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# How LED Lighting May Compromise Your Health

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By [Dr. Joseph Mercola](https://wakeup-world.com/category/contributing-writers/dr-joseph-mercola/)

So, to summarize, the main problem with LEDs is the fact that they emit primarily blue wavelengths and lack the counterbalancing healing and regenerative near-infrared frequencies. They have very little red in them, and no infrared, which is the wavelength required for repair and regeneration.

When you use these aggressive lower frequencies — blue light — it creates ROS that, when generated in excess, causes damage. So when using LEDs, you end up with increased damage and decreased repair and regeneration.

**Healthier Solutions**

I like being on the cutting edge of technology and I quickly switched out all my incandescent bulbs for LED lighting. I now realize the enormity of my mistake, but at the time — going back almost 10 years now — I was completely unaware that it could have health consequences. Before that, I used full-spectrum fluorescents, which is equally deceptive, as it is full spectrum in name only.

I’m now convinced LED light exposure is a very serious danger, especially if you are in a room without natural light. The biological risks are somewhat mitigated if you have plenty of sunlight streaming through windows. At night, LEDs become a greater danger no matter whether you’re in a windowless room or not, as there is no counterbalancing near-infrared light.

Personally, I’ve not swapped all my lights back to incandescent because they’re such energy hogs. But all the lights I have on at night have been switched to clear incandescent bulbs without any coating that changes their beneficial wavelengths. So the take-home message of this interview is to grab a supply of the old incandescents if you can, and switch back to incandescent light bulbs, or explore other natural lighting options (which I will go into at the end of this article.) If you stick with incandescents, just remember to get bulbs that are crystal clear and not coated with white to give off a cool white light. You will want a 2,700 K incandescent, thermal analog light source — although fragrance-free candles would be even better! Be particularly mindful to only use this type of light at night. After sunset, I also use [blue-blocking glasses](http://articles.mercola.com/sites/articles/archive/2016/08/11/blue-light-blocking-glasses.aspx).

Dr. Wunsch notes:

“It is definitely a good idea to keep away the short wavelengths in the evening, so after sunset. It’s also a good idea not to intoxicate your environment with too much light. We know that artificial light levels at night have reached insane intensity. The candle, the intensity of the candle for example, is absolutely sufficient for orientation.

“If you have to read in the evening or at night time, my personal favorite light source for reading tasks is a low-voltage incandescent halogen lamp, which is operated on a DC transformer. Direct current will eliminate all the dirty electricity and it will eliminate all the flicker.

“There are transformers available where you can adjust the output between 6 volts and 12 volts. As long as it’s direct current, there is no flicker, there is no dirty electricity, and you are able to dim the halogen lamp into a color temperature that is comparable to candle light even. This is the softest, the healthiest electric light you can get at the moment.”

descent lamp: Correlated color temperature (CCT) = 2890 K. **Right**: Spectrum of a energy saving halogen lamp: Correlated color temperature (CCT) = 2842 K.

## How to Make Digital Screens Healthier

When it comes to computer screens, Wunsch suggests reducing the correlated color temperature down to 2,700 K — even during the day, not just at night. It’s even better to set it below 2,000K or even 1,000K. Many people use a program called F.lux to do this, but I have found a far better alternative that health and fitness author Ben Greenfield introduced to me, created by 22**–**year**–**old Bulgarian programmer Daniel Georgiev.

Daniel was using F.lux but became frustrated with the controls. He attempted to contact the F.lux programmers but they never got back to him, so he created a massively superior alternative called Iris. It is free, but you’ll want to pay the $2 and reward him with the donation. You can purchase the $2 [Iris mini software here](http://iristech.co/iris-mini/).

“[With] the OLEDs technology, I’m not sure if the color is really stable in every angle you can look at the display,” Wunsch says. “But definitely, if you have the screen technology where black is really black, then you have less radiation coming into your eyes and the OLEDs technology is able to provide this.

So the high contrasts between the black and white, all the black areas in the thin-film-transistor (TFT) screen or the standard screen are not really black. They are also emitting shortwave radiation. The OLED screen only emits where you see light, where there is black on the screen, there is no light. This might be preferable as long as you have no problems with the [viewing] angle.”

## To Protect Your Health and Vision, Stick to Incandescent Lights

LEDs are a perfect example of how we’re sabotaging our health with otherwise useful technology. However, with knowledge, we can proactively prevent the harm from occurring. In summary, we really need to limit our exposure to blue light, both during the daytime and at night. So for nighttime use, swap out your LEDs for clear bulb incandescents, or low-voltage incandescent halogen lights that are run on DC power.

I also strongly recommend using blue-blocking glasses after sundown, even if you use incandescent light bulbs. Without these modifications, the excessive blue light from LEDs and electronic screens will trigger your body to overproduce reactive oxygen species (ROS) and decrease production of [melatonin](http://articles.mercola.com/sites/articles/archive/2013/03/19/melatonin-benefits.aspx), both in your pineal gland and your retina, the latter of which will prevent repair and regeneration, thereby speeding up the degeneration of your eyesight.

“One thing to emphasize again, it’s not the blue light coming from the sun itself which we should be concerned about. It’s the blue light, the singular high energy visual light (HEV), which comes from cold energy-efficient non-thermal light sources. This is what causes the problem, not the blue light which comes together with longer wavelengths in a kind of natural cocktail that has the beneficial near-infrared spectrum …

The light surrogates from non-thermal light sources, these are [what cause] problems, and you have to be clever to avoid these Trojan horses. If you want to make it [safe], stay with the candles, stay with the incandescents,” Wunsch says.

## Other Healthy Light Alternatives

Candles are even better light sources than incandescent bulbs; there is no electricity involved, and candles are the lights our ancestors have used for many millennia, so our bodies are already adapted to the light they produce. The only problem is that you need to be careful about using just any old candle, as most commercially produced candles produce poisonous emissions when burned.

As you may or may not know, many candles available today are riddled with toxins, especially paraffin candles. Paraffin is a petroleum by-product created when crude oil is refined into gasoline, and a number of known carcinogens and toxins are also added to the paraffin to increase burn stability. There is also the potential that lead has been added to the wicks of your candles, and soot can invade your lungs.

To complicate matters, a lot of candles, both paraffin and soy, are corrupted with toxic dyes and fragrances; some soy candles are only partially soy with many other additives, and/or many commercial candles use [GMO soy](http://articles.mercola.com/sites/articles/archive/2010/09/18/soy-can-damage-your-health.aspx). The candles I use are non-GMO soy, which is clean burning without harmful fumes or soot, is grown in the U.S. and is both sustainable and renewable. They’re also completely free of dyes. The soy in these candles is not tested on animals, and is free of herbicides and pesticides. It’s also kosher, 100 percent natural and biodegradable. The fragrances are body safe, phthalate- and paraben-free, and contain no California prop 65 ingredients. You can search online for healthy candles, but if you like, you can use the ones I found at [www.circleoflifefarms.com](http://www.circleoflifefarms.com/). I am not affiliated with the company and I earn no commissions on promoting their candles; I just thought you might benefit from using the ones I use in my home.

You may also like to try genuine Himalayan crystal salt lamps. The wavelengths of salt crystal colors fall within the upper nanometer zone (600-700 nanometers) producing orange/red light. Because of the neutral atomic structure of crystal salt, a heated salt lamp helps you balance artificial frequencies and neutralize electromagnetic radiation. (For more information, please see: [Why You Should Have a Himalayan Crystal Salt Lamp in Every Room of Your House](https://wakeup-world.com/2016/12/09/why-you-should-have-a-himalayan-crystal-salt-lamp-in-every-room-of-your-house/).)