

Use blue blockers if you have to use screens.



DON'T

Use bright lights at high angles.

Use screens for at least 2 hours before sleep.

HOW I GET SUNLIGHT

I live in nyc where there are lots of tall buildings and not much wide open space.

And I started going out for morning sunlight back in November when there is less sunlight.

I went on a very long walk the first day basically chasing the sunlight.

I could see the sun peeking through the trees and shining on the buildings and just followed that.



MORNING SUNLIGHT IS EASIER TO FIND

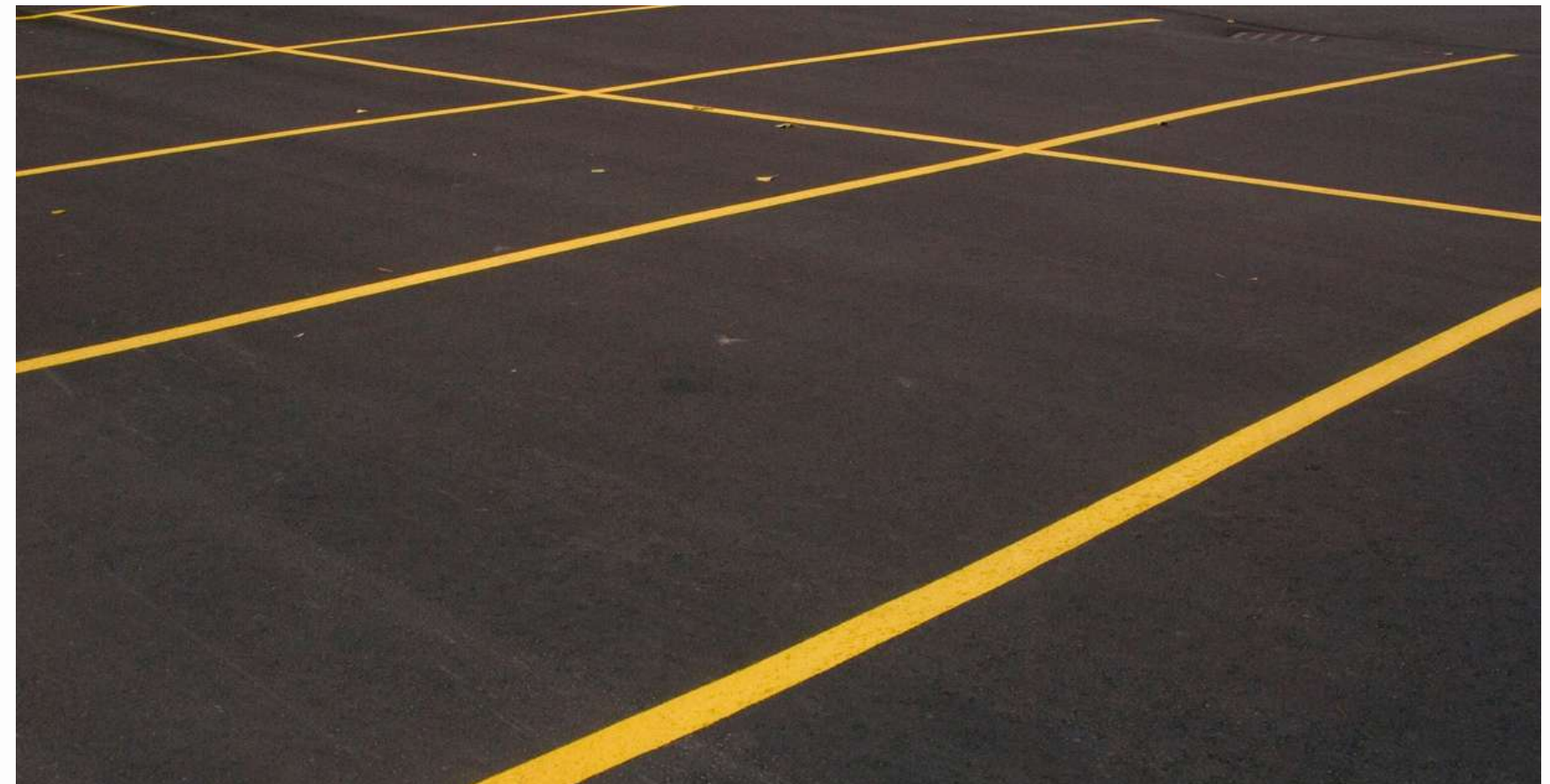


I used to walk about 20 minutes to this corner for sunlight. But now I can get sunlight closer to me since the sun rises a bit earlier.

There is a parking lot near my apartment that faces the sunrise.

The sun comes up through some shorter buildings in the distance.

It's funny, people cut through the parking lot to get to the train. And they probably wonder what I'm doing. But I just stand there and get my sunlight!



HOW I USE RED LIGHT THERAPY

I use red light therapy daily as a first aid or on acute injuries. For example, on cuts like the scratch from Jericho below.

However, every other day or twice weekly is more appropriate for chronic issues.



HOW I USE LLLT ON JERICHO



Jericho also has otitis externa (outer ear infection, inflammation). So I use the red light therapy device on his ears and around his mouth.

These are chronic issues so I do this 3 times a week. I just recently started doing longer sessions so I am still waiting on results.

I do one minute on each point, and I do both sides. It's important to do both sides even if the issue is only on one side.¹³

Also note that the light is not directly on him. He has black fur, and black fur absorbs light. So we don't want to put the light directly on dark fur.

Same goes for us (tattoos, etc.).

FAQ

Why dim, low-angle, red/orange light?

Think back before we had artificial light. We used fire. Fire is dim, red/orange, and typically low-angle like on the ground. This type of light is similar to the sun's NIR.⁰³

What about prescription glasses and contacts?

Most are probably not enough to block light from the sun. However, some marketing on newer products may say "blocks UV from the sun". Remember, UV (blue light) during the day is good. This prevents us from producing melatonin aka prevents us from falling asleep.⁰³

What about reading at night?

There is a study that proved reading at night with a dim artificial light and a physical paper book is better than reading from an electronic reader (one with a screen).¹⁴



What about light simulation boxes for the winter?

Aim for 10k+ lux, use for 20-30 minutes, and put the box 11-15 inches away from you.⁰³

What red light therapy device do you use?

I use Novaa Lab's "The Novaa Extra Strength Laser". This one uses 650 and 808 nm. Note: Their other products use 660 nm!¹⁵ Also only available in the US.

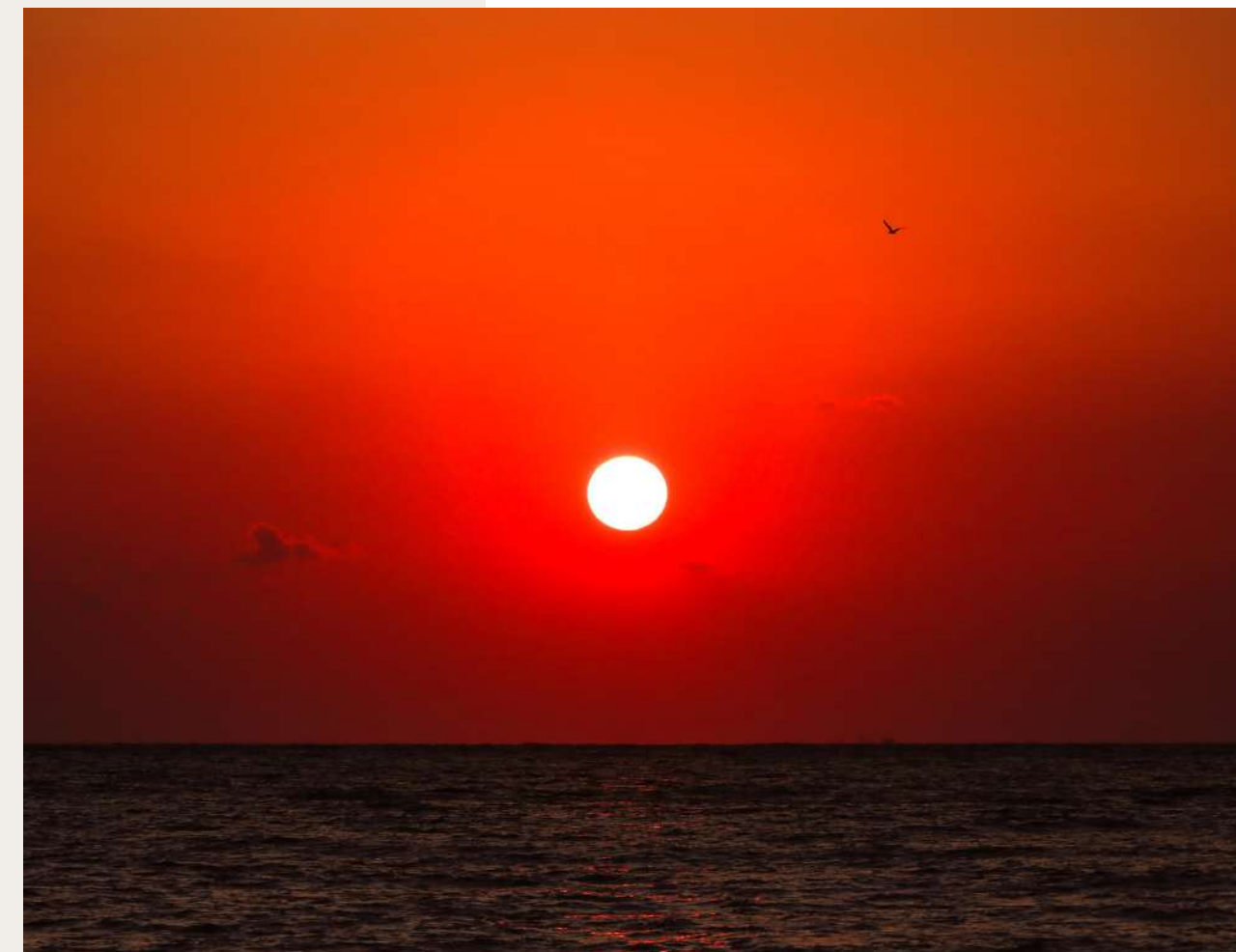
PART THREE: DAILY PRACTICES

RECAP

Start with what's easy and free – the sunlight!
Get early morning sunlight before 9 AM and try
to get evening sunlight before the sun sets.

Avoid bright lights and screens at night.
Especially 2 hours before bed.

Red light therapy can be used daily on
superficial, acute issues. And it can speed up
healing. However, chronic issues will take longer
to heal and 2–3 sessions/week is typical.



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