

# LIGHT VITALITY GROUP

A COLLABORATIVE PLATFORM FOR LIGHT WELLNESS SUPPORT



Shall we have a  conversation?

# WHAT'S THE BIG DEAL WITH "HEALTHY" LIGHT?



Not much else beats a good night's rest. Sleep is a restorative process which ultimately improves the balance of our health and well-being. Natural, white light controls just how well of a sleep we can have. Over time, our bodies have become aligned to certain spectra within white light which naturally govern how well we feel and perform on a daily basis. As we receive these light wavelengths, our beautiful brain tells our beautiful body's circadian rhythms that it's "go time".

Circadian rhythms are basically the director of your body. Much like departments within a major organization, major organ systems need a director to oversee how they perform each day - including our sleep-wake cycles! Receiving healthy doses of light that our bodies have been aligned to helps give our body a natural means to perform at our physical, mental and emotional peaks. If our rhythms shift too much due to receiving the wrong light at the wrong time of day, we may find ourselves with undesirable health conditions and likely a chip on our shoulder.

So, if what we experience during sleep helps regulate our overall wellness, and light regulates our circadian sleep patterns, then isn't it time we understood how to take more responsibility for this critical layer of our well-being? As light and wellness professionals, we understand that we will never have control over the ultimate, supreme variable in the circadian light recipe - YOU! However, we can help you understand what you can do to support your own light wellness profile.

ENTER LVG.

# BASICALLY THIS



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