

Full Spectrum Daylight Bulbs – Simply light years ahead!

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**Menopause, Andropause And Other Hormone Imbalances**  
**Impair Healthy Healing In People Over The Age Of 30!**

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**By Tzaf**

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Sunlight is a vital nutrient, which regulates the activity of the hypothalamus gland that secretes serotonin, controlling our moods, biorythms, sleep patterns, body temperature, digestion and sex drive.

In addition, the photochemical action of sunlight on our skin activates the production of vital Vitamin D essential for growth and maturation of cells, the maintenance of the bones and a healthy immune system.

Most of us don't think of ourselves as light deficient yet research shows that even on an average overcast day our serotonin levels fall and we can become depressed, moody, irritable, gain weight from overeating, develop carbohydrate cravings, become insomniac or sleep excessively, suffer from lethargy and fatigue, lose our sex drive, lose concentration easily or just feel extra stressed.

Indeed most of us tend to be confined indoors in homes or at work - artificially lit with narrow spectrum, low intensity light for as much of 90% of the day! A season-less perpetual twilight existence indoors day in- day out, its no wonder we get a yearning for natural sunlight and we instinctively pine for sunny holidays. Longer term, the effects of this so called 'light pollution' puts stress on the body and eyes and may even compromise the body's immune system.

Switch on the lights and the Biobulb Full Spectrum Electronic Daylight Bulbs safely and gently bathe you in the glow of mood enhancing, life giving ambient simulated daylight replacing those lost hours of daylight and helping to alleviate a whole range of conditions from anxiety, sleep problems, fatigue and low energy levels, depression, eyestrain, headaches, jet lag, libido, hyperactivity, irritability and give us drive, vitality, mental agility, alertness and energy to face the challenges of the day. Research also shows full spectrum daylight can even help to lower blood pressure and cholesterol levels as well as significantly increase cardiac output.

On at night – the light emitted from the bulbs appears in the room as if illuminated by natural daylight. But by day the light emitted from the bulbs is so close to natural daylight that it's light merges into the natural daylight of the room – making the room naturally brighter, gently stimulating the senses – yet

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most people would be blissfully unaware that the lights were switched on at all! That's the magic of Biobulb Full Spectrum Electronic Daylight Bulbs

And apart from the profoundly positive influence on mind, body and soul Biobulb Full Spectrum Electronic Daylight Bulbs are also proven to be the kindest light for the eyes – excellent for reading and writing as well as intricate crafts including needlework, drawing, painting, sewing and so on. Projecting a pool of near daylight, it allows us to read and carry out intricate work in more comfort, giving better vision, fewer headaches, less eyestrain and a much better appreciation of fine detail and especially recommended as the best possible light source for computer work or watching television. Not to mention the dramatic effect the light has on the growth of your indoor plants and the mood and well-being of pets!

Biobulb Full Spectrum Electronic Daylight Bulbs are a new compact style daylight bulb at a new

compact price! This brand new 'Biobulb' out performs our old model as the full spectrum has increased to 380–780nm and the light output in lumens has increased to 1750 in the 100w and 1250 in the 60w. The Full Spectrum Biobulb is claimed to be the closest replication of sunlight, radiates less heat and can last for 10,000 hours. They are flicker-free and with a colour rendering index of 85 are ideal for sufferers of S.A.D. Biobulb Full Spectrum Daylight Bulbs – Simply light years ahead!

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### **Why Are There So Many Different Light Bulbs?**

**By Mike Yeager**

There are many different types of light bulbs. Each has its own uses and requirements. Some can save you some extra money because they are energy efficient. There are also many different brands. You can also often find discount light bulbs to save some money. Learning the differences will help you choose what is right for you.

If you are looking for something that is brighter and produces a more powerful light, halogen light bulbs are the way to go. Fluorescent light bulbs do not burn as hot as others and are more energy efficient. These last much longer than halogen. Full spectrum light bulbs are just regular light bulbs that produce white light. They are not the most energy efficient on the market. LED light bulbs are the small indicator lights often found on remote controls and other sensor operated electronics.

While each type of light bulb has its uses, they are often made by several manufactures. Many of them

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are well known brands. Some include GE Light Bulbs, Phillips Light Bulbs, and Sylvania Light Bulbs. You can often find discount light bulbs as well in many discount department stores. You can find most of these light bulbs in any department store.

Whenever you need to purchase a light bulb, check the product you are currently using or the manufactures guide to make sure you purchase the correct one. Many have different watts or powers and buying ones that are too powerful can burn your appliance out or not work properly. Some bulbs get very hot, therefore cannot be used with plastics or fabrics that could melt or catch fire. Also, handle these bulbs carefully as they can cause serious burns.

Research the light bulbs you will be using before using them. Know their safety standards. Also know what to expect from them energy wise. Many can cause high expenses if used wrong. Doing these simple things can keep you and your loved ones safe.

Mike Yeager  
Publisher

Why Are There So Many Different Light Bulbs?  
Bulbs Planting In Autumn Ensures A Colourful Spring  
Lamp and Lighting Facts  
Chandeliers – A Lighting Option You Should Consider  
Save Money – Use Projector Bulbs

Bread And Biscuit Baker's And Sugar–Boiler's Assistant  
How To Get Reprint Rights Without Paying A Dime  
Leap Ahead  
JavaScript Magic  
Organic Secrets

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