

# ***Simple Light Rays for Health***

## ***How Does Ultraviolet Light Affect Your Vitamin D Levels?***

*Did you know that simple light rays found in a safe tanning bed are beneficial for your health? Discover more about this without getting into complex physics!*

**Ultraviolet or UV light** is divided into three bands or wavelength ranges: UVA, UVB, and UVC. UVA rays help you produce a tan. They also naturally protect your body from sunburn.

**UVB rays** are the primary cause of sunburn. But they're also responsible for producing vitamin D in your skin.

When it comes to getting your vitamin D, natural health expert Dr. Joseph Mercola strongly recommends direct and appropriate sunlight exposure.

"The problem is that you may not be receiving ample sunlight where you live. If you live in a colder climate, work indoors, or don't spend adequate time in the sun, you may not be generating the vitamin D you need. In fact, your vitamin D levels may plummet more than 50% in the winter," he explains.

There are several factors that affect UVB exposure and vitamin D production, including:

- **Latitude.** The higher the latitude, the less UVB there is.
- **Time of Year.** Virtually none is available during winter.
- **Clouds.** These can block UVB.
- **Pollution.** Smog and ozone, for example, can block UVB.
- **Altitude.** The higher your location is, the more UVB reaches you.
- **Person's age.** Elders have substantially less efficiency at producing vitamin D.
- **Skin pigmentation.** Darker skin takes longer to acquire UVB to produce vitamin D.

He adds that UVB penetration on the skin is hindered by window glass and the use of sunblock.

If you find it difficult to expose yourself to natural sunlight, there are two more ways of obtaining the vitamin D you need to avoid deficiency. One is vitamin D3 supplementation.

Another option is the use of a safe tanning bed that utilizes UVB rays. This enables you to reap the many benefits of vitamin D, including better heart health, a stronger immune system, healthy skin, and protection against at least 14 different kinds of cancer.

However, it is advisable that you take the 25-hydroxyvitamin D test first to determine your vitamin D levels and to figure out the right vitamin D dosage for you. Ideally, your vitamin D levels should be in the optimal 50-70 ng/ml range.

## ***The Health Benefits of Infrared Light***

**Infrared light**, also known as radiant heat, is found on the right side of the electromagnetic spectrum. These are invisible rays of natural sunlight that have a longer wavelength.

How different is infrared light from ultraviolet light? It's a form of energy that heats objects directly through conversion. It penetrates more deeply than other parts of the light spectrum – to a depth of about 1.2 to 1.6 inches – and stimulates your body cells.

Natural health expert Dr. Joseph Mercola explains how this light interacts with your skin and brings a number of health benefits.

“When light interacts with tissue or any material, you can think of it as containing those little energy packets called photons. Your skin has the ability to take these photons of infrared light from the sun or from other sources, and use them to stimulate cellular regeneration,” he says.

According to Dr. Mercola, this enables infrared light to raise your white blood cell count, improve your cell growth, or cause DNA or protein synthesis in your cells.

### **Infrared Light for Health and Wellness**

Using infrared light for wellness is nothing new. Your own palms emit infrared energy at between 8-14 microns, and the Chinese have practiced traditional palm healing for 3,000 years now. This palm healing is prevalent among Chi Gong masters, Indian Yogis, and other cultures.

Found in the 700-2000nm range, infrared light has been shown to:

- Temporarily relieve muscular pain and spasm

- Relieve mild and occasional joint aches and stiffness
- Provide penetrating warmth
- Stimulate blood flow and circulation
- Invigorate your metabolism

## **Where Can You Get Infrared Light Rays?**

Aside from your own palms, the sun also emits some infrared energy.

“There are other ways to receive infrared light rays. These range from simple inexpensive hand-held gizmos and heating pads that produce a few infrared rays, to expensive ‘chi machines,’ infrared LED light devices, and even infrared saunas,” shares Dr. Mercola.

After trying a few of these himself, Dr. Mercola found that the quality and effectiveness vary greatly. Still, millions keep seeking comforting heat and some measure of pain relief from infrared light.

He recommends a safe UVB tanning bed that also emits infrared light rays. UVB light promotes natural vitamin D production in your skin, while infrared light provides temporary relief from muscle pain and stiffness.

As an added benefit, indoor tanning beds offer the convenience and privacy of tanning in your own home. They are a good alternative to the often outdated equipment found in many tanning salons.

## ***The Wonders of Red Light in a Safe Tanning Bed***

**Red light** is another type of beneficial light you can get from a safe tanning bed. Found in the 633 nm wavelength of the visible spectrum, it can help reverse dull, dry, and wrinkled skin and bring back that healthy, radiant glow.

When your body is exposed to red light, your cells absorb it and promote intracellular energy transfer. This helps:

- Support the vitality and permeability of your cells
- Stimulate the production of collagen—a fibrous protein in your skin
- Promote the turnover of collagen, elastin fibers, and enzymes that support skin structure
- Improve the overall quality of your skin

## **Collagen for Skin Health**

Red light plays an important function in collagen synthesis, a process that contributes to your skin's strength and elasticity.

As you get older, your skin's ability to produce collagen decreases. Environmental pollution also takes a toll on your skin. From here you start developing wrinkles, lines, blemishes, and other age spots.

Smoking and having a poor lifestyle speed up the process of collagen degradation and aging.

Red light – considered safe for exposure to skin and eyes at 633 nm – could help solve these skin and aging woes. Apart from reducing fine lines and age spots, red light helps enhance skin texture, improves the appearance of damaged or sun-weathered skin, and aids against acne, eczema, and other skin disorders.

## **Try A Safe UVB Tanning Bed at The Movement Now!**

Red light works synergistically with UV, infrared and blue lights in a safe tanning bed to give you all these skin and vitamin D benefits.

Found in the 417-419 nm wavelength, gentle blue light has been considered by the American Academy of Dermatology as supportive of overall skin health. It is safe and generates no additional heat or harmful radiation.

Natural health expert Dr. Joseph Mercola recommends a **safe UVB tanning bed** that also emits infrared light rays. UVB light promotes natural vitamin D production in your skin, while infrared light provides temporary relief from muscle pain and stiffness.

Be sure to choose indoor beds wisely. Some tanning salons have outdated and potentially harmful equipment.