

# Research Assignment for Holistic Minister Class

## By Cindy Murphy

### The Effects of Blue light on our Eyes

As I have recently had issues with my vision I was told that Blue light can affect our vision. I do believe that it does but wanted to research how it affects our eyes. I had no idea there was so much blue light around us!

According to an article referenced by Gary Heiting, OD “too much blue light exposure can damage the light sensitive areas of our eyes called the retina”. These changes according to Dr Heiting can resemble those seen in our eyes with macular degeneration. Macular degeneration can eventually lead to Blindness!

The macula is a part of the retina that lets us see fine detail such as faces, reading books, seeing computer screens.

We are exposed to Blue light every day from the sun (as UV light) as well as all of our electronic devices many of us use. We know we should wear sunglasses to protect our eyes but I did not know the extent of the effect of the blue light until I started this research. We all learned about the colors of the rainbow in school red, orange yellow, green blue and violet.

There are frequencies associated with each of these colors as I learned in this article and the darker blue light has a more damaging shorter rays that also have more energy that effect our eyes than the lighter yellows, etc. The blue light also contributes to eye strain and the headaches and some other symptoms associated with this. The end of the light spectrum that includes blue light is referred to as HEV (high energy violet).

Blue light according to the article is not all bad as it gives us mood elevating benefits as well as helping memory. So blocking all blue light would not be to our benefit either. As with anything in this world and our health, moderation and making good choices is the key.

Computer glasses with Blue Blocking ability may also help prevent the effects of blue light as noted in an article by the website “All About

Vision". These glasses help eliminate the constant refocusing effort our eyes use when looking at a computer screen. I actually purchased a pair of these and they do help me some with the tiredness and blurring I was getting at the end of a day looking at a screen at my job.

To protect our vision, lutein is a blue blocking pigment found in human retinas that helps block the blue light and protect our eyes. There are supplements on the market such as A-Reds 2 and other like supplements that contain lutein as well as zeaxanthin. There is no cure at this time for macular degeneration and the effects of blue light however, there is continued research as noted by Dr Heiting and another article on Macular degeneration by Marilyn Hadrill. There was also research noted about dietary inclusion of Omega 3 fatty acids that may help protect our eye health and vision

At Young Living Grand Convention this year I was actually brought to tears to hear the introduction of Illumineyes. The Lutein and zeaxanthin are both included in this formula as well as Ningxia Wolfberry, vitamins A and C derived from Marigolds.

This supplement is taken daily to help support our eye health.

I have already started using this supplement to help support my eye health. Thank you Young Living for being forever researching how to help support our health and sense of wellbeing!

**Disclaimer:** *\*These statements have not been evaluated by the Food and Drug Administration. Young Living products are not intended to diagnose, treat, cure, or prevent any disease.*