

Dr Max's GUIDE to CIRCADIAN HEALTH

Light shapes health.

We evolved with natural light from the sun.

Exposure to artificial (blue light) from LEDs, fluorescent bulbs and screens disrupts our circadian rhythm and contributes to disease, including obesity, depression, cancer and autoimmune disease.

- Try to see the sunrise and sunset every day without sunglasses.



- Take short breaks during the day and expose your skin to the sun without burning.



- Create a low light environment at night using candles and red light.



- Block all artificial light after dark with blue blocking glasses.



- Remove devices from the bedroom and turn off the WiFi router at night, if possible.



DR MAX GULHANE



Buy blue light blocking glasses & red bulbs from BON CHARGE. Use Code DRMAX for 15% off (affiliate link).



Listen to the Regenerative Health Podcast for interviews with experts in circadian health.

