

The Dark-side of Energy Efficient Lighting

Since the EU restricted and ultimately phased out traditional incandescent light bulbs for their energy-efficient replacements, peoples health have been put at additional risk. Headaches, migraines, memory loss, confusion, alzheimers, skin problems, loss of sleep and cancer are only some of the health hazards we are now exposed to, especially shop assistants and people working indoors who work under this false light for many hours a day.

CFLs or (Compact Flourescent Lights) contain mercury and emit radio-frequency radiation in the range of 25-100 khz. Low voltage halogen lamps (12v) pose similar problems, due to EMFs (Electro-Magnetic Frequencies) originating from the transformers, particularly pulsed radiation from 'electronic transformers, contaminating the mains, giving 'dirty electricity'. LEDs (Light Emitting Diodes) which are taking over from the CFLs may give off less energy but they have a dark-side too. They contain lead and arsenic and a dozen other potentially dangerous substances and have a frustrating time-delay before creating the clinical 'white beam'.

Living creatures all have their own electro-magnetic field and when stronger frequencies than our own penetrate and 'break-through' to the physical body, health problems arise. The chakra system within the body houses our emotional, spiritual and physical well-being (although invisible, it is our own energy power station) and when darkened by artificial light, radiation and heavy metals, is put off-balance. Homeostasis is then lost and dis-ease prevails.

Edisons incandescent light bulb, which worked by heating a thin tungsten-wire to temperatures of around 2,700 degrees Celsius, emitted a broad-spectrum of light which was natural to the human body and provided a 'warm glow'. The 'color rendering index' rating of '100' matches objects seen in natural daylight. LEDs or CFLs on the other-hand can only manage '80' and most are far less, giving off a "harmful blue light".

The health effects of these new energy saving lamps are thus very dark indeed. Electromagnetic radiation from CFLs generate powerful electromagnetic fields. CRIIREM advises not to use them too close, for example - desk lamps or reading lamps. Dirty electricity running throughout the house can lead to a 5-fold increased risk of cancer. Mercury exposure is toxic to the brain, central nervous system, liver and kidneys. Fetuses and babies are even more vulnerable. Mercury can damage the cardiovascular, immune and reproductive systems. CFLs contain 3 - 5,000 micrograms of mercury but the accepted intake for the human body is only a few micrograms. The contamination of mercury is now not only in our homes but in all the shops and streets. UV-B and UV-C radiation from CFLs are causing more skin cancers and cataracts. A study published in the Lancet indicated a double risk for

melanoma. Numerous people with skin conditions and light sensitivity have developed hot, burning sensations. The British Association of Dermatologists have supported 'the right to light' and 'spectrum alliance'.

Other problems include 'flickering' that can lead to headaches, eye strain, diminished concentration, seizure-like symptoms and worsened symptoms of Meniere's Disease. Toxicity is another issue from flame retardants contained within the electric circuit of energy saving lamps. Studies have linked to harmful effects on the hormonal and reproductive systems, the liver, the thyroid gland, to cancer and neurological effects. Some lamps also have an external coating of ultra-small nano-particles which can lead to inflammation of the tissues and organs and to cardiovascular effects. Lastly, diminished melatonin from the 'blue light' leads to sleep disorders, hormonal and neural problems, cancer and cardiovascular disease.

In conclusion, not enough research has been done, people don't like them and are losing their health. Most people do not even realise or associate their health problem with the actual cause, although other contenders are Wi-Fi, smart phones and associated gadgets etc, etc. Incandescent Tungsten Light Bulbs are still available through certain stores and on-line. Shops could ask for "rough service bulbs", that is the loop-hole in the EU regulations that would enable them to replace the (Energy Efficient Lighting). Why do shops and Offices waste electricity anyway, by having them on in broad-day light?

With Brexit looming and with enough 'people power' surely we can save the nation's health and bring back natural lighting, once again.

For more help and advice please email - algamawryhealing@gmail.com