



Olive & Orchard
by Tina Norris



The Core 3-Step Light Protocol

To lower household stress and restore cellular energy, implement these three non-negotiable boundaries into your daily environment.

Step 1

The Morning Solar Anchor

First Light - 15 - 20 minutes

- Within 30 minutes of sun rise step outside and face east toward the rising sun.
- Ground yourself to the earth by standing barefoot on the grass or soil.

The Biology: This signals your brain to cease melatonin production and release cortisol, setting an internal biological timer that determines exactly when you will naturally get sleepy 16 hours later.

Step 2

The Midday Solar Full-Spectrum Break

Solar Noon (11:00 AM to 1:00 PM) - 15 - 20 minutes:

- Step away from indoor artificial lighting, computers, and screens.
- Expose as much skin as appropriate to the open, unfiltered sky.

The Biology: The midday sun provides the essential balance of UV and infrared light necessary for optimal Vitamin D synthesis, mitochondrial function, and robust cellular immunity.

Step 3: The Sundown Boundary (The Digital Sunset) This is where most modern homes lose their peace. As the sun goes down, our homes should darken.

- Turn off all heavy, blue-spectrum overhead LED lights.
- Replace your lighting with low-lux incandescent amber bulbs, red spectrum lights, or pure beeswax candles.
- Turn off the home Wi-Fi router entirely before bed.

The Biology: Blue light at night mimics the midday sun, destroying melatonin production, shifting your body into a state of artificial alertness, and keeping your nervous system in a chronic, invisible state of stress.