



SUNLIGHT + CIRCADIAN RHYTHM

CHANGING OUR PARADIGM

Opening our mind to a Quantum Paradigm

Simply put, this means seeing our biology through the lens of photons (light) and electrons (energy and metabolic function).

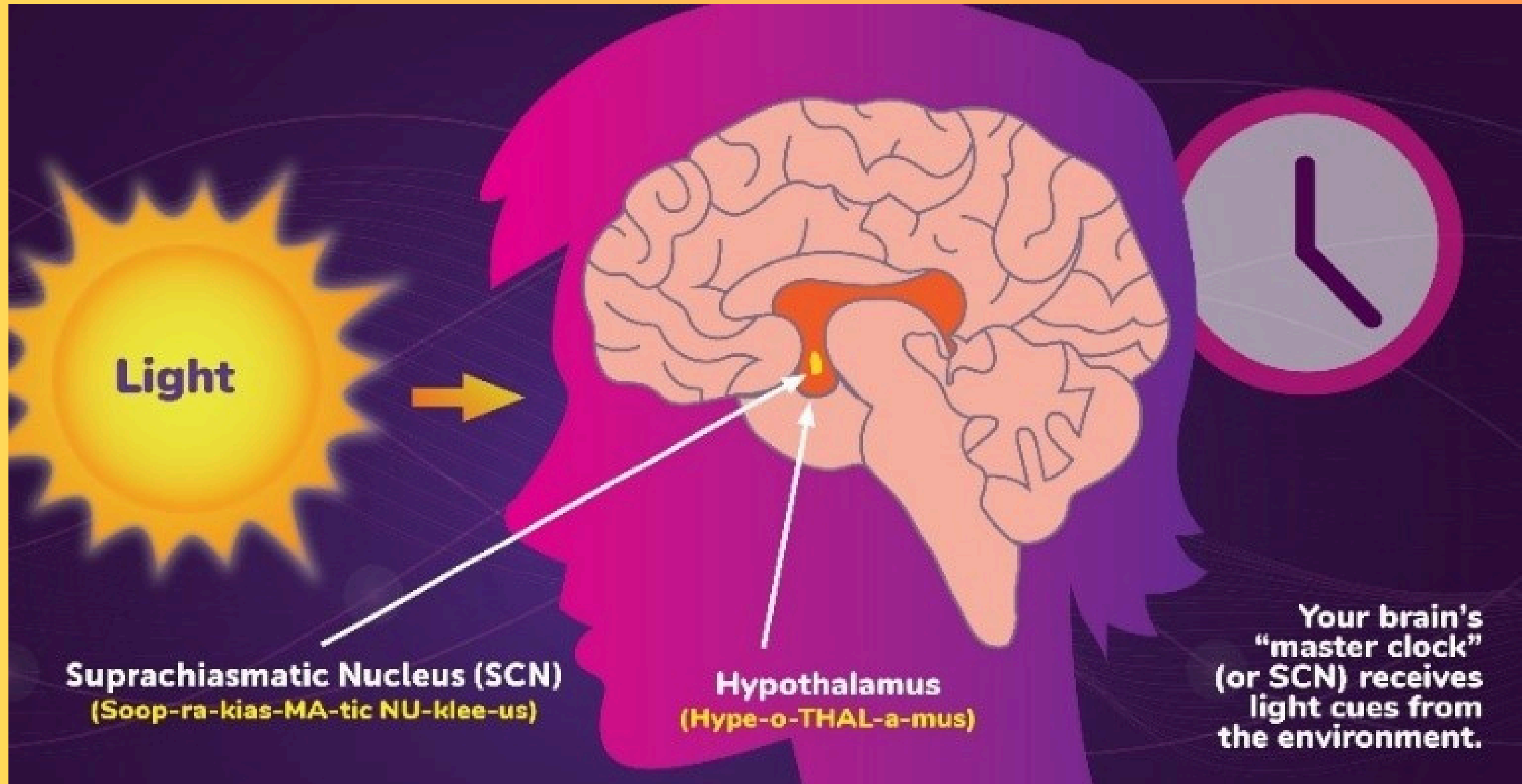
ALL ABOUT MITOCHONDRIA

Our mitochondria determine the health of our cells.

Mitochondria need sunlight and darkness in order to function optimally.

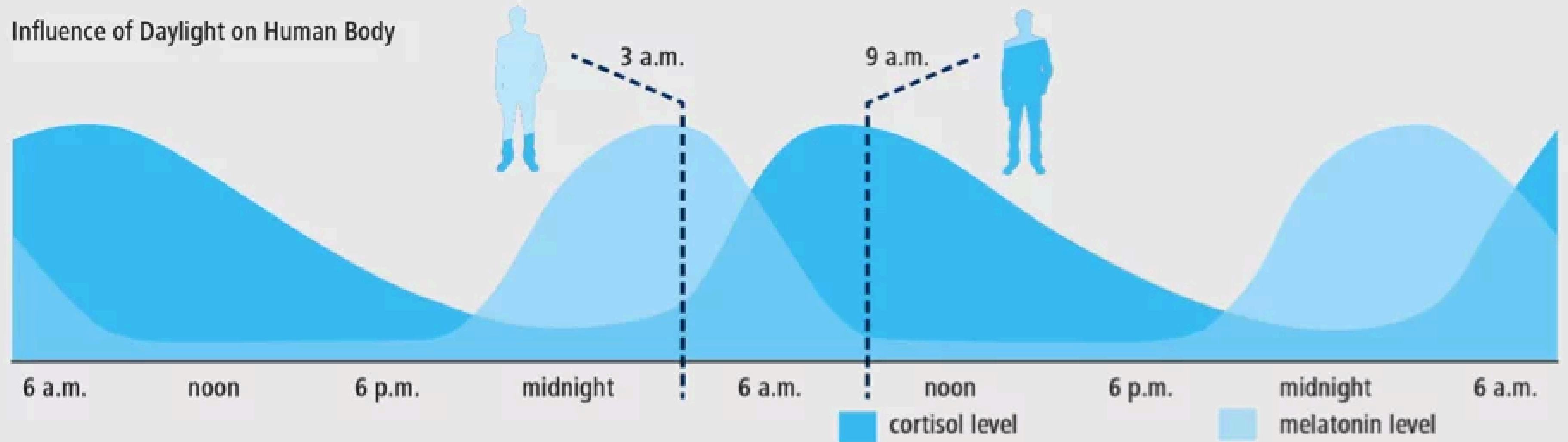
If we have unhealthy mitochondria we have unhealthy cells, which mean an unhealthy body.

HOW SUNLIGHT PROGRAMS OUR BODY

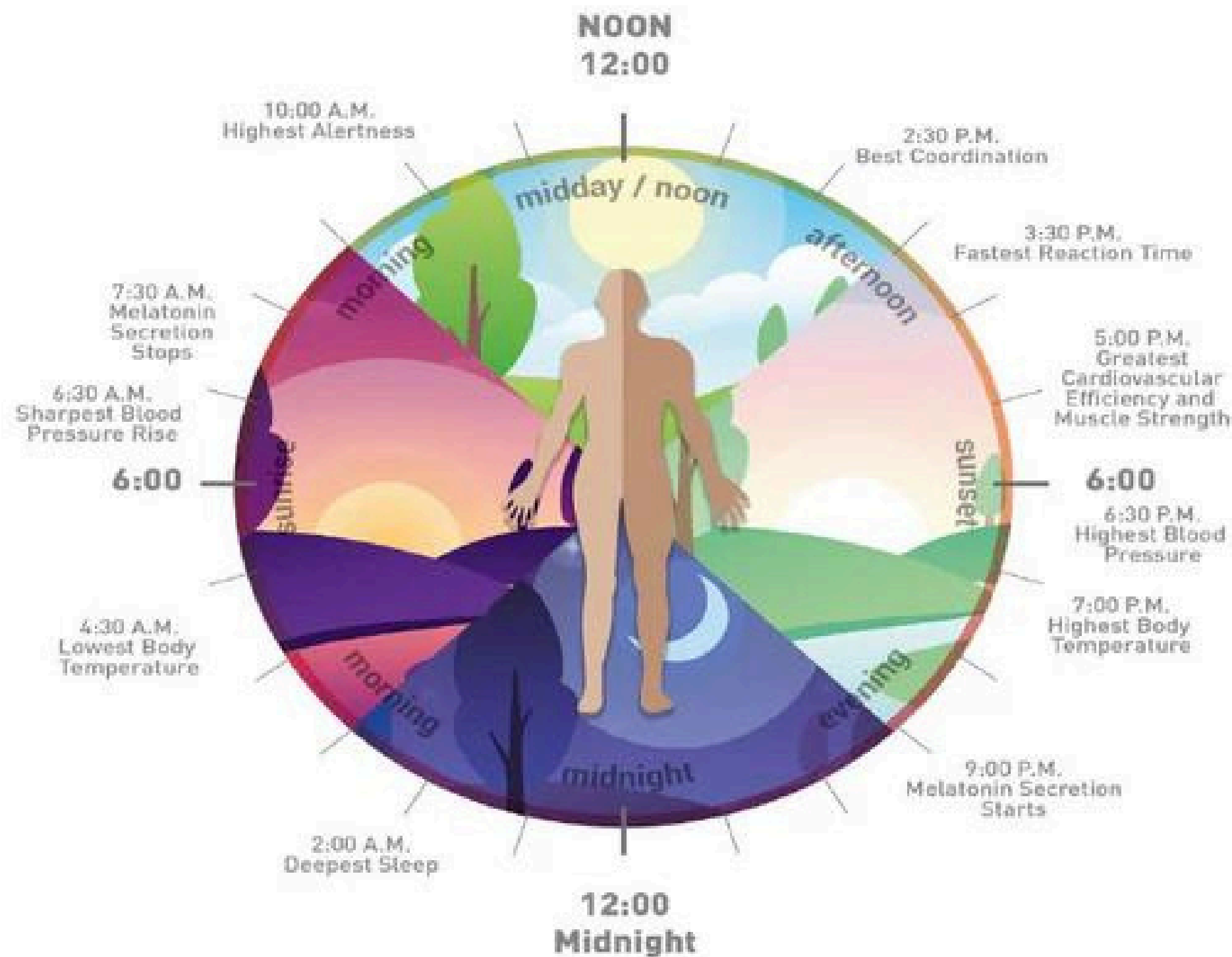


NATURAL RHYTHM OF CORTISOL AND MELATONIN

Influence of Daylight on Human Body



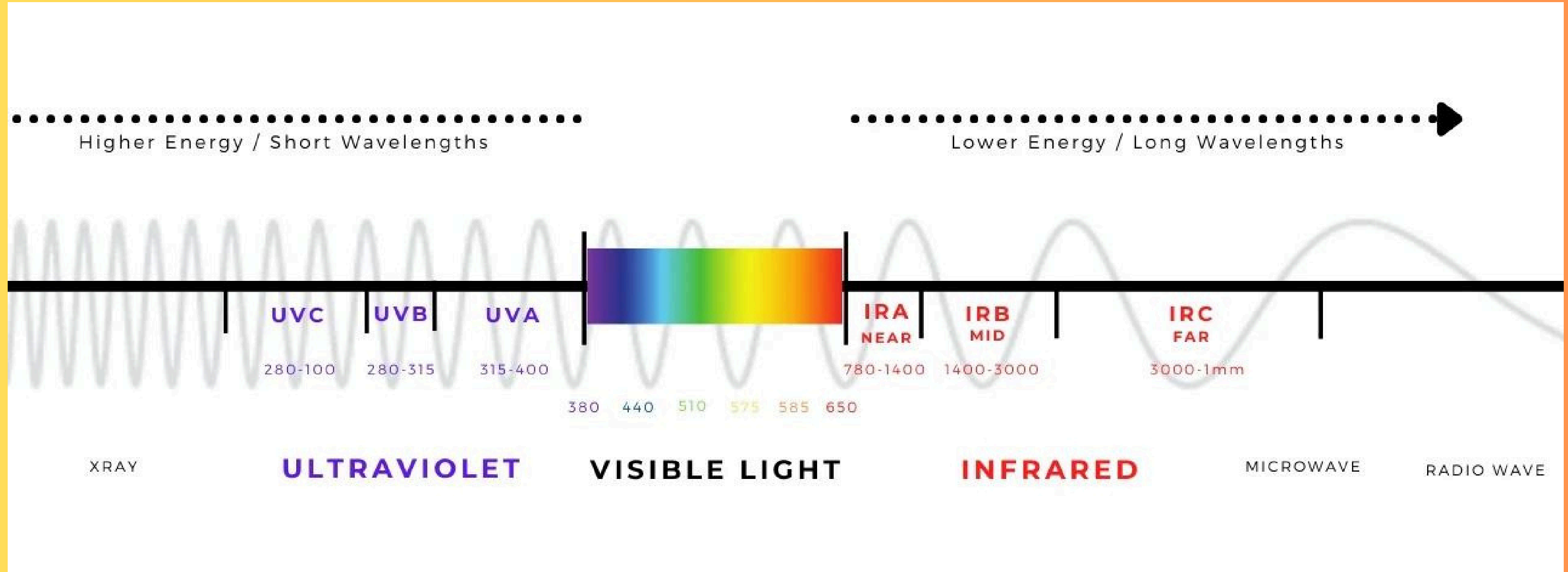
TRADITIONAL CHINESE MEDICINE CHART



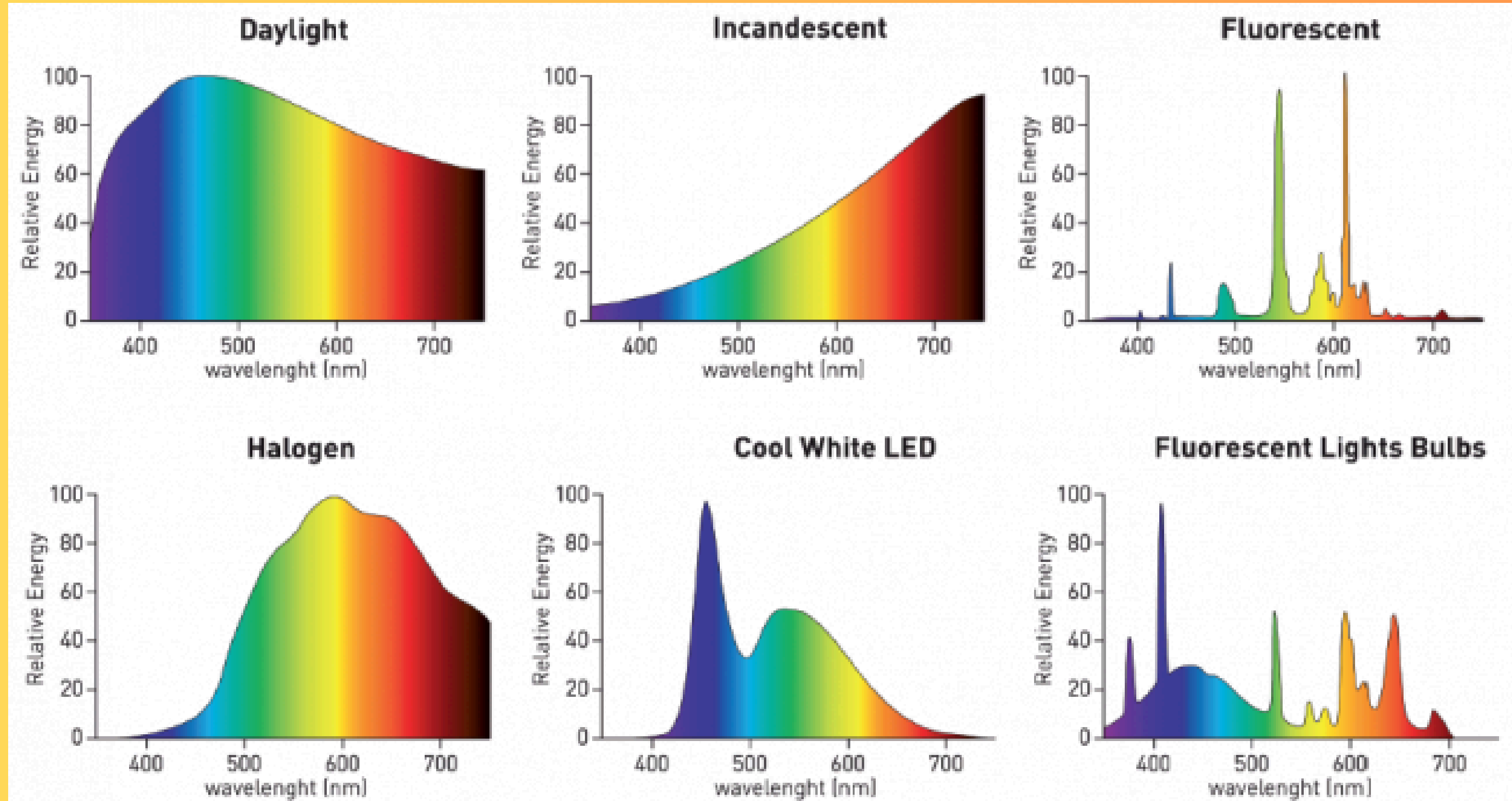
OUR BODY'S RHYTHM



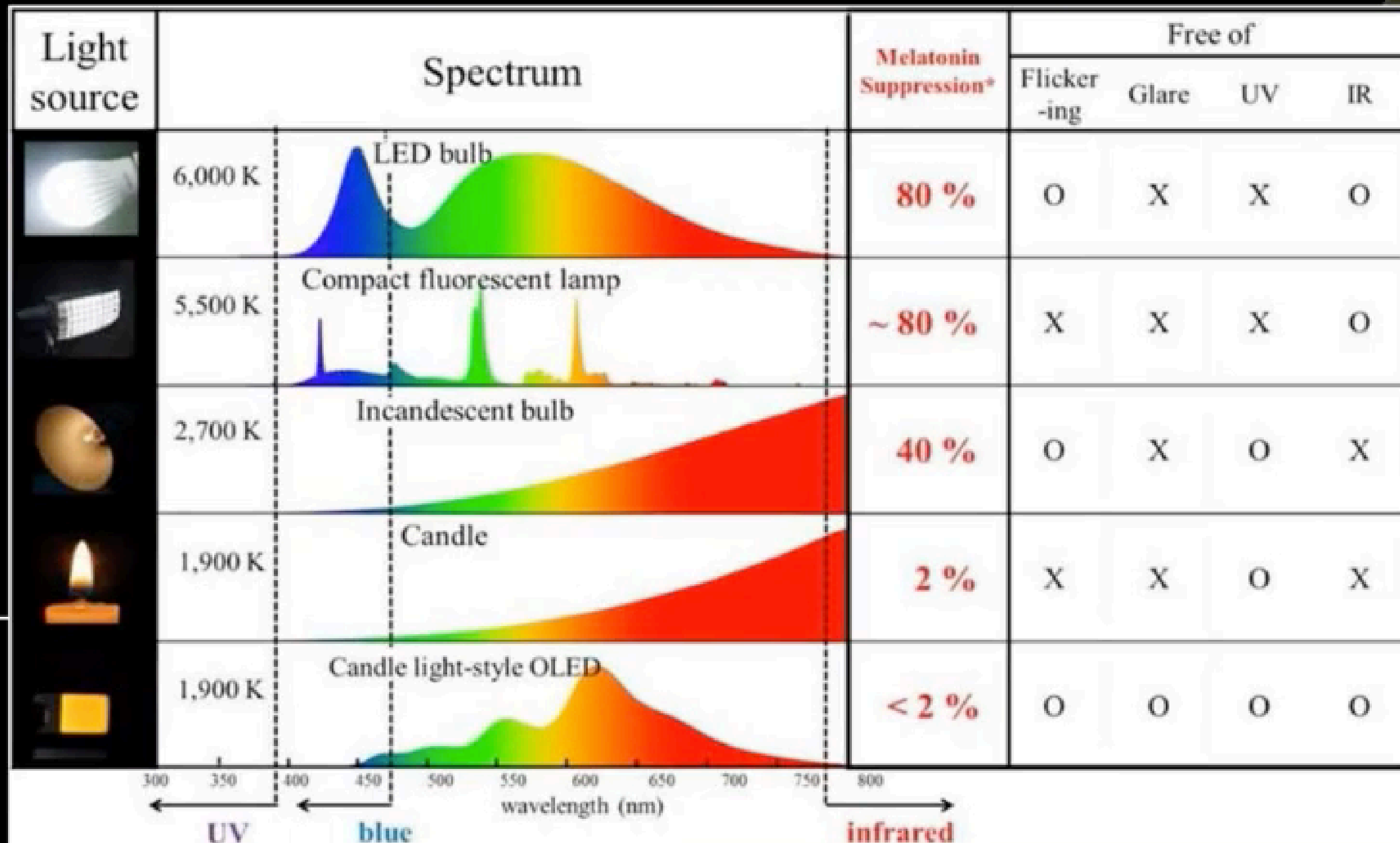
WAVELENGTHS OF LIGHT



SUNLIGHT SPECTRUM VS. MANMADE LIGHT



HOW LIGHTING AFFECTS MELATONIN



FROM SUNRISE TO SUNSET: THE HOW TO

SUNRISE: Sets your clock for the day (and night!)
Shifts from pineal to pituitary hormone release
Red & Blue – preconditions cells
Energy production – gentle cortisol rise
Gentle, healing light (high in red)

“DOSE”: 30–60min for healing dose
60min for brain injuries
60min for chronic illness
15min for maintenance

UVA LIGHT: ~8–10am

UV Index between 1–5

Activates aromatic amino acids

Regulates Blood Pressure

Starts the tanning process (melanin)

DNA and Mitochondrial repair occur

Extends the life span of cells up to 50%

DOSE: 30–60min.

30min. for Maintenance

Benefits: depression, cancer, brain injuries, chronic illness

UVB LIGHT: ~Noon–3pm (summer)

UV Index 5+

Vitamin D absorption (storage form)

Diversifies gut microbiome

Depletes glucose from liver

Reduces inflammation in mitochondria

Increases energy production (cortisol peak)

*Cortisol is the antidote to UVB sunburn

“DOSE”: 60min. (IF you’ve prepped correctly)

60min. for maintenance

Benefits: obesity and T2D, autoimmunity, TBI, cancer

SUNSET: Signals to the brain to prepare body for night
Switch cortisol to melatonin
Rest, Digest, Heal
Gentle wind-down

“DOSE”: 30min. for Insomnia
30min. for cancer and metabolic diseases
5–15min. for maintenance
Benefits: sunburn, sleep problems, chronic fatigue

NIGHT - HOW TO OPTIMIZE YOUR SLEEP:

Reduce/eliminate blue light after sundown

Sleep in complete darkness (Melatonin: hormone of darkness)

Reduce/eliminate nnEMF's

Your Bedroom as a Sacred Space

Sun exposure of the day supports your sleep

Benefits: apoptosis (cell clean up)

autophagy (mitochondrial repair)

supports natural detox of the organs



TIPS FOR NEW LIGHT HABITS

- Ask yourself, “Can I do this outside?” (read, eat, workout, hang out, work, etc.)
- Open windows first thing in the morning if you can’t get out there right away.
- Open or crack car windows if driving at sunrise.
- Create an outdoor space that you enjoy, and can be multi-purpose (i.e. dining, working, hanging out...)

KEY POINTS

- Watch sunrise every day (eyes, skin, ground)
- Eat within 30–60min of waking, high protein
- Sun breaks throughout the day
- Eat before sunset, preferably 3–4 hours before bed
- Outside around sunset
- Consistent to bed and wake time
- Use blue light protection
- QUALITY OF SLEEP MOST IMPORTANT and all these points will create great sleep.

SIMPLE SUMMARY

Light (photons) entrains our brain and processes, and supports mitochondrial health and electron production.

More electrons = more energy = healthy cells = healthy YOU

Do things that help you Gain Electrons

Reduce things that cause you to Lose Electrons

RESOURCES

Quantum Biology Collective

Carrie B. Wellness

Dr. Jack Kruse

Follow me on FB and instagram @Alisha Nicole Wellness