



# BTTI November 2024

## FREE Webinar

### 'Light'...A Source of Life!



## Eoin MacCuirc

### Sunday 17<sup>th</sup> November 2024 10am

Join Zoom Meeting: <https://us02web.zoom.us/j/4938094936>

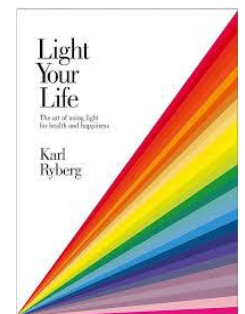
Exposure to light is essential for health and well-being, influencing various aspects of our physical, mental, and emotional states. Natural light supports the production of vitamin D, crucial for bone health and immune function. It regulates circadian rhythms, promoting better sleep patterns and overall energy levels. Additionally, light affects mental health by increasing serotonin production, which can alleviate depression and anxiety. Emotional well-being is also enhanced, as natural light fosters feelings of happiness and reduces stress.

Furthermore, light therapy techniques, such as chromotherapy, leverage different wavelengths to positively impact mood and promote relaxation. Overall, regular exposure to natural light is vital for maintaining a balanced, healthy lifestyle and improving quality of life.

What to Expect:

- Practical tips for enhancing your environment and mindset
- Techniques for combating feelings of heaviness and darkness
- Engaging discussions connecting with others who share similar experiences

Join us and find out the latest research on 'Light' and simple ways that you can introduce more into your life!



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