FOREWORD FOR INDIAN EDITION

From time immemorial life has been evolved under the sun. Since long, the effects of Sunlight are known for plants and it is one of the most *vital* elements of life.

As the awareness for the health is growing, importance to clean water, un-polluted air, healthy food and stress free life is also increasing. But one of the major factor — effects of *sunlight* on human life is being ignored.

And as we are becoming more and more modern — requires us more to be indoors, resulting in increase in exposure to artificial light and decrease in exposure to sunlight. In last few decades we have seen prevalence of many diseases on rise and we are still unable to find the real cause. Effects of sunlight are also known for production of *Vitamin-D* and in treatment of *Neonatal jaundice*.

The work of John Ott is extraordinary in a sense that being a time-lapse photographer he is able to observe the effects of different light sources on plants and it's correlation with several diseases in human beings. Full spectrum lights' effect on production of melatonin and regulation of circadian rhythm is now very well known.

Eye is one of the source through which sunlight enters the body. Apart from function of vision, it may play a *vital* role in controlling other systems of body — endocrine, immune system etc. So the quality of light entering into the eye may be an important regulator of health to

which *Homo sapiens* were exposed since millions of years.

John Ott's work provides us a vast area in the field of research on some of the untouched aspects of life and need to be complimented.

Another important fact is that he was able to demonstrate the necessity of dark period in a 24 hour cycle which has now become more significant — when human is more exposed to artificial light — even while sleeping. This needs further studies.

This book is worth reading for both scientific community and natural therapeutic as well as for those who are looking health as *virtue*.

— Dr. Rajiv Choudhary
Ophthalmologist