

The FIT 915 from Medical Electronics

By Dieter Jossner

Light: Scientific research results confirm the importance of correct light conditions



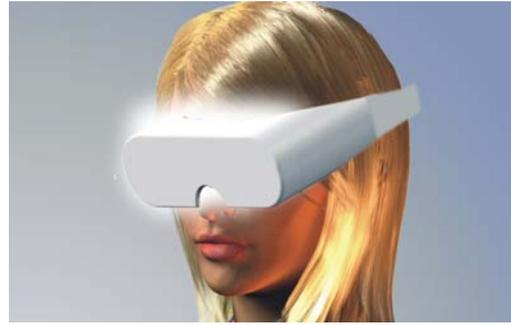
Healthy with light

The correct light at the right time; this leads to an outstanding potential of up to now unused possibilities in energetic regeneration. Discoveries in the areas of photo-biology and chrono-biology reveal to us new and easy to use technologies within a wide ranging spectrum with effective application of light in a bio-energetic therapy.

Light: a phenomenon which has occupied human beings since ancient times. It is only now that we understand the enormity of the biological processes which are connected to this energy which is still not fully understood. Only slowly natural science is recognizing how extremely important the interaction between biological processes in our bodies and the existence of the correct amount of light together with the correct spectrum range and at the right time. In nature nearly all biological processes are synchronized by the light-dark phases of the natural sunlight. Based on natural science studies, we humans are slowly accepting research

results in the fields of photobiology and chronobiology. Until now we have not made use of the optimal application of light which is at our disposal. This great source has not been used at all until now, although it offers many benefits in physical and cognitive areas as well as significant improvements in subjective well being. A vast amount of research results in photobiology promise further important discoveries in the light therapy field. Numerous applications in light therapy have been scientifically proven and confirmed. Further discoveries of unknown possibilities in using light therapy will soon be making a surprising appearance.

White light, an important contributor to our health



Healthy and fit with correct light

Is it possible to be put into a good mood and feel fit by pressing a button? Most probably! Our mood and health are primarily controlled by hormones. These hormones are mainly controlled by light which we absorb with our eyes. This knowledge opens up untold new possibilities to positively influence the body. New technology is making this possible now.

Astonishing results based on the study of light are gaining more and more importance. The natural science branch involved in researching this field is called chronobiology. Practical understanding in this field teaches us about the significance of the correct light at the right time. Important hormones for our health and well being are endorphins, dopamine and serotonin which are controlled by light. Their existence is the immediate reaction to the absorption of natural light or light with equal physical properties. The intensity and the spectrum play an important role. A specially important part of the daylight spectrum is the large proportion of blue light (450-480 nm).

An energy boost with simulated sunlight in the morning has the effect of a sudden impact on our biological system. As we all know from our own experience, sunshine has a considerable influence on our mood. Improved physical and cognitive performance by optimal lighting has been scientifically proven. This has for instance a very positive effect when taking exams or with other demanding mental work. The opposite proves the steep increase of

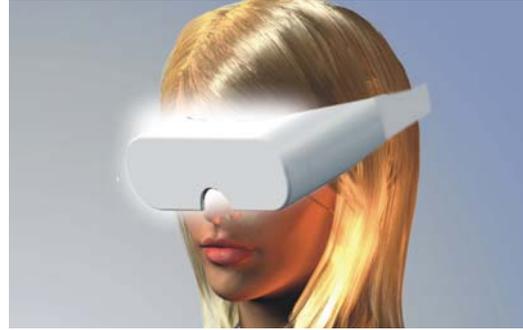
depressive behavior in Scandinavian countries during the winter months. This shows the importance of absorbing natural intensive light for the right length of time.

An extreme difference becomes apparent when comparing standard lighting in living rooms and offices with natural sunlight. (Living room light 200-500 lux, outside of buildings 5,000-30,000 lux). This substantial difference does leave its mark. Immediate and long term negative consequences upon the immune system and our well being are the result of incorrect lighting.

Modern Technology offers a solution

Due to new developments in producing light we now have light sources (LED) with extreme brightness and an ideal spectrum at our disposal. With the modern high intensity LEDs it is now possible to produce light which is utilized by our organism like natural sunlight. The development of the light unit **FIT 915** fulfils all requirements which our organism needs from natural light.

Red light is good for your eyes and its environment



Red light regenerates and repairs holistically

Red light has successfully been used for a long time in the energetic medicine field. Even in ophthalmology remarkable results are being noticed. This opens new opportunities for cases which up to now were considered to be hopeless.

Lately there are an increased number of news items by amazed ophthalmologists and opticians about mysterious healing results of damaged eyesight where any previous treatment had been unsuccessful. This mystery was soon explained. The helplessness of the traditional physician did not go unnoticed. Patients took it into their own hands to search for alternative therapies and to apply them. Those who decided to follow the photon therapy have experienced this "amazing" healing effect. However, this has nothing to do with miracles but it is the proven photon therapy which has been known about for a long time. The large selection of scientifically confirmed effects are now successfully used in eye regeneration. The stimulating effect of self-induced healing is not limited to special organs but works holistically. This has the following advantages for the eyes: all systems connected to the eyes like muscles, nerves, glands, connective tissue, etc. are cell structures whose optimal performance can only be achieved with optimal cellular metabolism. Only with optimal energetic and biochemical support are the eyes able to perform at the highest level. The newly developed light simulation unit **FIT 915** supports to a high degree the most important bio-energetic part needed for eye care.

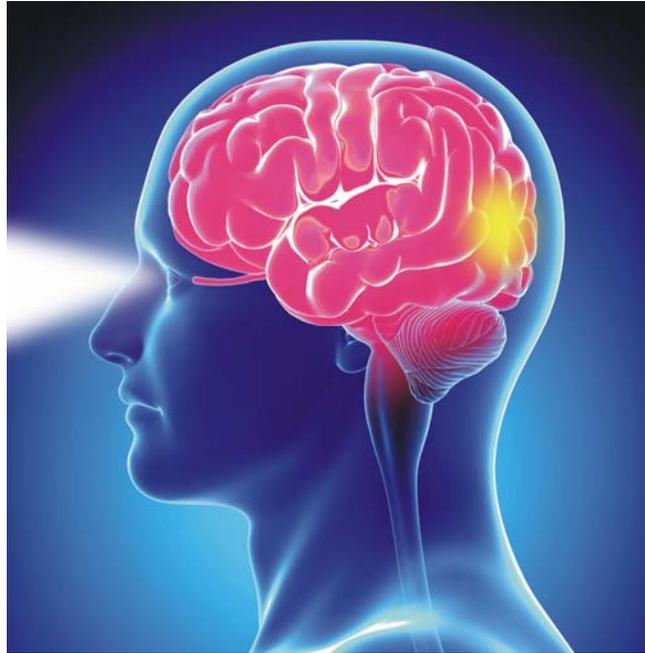


Optimal wave length for holistic regeneration of all eye functions.

Scientific studies confirm that red light with a wave length of 630 nm offers maximum benefits for tissue regeneration. This wave length is also preferably used in photobiology to stimulate holistic body healing effects. Maximum depth penetration and optimal absorption guarantees the best possible treatment results, even in deeper skin tissue. This ensures that the eye itself and all linked supply systems are benefitting from the healing energy of the photons.

The brain needs the information provided by light to be able to cope with the numerous tasks

The light absorbed by our eyes is used by the brain for various tasks. Only about 15% of the light which the eyes absorb is used for orientation purposes. The remaining 85% are used in various parts of the brain. Circulation, metabolism, blood pressure, hormones and a whole range of other important functions are directly or indirectly dependent on the light absorbed by the eyes.



High capacity LEDs can replace sun rays

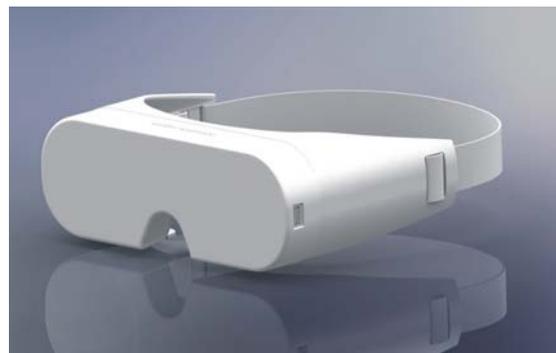
Our eyes are an important information provider for our brain. Research results in chronobiology confirm that our inner biological clock runs slower than our 24 hour day. People who are deprived of daylight regulate their inner clock to approximately 24½ hours. Every day our brain has to be synchronized to the 24 hour day. Various malfunctions of the autonomic nervous system are the consequence. The scale of possible disturbances is large and

includes all biological rhythms of the body. Only light from the sun containing the color spectrum and intensity can fulfill this task. Up to now this task could only be completed in a space with unfiltered daylight. This has changed totally with the discovery of highly efficient power LEDs. With modern semiconductor technology harmful sunlight can be easily and efficiently corrected.

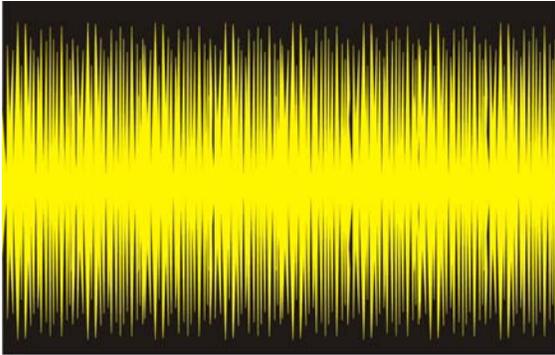
Intensive light radiation with pure white light which corresponds completely to natural sunlight (without aggressive UV-radiation) can now be created any time with available modern technology.

The important wave length for our eyes (400-800 nm) with the important section of blue light is completely covered.

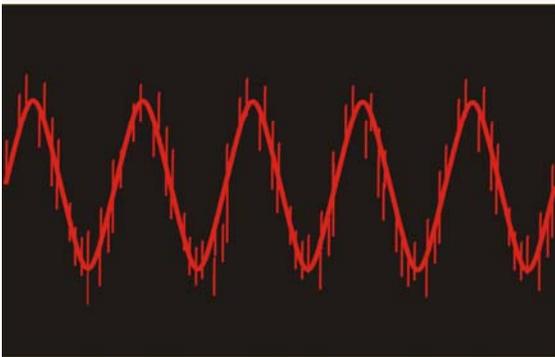
The solution is the **FIT 915**



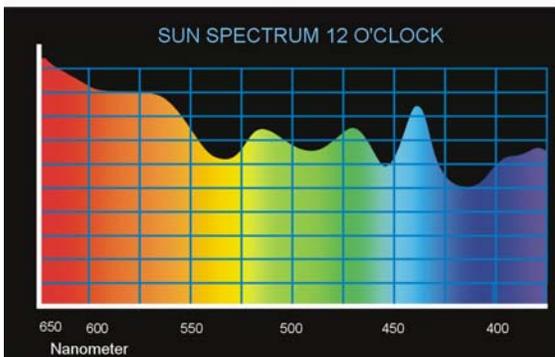
White light – an important part of our well being – can be equal to sunlight due to modern technology



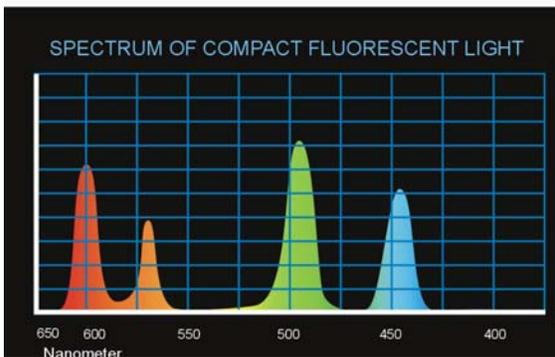
The surface of the sun pulsates like a wild sea. Accordingly the radiation of the sun is pulsating. The so called "Solar Noise" is a wide band frequency distribution. Evolution has evolved under the influence of this energy.



Artificial light, as it is supplied by power plants, is pulsating at the frequency of the generator. In addition there is a chaotic interference created by the modern power user because of the installed control gear in the power supply lines. These interferences are radiated by the artificial light.



Natural sunlight has a wide spectrum distribution which stretches over the whole day and varies continuously. These varying natural light components are important control signals for our brain. A wide range of hormones is controlled and produced by the light dependent pituitary gland.



The spectrum of the fluorescent light and the energy saving bulb is limited to three spectral light sections. This light is devoid of all biologically important wave lengths. In addition there is a wide magnetic disturbance as well as an energetic information transfer of mercury gas.

Natural sunlight compared to manufactured artificial light is significantly different in many ways.



Natural sunlight includes very important oscillations

Given the gigantic energetic activities of the sun an enormous turbulence is created on its surface. The currently known details about the energy which is radiating from the sun are astonishing enough. There are, however, many indications that various unknown processes are still taking place. The proportion of optical radiation (light) which is emitted by the sun has been researched to a large degree. Part of this knowledge is the fact that sources at sun rays create a particular noise. This is known as "Solar Noise". This broad frequency spectrum is of biological importance but this is missing in all artificial light.



A well known phenomenon: artificial light makes you feel unwell

Artificial light sources are supplied mainly by a power network. These power sources produce a monotone frequency corresponding to the generators. In this case the light is pulsating at a frequency of 100 Hz. This is not a bio-compatible frequency for our brain. In addition there are an extreme number of interfering frequencies which are created by the supply to the consumer via the high tension power distribution system. Further impulses are added by the power supplier due to various incorporated supply controls. All these frequencies are transferred via the artificial light.



Sunlight is variable and continually changes its brightness and color combination

Starting at sunrise and through to sunset the sunlight spectrum arriving on the earth's surface is constantly changing. Since the beginning of time this dynamic light has nurtured all life on this earth. All living organisms have adjusted to this natural biologic rhythm and accepted it as the pacemaker for their inner life rhythm. Accordingly the hormone production is adjusted to the relevant time in the day because of the dynamic of light. Control of the complete hormonal balance can be lost if this dynamic is missing (night work/shift work).



Artificial light sources create biologically unfavorable light

Living areas and work places which are illuminated by artificial light sources induce a raft of problems of the inner synchronization to the outside world. Important wave lengths are missing in this light and it has a permanent unnatural color combination and brightness. The light flickers with toxic frequencies and transfers by plasma discharges of mercury gas corresponding spectral information via the eyes to our brain. Over time this can have disastrous consequences for our health.

White light is important for optimal brain function

Scientific studies have proved a direct link between brain fitness and the surrounding brightness of light. Studying under optimal lighting conditions substantially increases all mental and cognitive functions of the brain.

Bright light increases brain power, as confirmed by neuroscience

An example: Scientific investigations at 45 schools in Finland produced the following result. Children who sit alongside windows show significantly higher learning success than those sitting furthest away from the windows. In the middle of the room the average brightness ranged from 50-100 lux. The seats near the windows, however, recorded a light intensity of 200-500 lux. An optimal brightness of 800-1,000 lux is not achieved anywhere but would be beneficial for a positive brain function. A significant correlation of intellectual capabilities and light has been verified extensively by scientific neurological studies. The symbol of a bright light bulb and a sudden good idea is well known to everybody. Coincidence? Hardly!

When somebody suddenly understands something then they have "seen the light". Popular knowledge associates light with being clever. How much longer can we ignore the blatantly obvious clue to the connection of brightness and optimal brain function? In this day and age of an informed and knowledgeable society, is it wise to ignore and abandon such a simple, effective brain power improvement which also is without side effects?

White light always works instantly

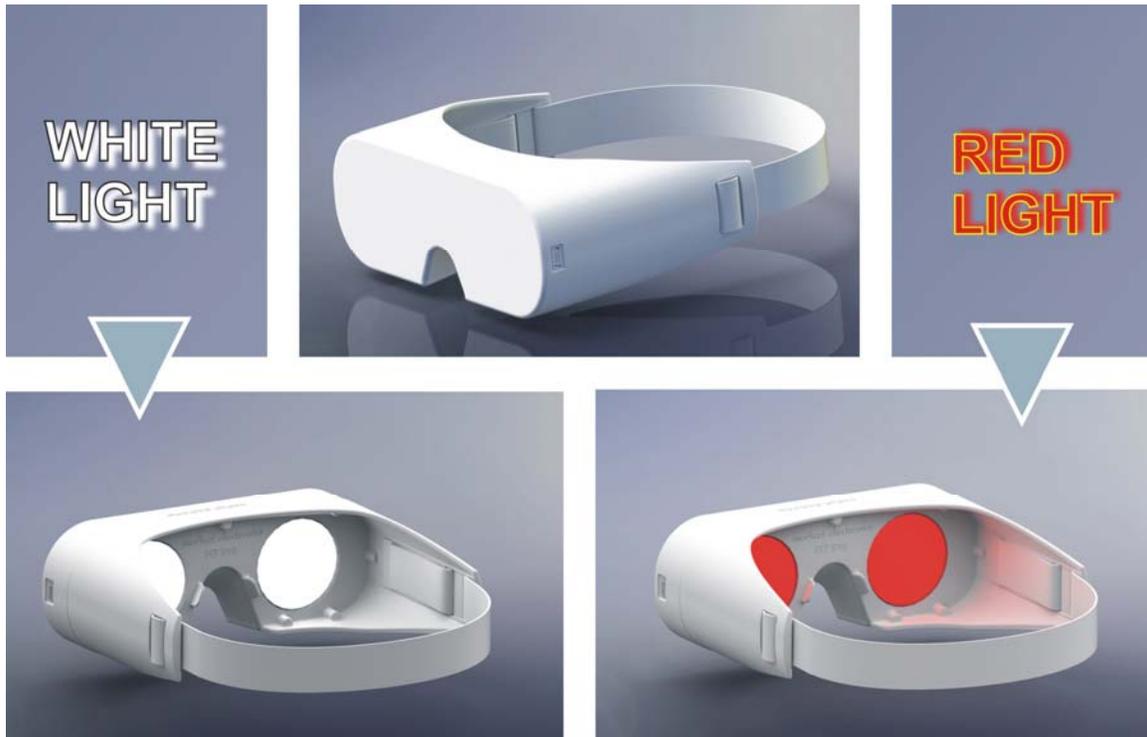
The specially pleasing part about this light therapy: there is no age limit. The application of bright white light is the optimal environmental condition to maximize your brain power at any age. Babies who grow up in direct daylight learn faster and better than those kept indoors. Seniors who spend a lot of time outdoors stay fit for longer, are enterprising, generally in a good mood and basically healthier.



White light is already effective after a short treatment. Quite often it only takes a few minutes to significantly improve "brainpower".



Summary of the effect of natural and identical natural light



Intensive white radiation 9,000-14,000 lux
wavelength 400-700 nm

Intensive red light radiation 12,000-20,000
mc (12,000-20,000 lux) wavelength 630 nm

- Anti-depressive effect
- Brighter disposition
- Better mood
- Increased motivation
- Higher emotional stability
- Improved mental performance
- Improved memory
- Better cognitive function
- Clear thinking during sift work
- Improved composure
- Reduction of sleep hormone melatonin
- Stimulation of the healing hormones:
dopamine, endorphins, serotonin

Improving the following conditions:

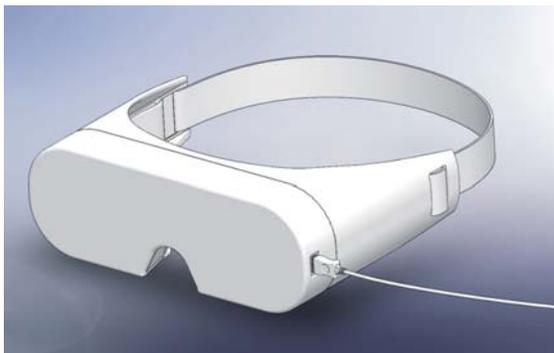
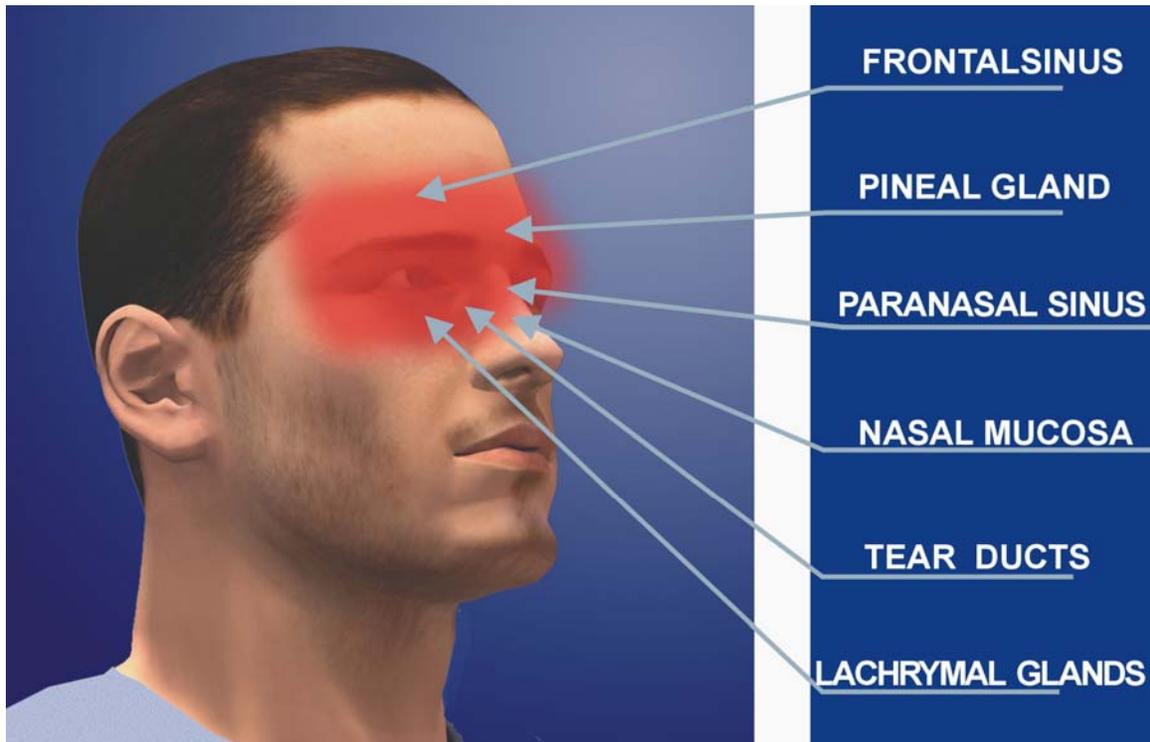
- Circulation
- Cellular metabolism
- Cell detoxification
- Blood flow
- Oxygen supply
- Production of collagen
- Lymph activity

The end result of the above facts is a good start to the day after a restful sleep, good mood, motivated with optimal mental and cognitive skills as well as emotionally balanced. Due to the positive effect on the pineal gland the immune system is also activated thereby improving the general

state of health. The action of the photon irradiation is non-specific. This means the result of the red light irradiation has positive effects on all parts of the eye related to vision. This explains the wide range of regenerative effects which result from the red light irradiation of the eyes.

The large irradiation area has many positive effects for the health of eyes.

The light unit **FIT 915** irradiates a large area beyond the eye. This influences all muscles near the eyes, glands and many additional supply vessels. Collectively the many individual benefits are responsible for the efficient regeneration of the eyes.



Modulated light can transfer information to the brain.

The photon radiation can be modulated via the USB connection (independently left/right). This enables psycho-neuro-vegetative information to be transferred i.e.

- Super learning
- Hypnosis
- Sleep disorders
- NLP

Fit for the day. How do you obtain the indispensable amount of natural light?



An excellent alternative



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