

# 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.