

HOW TO AGE WELL NATURALLY (IN SPITE OF MODERN MEDICINE)

Part 4.

by

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I'm glad you requested my multi-part report here. I think it's chock full of great information for you. Look at it as a do-it-yourself guide to aging well.

Enjoy!

All the best in natural health,

Dennis

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DISCLAIMER

The FDA requires all sources of education regarding your health to be accompanied by a disclaimer. It goes something like this:

The purpose of this information is to increase your knowledge about wellness and how to achieve it naturally. It is not intended as medical advice and it is not meant to diagnose or treat any individual's health problems. You should not discontinue any course of medical treatment or undertake any new treatment without first consulting your own healthcare practitioner.

Yeah, right - good luck with that.

After all, the FDA is a rogue government agency accountable only to Big Pharma. It is not your friend.

Nevertheless, you should know I am not a medical doctor and I do not provide medical advice.

You, like me, may already consider FDA-approved drugs, surgeries, and other short-sighted and destructive medical treatments (e.g., high-energy radiation therapy) as desperation measures of last resort.

If so, regarding your choice of physicians, the best starting point is generally a naturopathic medical doctor or other health practitioner who has been trained in **natural approaches** to health based on actual human biology.

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MODERN TECHNOLOGY: A DOUBLE-EDGED SWORD

The accelerated development of modern technology is simply mind-blowing.

While it's always had Jekyll and Hyde sides to it, modern life would not be the same without technology.

For example, on one hand we have nuclear power on the bright side. On the other hand, we also have nuclear weapons on the dark side.

That's an obvious one.

What Part 4 of my report is about is a technology with a hugely beneficial upside as well as a hugely dangerous downside.

And it's not so obvious - at least to modern medicine.

Yet it has become perhaps ***the most damaging technology to human health of all time.***

In fact, I'm stating this unequivocally right up front:

Nothing else you can do for your health - not the strategies I explained in Parts 1-3 of my report, not your diet, not how good your supplements are, not how 'fit' you are - NOTHING will work for you if you ignore what I'm about to tell you about this technology.

Pretty scary, huh?

Now that I've got your attention, let's get right to it.

BLUE LIGHT TOXICITY

The technology I'm talking about is artificial high-blue lighting.

Yes, it's a real thing. And research has been documenting its damage to human health for decades.

It comes under the heading above: **blue light toxicity**.

Unfortunately, your doctor will undoubtedly know nothing about it. That's what you can expect as you sit in the blue-lit waiting room for your next Medicare wellness exam, until you get shuffled off into the blue-lit examination room.

Yet reducing your exposure to blue light toxicity has become supercritical for anything you want to do for living a long and healthy life.

The good news is, there's quite a bit you can do about it. I'll get to that a little later.

First, I think you might need a bit of an explanation about blue light toxicity and how it came about to being such a health disaster.

Where is All This Blue Light Coming From?

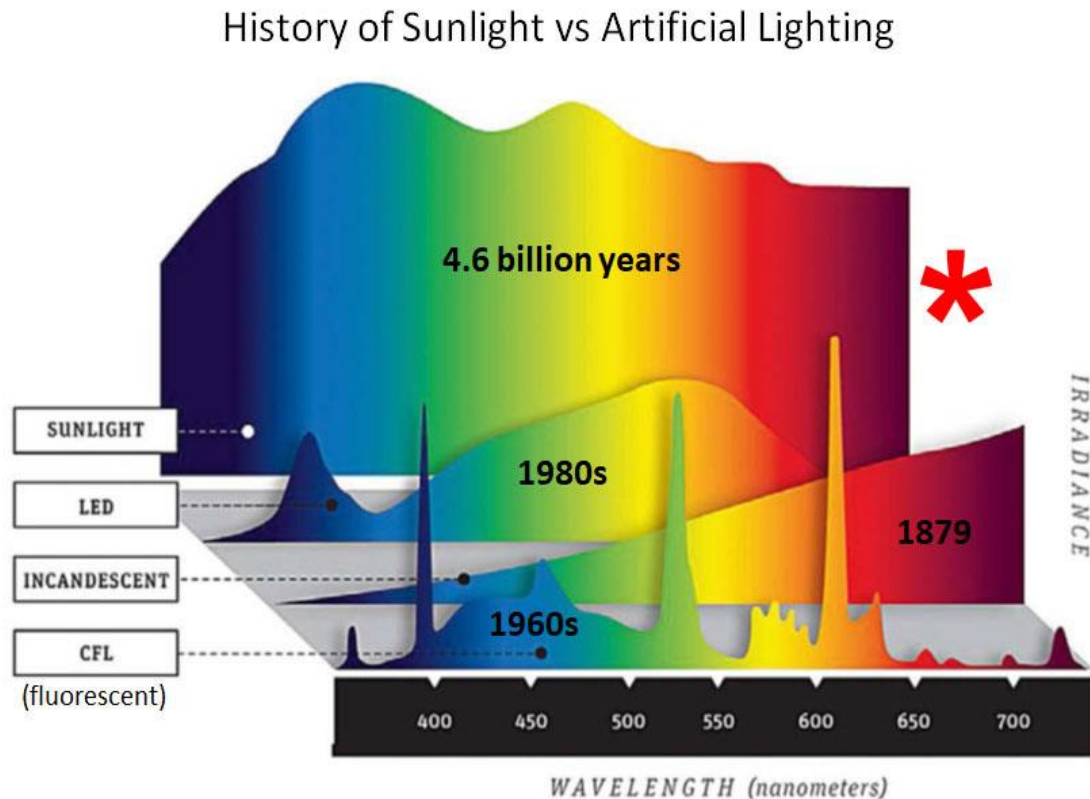
The concept of artificial lighting in general launched us down this path.

It began with the first commercial light bulbs in 1879.

Although they weren't high-blue at the time, they provided a convenience we didn't have before. Technological development took that conceptual convenience to newer levels with the invention of more efficient lighting over time.

This diagram give you an idea of how it looks in comparison with what humans adapted to pre-light bulb.

That 4.6 billion year period of sunlight is what fueled our evolution, leading to the topic I already provided in Part 1 of my report: i.e., the health benefits of sunshine.



The red asterisk (*) highlights the natural visible spectrum all life depends on. (It doesn't show the invisible parts - i.e., ultraviolet would be to the left of dark blue-violet and infrared would be to right of red).

Although the downhill slide of our health due to artificial lighting began with the invention of incandescent bulbs, the color quality wasn't so bad back then. It was still a lot of red and not much blue. Light-based health disruptions instead arose due to

staying up too late or working all night. (Factories were able to run 24 hours a day because of the 'new' light bulbs.)

Then came what I call the 'high-blue lighting' revolution. Popular artificial lighting got started by providing very little red and proportionately more blue.

This development has continued to the point where we are surrounded by high-blue sources all day and into the night. Tech devices are the main sources - laptops and notebooks, e-readers, TVs, and cell phones lead the way. Super high-blue mercury arc lamps in street lights and stadium lights are an additional plague of blue light toxicity. Ditto for the rise of electronic billboards along city highways. And the latest salvo against our natural light regime is the relatively recent appearance of high-intensity xenon discharge headlamps in new cars and trucks.

This may seem like a contradiction to what I said earlier, in Part 2, about the role of blue light in setting your circadian clocks. However, let me make this perfectly clear: ***the health benefits of blue light derive from combining it with the rest of the solar spectrum, especially infrared, during the day.***

On the flip side is this: ***exposure to blue light, out of proportion to IR, does horrible things to your health - all day long and into the night.***

In fact, I'll go even further, with this: ***near constant exposure to artificial high-blue lighting might be the greatest danger to human health in modern times.***

Twenty years ago that would have seemed like a bold claim. Nowadays, even the johnnie-come-latelies of modern medicine are beginning to see the crisis.

It will still take a while for this crisis to trickle down to medical schools, hospitals, clinics, and your doctor's office.

Nevertheless, it's a good beginning, although the medicos are mostly focused on the effects of high-blue lighting on eye health.

Damage to overall health goes much, much deeper than that.

Nevertheless, eye health is a good place to get started understanding the damage high-blue lighting can cause.

This review opens the door to the topic:

Zhao ZC et al. 2018. *Research progress about the effect and prevention of blue light on eyes.* **Int J Ophthalmol. 11(12): 1999-2003.**

ARTICLE ABSTRACT

[I've bolded the key sentence listing the main types of damage to eye health described in the review.]

*In recent years, people have become increasingly attentive to light pollution influences on their eyes. In the visible spectrum, short-wave blue light with wavelength between 415 nm and 455 nm is closely related to eye light damage. **This high energy blue light passes through the cornea and lens to the retina causing diseases such as dry eye, cataract, age-related macular degeneration, even stimulating the brain, inhibiting melatonin secretion, and enhancing adrenocortical hormone production, which will destroy the hormonal balance and directly affect sleep quality.** Therefore, the effect of*

Blu-rays on ocular is becoming an important concern for the future. We describe blue light's effects on eye tissues, summarize the research on eye injury and its physical prevention and medical treatment.

Good grief!

- Cataracts?
- Dry eye?
- Age-related macular degeneration?
- Inhibiting melatonin secretion?
- Enhancing adrenocortical hormone production?
 - (I.e., chronic overproduction of cortisol - never a good thing.)
- Directly affect sleep quality?

And this is just the beginning of what blue light toxicity can do.

Again ... good grief!

What else can happen as consequences ensuing from blue light destroying melatonin and our normal circadian sleep cycle?

Take a look:

- Nighttime room light not only suppresses melatonin release and good sleep, it also negatively impacts **thermoregulation (body temperature), blood pressure, and blood sugar balance (i.e., prediabetes and diabetes)**.
- Blue light exposure after sundown is considered a "carcinogenic pollution" correlating with **higher cancer rates**.
- Specifically, a lack of melatonin is linked to higher rates of breast, ovarian, and prostate cancers. (In contrast, blocking blue light with

amber glasses is linked to lower cancer rates. I'll explain about amber glasses a little later.)


- Exposure to blue light at night appears to impact mood.
- Lower melatonin is linked depression.

Let repeat - we are just beginning to grasp how bad blue light toxicity really can be.

This summary provides a bit more of a peek into it. (Just take a quick peek at the all caps lettering in blue.)

How exposure to **blue light** affects your brain and body

BY DISRUPTING MELATONIN, **SMARTPHONE LIGHT** RUINS SLEEP SCHEDULES. THIS LEADS TO ALL KINDS OF **HEALTH PROBLEMS**:



The disruption to your sleep schedule might leave you distracted and impair your **MEMORY** the next day.

A poor night's sleep caused by smartphone light can make it **HARDER TO LEARN**.

Over the long term, not getting enough sleep can lead to **NEUROTOXIN** buildup that makes it even harder for you to get good sleep.

People whose melatonin levels are suppressed and whose body clocks are thrown off by light exposure are more prone to **DEPRESSION**.

By disrupting melatonin and sleep, smartphone light can also mess with the hormones that control hunger, potentially increasing **OBESITY RISK**.

There's some evidence that blue light could damage our vision by harming the **RETINA** over time – though more research is needed.

Researchers are investigating whether or not blue light could lead to **CATARACTS**.

There's a connection between light exposure at night and the disturbed sleep that come with it and an increased risk of breast and prostate **CANCERS**.

SOURCES: Nature Neuroscience; Harvard Health Publications; ACS, Sleep Med Rev, American Macular Degeneration Foundation; European Society of Cataract and Refractive Surgeons; JAMA Neurology

TECH INSIDER

Even if you sleep in darkness, waiting to remove blue light from your nighttime environment until just before bedtime is way too late.

Reducing exposure to blue light must be an all day effort.

By the way, the consequences of blue light toxicity go beyond ruining your sleep. As I explained earlier, in Part 3, good sleep at night drives regenerative processes that underlie optimal health. This means that disrupting your melatonin cycle leads to many, many of the Diseases of Civilization.

Just one of those diseases should scare the beejeesus out of everyone: Alzheimer's Disease. The explosion of Alzheimer's and other dementias rests on the destruction of regenerative processes in the brain during sleep.

WAIT, THERE'S MORE! As mentioned earlier, in Part 2 of this report, healthy energy metabolism relies on timing by your molecular clocks. Disruption of metabolic timing leads to an unsurprising dysfunction in energy metabolism. Specifically, it slows down the ability of cells to use glucose as a source of energy. If this sounds familiar, it's because this is a characteristic of **Type 2 diabetes**. It leads to excess circulating blood sugar, overproduction of insulin, and the development of insulin resistance. Alzheimer's Disease researchers now see diabetes as a big driver of AD. So much so that AD is now being referred to as **Type 3 diabetes**. **WOW!**

QUESTION: How does modern medicine address the issue of blue light toxicity?

ANSWER: *NOT AT ALL!*

Now think again about what I've said before about hospitals, assisted living centers, and other treatment and care facilities. They all...

- Constantly wake people up in the middle of the night
- Never turn off fluorescent (high-blue) lighting at night
- Often use medical devices with monitors that emit blue light 24 hours a day
- Typically have a TV blaring all the time

Anyone who stays in such facilities for very long is doomed to a quickened deterioration, starting with their brain health.

That's especially problematic in memory care facilities.

You may be heading down this steep slope, too. If you're a night owl, work the swing shift, use electronic gadgets all day long and into the night, watch modern TVs, or are surrounded by typical fluorescent lighting, the quality of your sleep can only go downhill.

Diminished health and decreased longevity follow closely behind.

Of course, isolating yourself from such modern conveniences may not be the easiest thing to do, in spite of the health benefits in doing so. The least you can do is replace fluorescent lights (including CFLs and LEDs) with low-blue equivalents.

In our home we take additional steps, such as using yellow 'bug lights' (i.e., low blue) as bedside reading lamps. (Red would be even better, although they can be a little too dark.)

We also replaced our kitchen fluorescent tubes with softer lights, then taped a semi-clear yellow tape over them to reduce blue even further. It sure gives the kitchen a nice yellow glow, which I really like.

You can also wear blue-blocking glasses (i.e., orange/amber) when you watch TV, use your cell phone, or sit in front of your laptop, notebook, or e-reader.

Some pretty inexpensive blue blockers are available on Amazon and elsewhere. When I'm at my desk I wear blue-blocking clip-ons on my computer glasses (ca. \$15 a pair). When I watch TV at night I wear blue blocking goggles that fit over my regular glasses (ca. \$8 a pair). Lots of other, pricier, blue blockers are also available, although they're not better than the less expensive ones I use.

Remember :

Blue light is only okay when it's combined with full-spectrum sunlight. It goes hand in hand with infrared for all those health benefits of the full solar spectrum I explained in Part 1 of this report.

Blue light does its damage whenever it's out of proportion with other colors. Day or night.

BEFORE YOU DO ANYTHING ELSE

Get your 'blue-lit' life in order.

Nothing else you do for your own health will be as effective as you want it to be until you do.

NOW WHAT'S NEXT FOR YOU?

Parts 1-4 of my report have still just scratched the surface. There is yet **sooo** much more to know and do for aging well naturally.

Since you now know what the Top Four do-it-yourself strategies are, what about the remainder - what I earlier called the 'Big 3' of longevity?

I.e., diet, supplements, and exercise.

My perspective as a research scientist will certainly be enlightening about all of them.

For the moment, though, I want to tell you about the most common one - and why the overdone emphasis on it is misplaced.

The Longevity Industry's Biggest Mistake

It focuses on diet.

Such focus creates confusion and contradictions about what eating right for longevity means.

At best, it's simplistic. At worst, it's misleading.

For those reasons, I've addressed the main issues in a special report that I think will explain the puzzle of diet to you.

It is:

[Is There Really Any Such Thing as a Longevity Diet?](#)

Go to that link now to get the real lowdown on how food may or may not be helpful for a healthy lifespan.

We'll talk about supplements and exercise another time.

Each one is a huge topic all by itself.

Modern Medicine: An Even Bigger Failure

If you've already had one or more annual Medicare physicals, you know what a joke such an exam can be.

If yours is like mine, you get to see a PA, not a doctor. You have to answer a few questions, whose answers never seem to get into your permanent record.

My favorite one is, "When did you have your last colonoscopy?" My shocking answer (to the PA) is, in 1990. And then I tell the PA that I'll never have another one - 'cuz that's when my colon was completely removed.

I get that question **every year!**

This past year I was asked to fill out a survey that basically asked me whether I was mentally healthy.

Then I get the usual: have you had your flu shot? Your shingles shot? The latest COVID vaccine booster?

Of course, they also weigh me, take my blood pressure and pulse, and slip on a pulse oximeter for my blood oxygen level.

Maybe the most useful for me is the panel of lab tests. Although it's not very thorough, I do get some interesting results that I can use for biohacking my own health.

The biggest failure of this exam, and of modern medicine in general, is its complete failure to address my actual biology.

Of course, by now you know that's my main theme - i.e., capitalizing on what Mother Nature has already given us.

This explains why conventional medicine has gone off the rails regarding chronic conditions associated with us mature folks.

It has resulted in poor approaches to the main issues we might have: obesity, heart health, brain health, bone health, eye health, blood pressure. And maybe the most important one of all - gut health.

I'll say this right now: ***ALL health starts in your gut.***

I have a LOT to say about each of those, plus many more.

That's why I've put together a monthly newsletter, addressing one of the key topics of most importance to us in each issue.

If you're even slightly curious about it, take a peek at my more complete description of it here:

[Fellow Baby Boomers](#)
[Conventional Medicine Has Failed Us](#)

I really take umbrage with modern medicine referring to any disease as 'age-related'.

Take a look there and see why. And what can do for your health in spite of so-called conventional 'wisdom' about aging.

Meanwhile...

Keep exploring. As I've said before, constantly learning about and applying the principles of good

health based on real human biology (as opposed to drug-based modern medicine) requires vigilance.

Now, I'm even more gratified and amazed you made it this far.

REMINDER ABOUT QUESTIONS OR COMMENTS

If my wife continues to be correct (she still does!), my science-y explanations can be a bit too technical.

I just have a hard time dumbing things down too much. So instead I'll appeal to your innate intelligence to figure out what you can be doing, even if you don't grasp all the fine details.

And I'll remind you once again to feel free to let me know if you have any questions or comments about this report. My direct email address is:
boomerhealthcenter@gmail.com.

I usually check it for messages at least once a day.

STILL BETTER YET. As I've said before, I'm not a huge fan of 'anti-social' and 'socially-invasive' media (still being cranky). Nevertheless, they can still be useful tools when used properly.

That's why I mentioned before that I've set up a special page for our 'longevity' community on Facebook, here: [Boomer Health Center](#).

I think it's the best place for interacting with me and others who have the same goals for healthy aging.

So, by all means, please visit us and join in. Facebook will also help things along when you 'like', share, and comment on the page. (That seems nonsensical to me, although that's how the 'system' works.)

Unless I'm taking my usual Tuesday 'tech-free' day.

Once again, I wish you all the best in natural health,

Dennis