



Lights at Night Affect Health

Who can't use better sleep, mood and health? Before electricity, people were using low lights such as fires, candles and moonlight. Now with the amount of electricity, people spend less time in the dark. As a result, the amount of melatonin that is produced has dropped.

What is Melatonin?

Melatonin is a substance that is produced by the pineal gland, which is a light-sensitive organ in the brain. We produce melatonin at 3 months old, and production until about the age of 20.

Bodies are healthiest when they have 9-10 hours of melatonin production per day. Melatonin affects sleep and temperature in ones body. It also helps fight a wide range of cancers, and protects the nervous system from degeneration- such as Alzheimer's and strokes. Depression, bone loss, fibromyalgia, insomnia, some seizures and migraines have been connected to low levels of melatonin.

If you're having trouble falling asleep or staying asleep, give the office a call and set up a free consultation visit.

Yours for health naturally,

Dr B

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