

## Living in the Quantum World

Hi, for more than 10 years I have been learning how to get healthier and a lot of the knowledge has ended up not coming from the conventional “eat less, exercise more” approach. So, I decided quite a few years ago that I wanted to help others with this extra knowledge and start up a business as a health coach. I’m now able to do that and would like to share some of the information for you to use or investigate further. I’m going to be writing a series of Villager articles that will vary between facts and myth busting, or a focus on one topic.

My approach is often based on the latest science – Applied Quantum Biology. That may sound a bit deep for a Villager article but essentially, it’s about particles like electrons and protons that control how our biology reacts to our environment, like light, food, water, technology, stress, movement, everything... I am also a qualified Personal Trainer, who specialises in natural movement and Applied Neurology (via Z-Health) which I will elaborate on at another time.

Did You Know ...

### The benefits of sunlight and circadian rhythms

- The eyes have receptors for UV light (OPN5), which allows blood cells to be affected by the UV and helps the blood to flow better and therefore reducing blood pressure (amongst other things).
  - Sunglasses were mass produced from 1929 and initially not with UV blocking properties. In recent decades sunglasses, spectacles and windows have all been produced with UV blocking properties which affect this natural process. We have evolved without them for a lot longer. Cats and dogs don’t wear them.....usually!
  - Blocking the UV light in the eyes would also cause a mismatch in light signalling between our skin (which also have some receptors) and eyes, therefore, the brain doesn’t know the strength of the sun and will not provide enough melanin to help tan and protect us to a degree.
- When the sun shines on us it uses the cholesterol in our skin to start the process of making Vitamin D (which was later discovered to be a hormone – Secosteroid Hormone D)
  - This would naturally help to balance your cholesterol levels to an extent.
  - The sun also hydrates you at a cellular level.
- Circadian rhythms are a sleep-wake pattern influenced by light and dark, as well as food timing. The brain receives signals based on the environment and

activates certain hormones, alters body temperature, and regulates metabolism to keep you alert or draw you to sleep.

- It's the blue part of the sun's spectrum that controls our body clock, it changes throughout the day. The sun of course also has lots of other colours that change too, including the invisible; UVA, UVB and IR (Infra-Red) which has an anti-inflammatory effect.
- Modern artificial lighting like fluorescents, LEDs and screens are higher in the blue range and fool our bodies into thinking it's around noon all day. This can affect many natural processes including reducing the amount of circulating melatonin, which as well as helping us sleep is a major anti-inflammatory hormone and helps to prevent cancers and most other conditions.
- It is worth considering using blue light blocking glasses, or software on your devices at night like IRIS for computers, or changing your phones settings to be more orangey or red. You can search online for these settings or get in touch with me, and I can recommend some that I use.
- Over 50% of sunlight is red and infra-red (42%) which have many benefits to us, that is why having access to the full spectrum of sunlight on a regular basis is important.
  - This has led to a lot of research into these wavelengths, initially with lasers and more recently with Red & IR LEDs, which you might know as infra-red therapy or treatment. In fact there are over 7,000 studies looking into how this new technology can be used called Photo Bio Modulation.
  - Benefits from using infra-red healing lights have been found in pain mitigation, bone growth, Alzheimer's, Parkinson's and many more areas.
  - I try and take a balanced view of everything, technology can be beneficial as well as harmful, so I'm not anti tech, but **it is a therapy** and is usually only needed because we haven't lived in an ideal environment.

In future articles I'll be sharing some hints and tips on things you can do to help reduce the impact of modern life and create a new blueprint for health. I aim to supplement this article with a local talk to take these subjects deeper and wider.

If you'd like to get in touch to find out more or would like links to research that supports some of the information in this or future articles, then please get in touch.

Cheers, Nigel Clack

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