



Great Sleep! Reduced Cancer! 2nd Edition: A Scientific Approach to Great Sleep and Reduced Risk of Cancer (Paperback)

By Richard L Hansler Ph D

Createspace Independent Publishing Platform, United States, 2014. Paperback. Condition: New. Language: English . Brand New Book ***** Print on Demand *****.This is the Second Edition of a book that has been very popular since its introduction in 2008. Since then there have been many studies that confirm that using ordinary light at night is damaging to sleep and increases the risk of deadly illnesses like diabetes, obesity, heart disease, and breast, colon and prostate cancer. The author introduces the dawning of a new epoch in lighting, Lighting for Health. But this book is also a very personal book. It describes how the medical profession is slow to embrace new ideas without years of clinical testing but how simple changes in your life style (changing to light bulbs that don't make the blue light that suppresses melatonin) can greatly improve the quality of your sleep and may reduce your risk of serious illness. It documents the dangers associated with the use of sleeping pills and reviews in detail the evidence that maximizing natural melatonin has many health benefits. It summarizes the results of many recent studies concerning how melatonin fights cancer in so many different ways including reduction in the...



READ ONLINE
[6.55 MB]

Reviews

This book is really gripping and interesting. Of course, it actually performs, still an interesting and amazing literature. You will not truly feel monotony at whenever you want of your time (that's what catalogues are for concerning when you request me).

-- **Claud Schaden**

These types of publication is the greatest publication available. It really is filled with knowledge and wisdom. Once you begin to read the book, it is extremely difficult to leave it before concluding.

-- **Prof. Lenna Beatty III**

See Also



Weebies Family Halloween Night English Language: English Language British Full Colour

Createspace, United States, 2014. Paperback. Book Condition: New. 229 x 152 mm. Language: English . Brand New Book ***** Print on Demand *****.Children s Weebies Family Halloween Night Book 20 starts to teach Pre-School and Junior Children how to read with this...



Preventing Childhood Eating Problems : A Practical, Positive Approach to Raising Kids Free of Food and Weight Conflicts

Book Condition: Brand New. Book Condition: Brand New.



Make an Egg Card (Red C)

Pearson Education Limited. Paperback. Book Condition: new. BRAND NEW, Make an Egg Card (Red C), Catherine Baker, This title is part of Pearson's Bug Club - the first whole-school reading programme that joins books and an online reading world to teach today's...



Diabetes Diet Plan: The Secret Tips to Diabetes and Heart Healthy Meals

Createspace Independent Publishing Platform, United States, 2016. Paperback. Book Condition: New. Large Print. 229 x 152 mm. Language: English . Brand New Book ***** Print on Demand *****. The Diabetic Diet Plan: Secret Tips to Diabetes and Heart Healthy Meals helps the...



Dont Line Their Pockets With Gold Line Your Own A Small How To Book on Living Large

Madelyn DR Books. Paperback. Book Condition: New. Paperback. 106 pages. Dimensions: 9.0in. x 6.0in. x 0.3in.This book is about my cousin, Billy a guy who taught me a lot over the years and who can teach you a lot. Everyone who...



Everything Ser The Everything Green Baby Book From Pregnancy to Babys First Year An Easy and Affordable Guide to Help Moms Care for Their Baby And for the Earth by Jenn Savedge 2009 Paperback

Book Condition: Brand New. Book Condition: Brand New.