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14 PAGES
THE FREE COMPANION GUIDE

FIX YOUR LIGHT ENVIRONMENT

Whole-food light vs. processed light, and how to rebuild a light environment that actually heals.

Companion to the healthy vs. harmful light video with Tristan Scott

THE FRAME

Just like food, light comes in two forms. Whole-food light (sunlight, fire, candlelight, incandescent bulbs) is what your biology evolved under. Processed light (LEDs and screens) is a highly engineered, digital imitation. It looks the same to your eye, but it's missing what your cells need and delivering what they don't. You spend 93–96% of your life indoors under it. This guide shows you how to fix that.

LIGHT IS A NUTRIENT & MOST OF YOURS IS JUNK.

WHOLE-FOOD LIGHT

Sun · fire · candle · incandescent

Full spectrum, UV straight through
to infrared

Infrared appears to drive melatonin inside
your mitochondria

Steady and continuous, no flicker

PROCESSED LIGHT

LED bulbs · phones · laptops

A hard blue spike at 460 nm

Little to no infrared to balance it

Flickers 120 times a second

SUNLIGHT IS THE WHOLE FOOD

UV VISIBLE RED INFRARED →

700 NM · INFRARED BEGINS

Full-spectrum sunlight runs from UV through every color of the rainbow into red and infrared. Over half of its energy is infrared. Even in the shade it measured ~8,600 lux, and it never flickers. This is the light your cells are built to run on.

THE MISSING NUTRIENT: INFRARED

You feel it as heat, but you can't see it. Its long wavelengths penetrate deep into your cells, where they appear to drive melatonin production inside the mitochondria. That melatonin cleans up the oxidative stress created by blue and UV light. Sunlight is balanced by design. Indoor light is not.

*Proposed mechanism (Zimmerman & Reiter).
Actively researched, not settled.*

TWO THINGS ARE DRAINING YOU

Indoor light fails you in two specific ways, and both compound every hour you sit under it.

850 nm

*where modern windows stop
letting infrared through*

MISSING INFRARED

Indoor light gives you blue with no infrared to balance it. Windows, LEDs, and screens strip the red and infrared out, leaving high-energy blue unopposed. At the cellular level that's pure oxidative stress with no cleanup crew.

FLICKER

LED bulbs flick on and off 120 times a second from the power grid; phones pulse even faster. You can't consciously see it, but your nervous system perceives every flash, driving a measurable stress response all day long.

Eye strain Headaches
Migraines Anxiety
Need-four-coffees fatigue

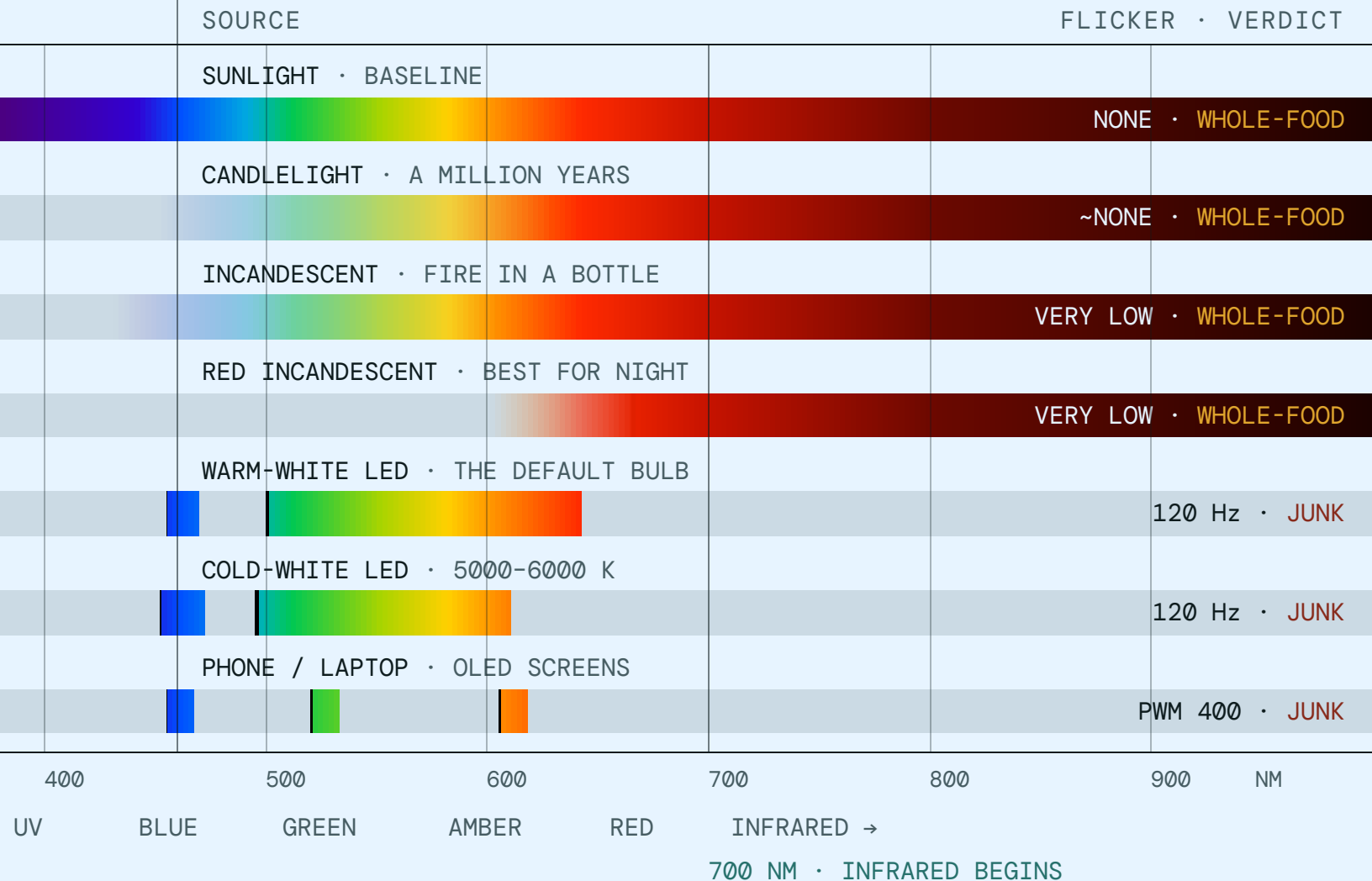
460

NM · THE BLUE PUMP

SEE WHAT YOU'RE ACTUALLY EATING

THE EVIDENCE

Every light source, measured on a spectrometer. Look for two things: how far the light reaches into red + infrared, and how badly it flickers.



Readings shown are representative of the sources measured in the video. Spectrometer range shown to ~1000 nm; candle and incandescent infrared continue well beyond.

YOUR HOUSE IS FILTERING OUT THE GOOD PART

Modern low-emissivity windows were built for energy efficiency, and they strip out nearly all infrared past 850 nm. So even sitting by a sunny window, you get the blue without the balancing infrared. Combine that with LED bulbs overhead and screens in front of you, and you're marinating in imbalanced light all day.

93–96%

of an American life is spent indoors.

NHAPS (EPA, 2001): ~87% INDOORS + ~6% IN VEHICLES. HIGHER ESTIMATES REACH 96%.

PROCESSED LIGHT, RANKED

01

WHITE LED BULBS

A blue spike at 460 nm, a peak at 610 nm, and zero infrared. 120 Hz flicker on top. The default bulb in your home is the problem.

02

PHONE & LAPTOP SCREENS

The same 460 nm blue pump, no infrared, and fast pulse-width flicker. Worst thing you can stare at after dark.

03

COLD-WHITE / 5000-6000K LED

Even more blue than warm white. Maximum oxidative response.

**“THIS IS AN ISSUE
ON THE SAME LEVEL
AS ASBESTOS. THIS
IS A PUBLIC HEALTH
ISSUE, AND IT'S BIG.”**

Dr Glen Jeffery, Professor of Neuroscience, UCL – on the Huberman Lab podcast, “Using Red Light to Improve Your Health & the Harmful Effects of LEDs,” December 2025.

THE GOOD LIGHT

WHAT TO USE INSTEAD

SUNLIGHT • BASELINE



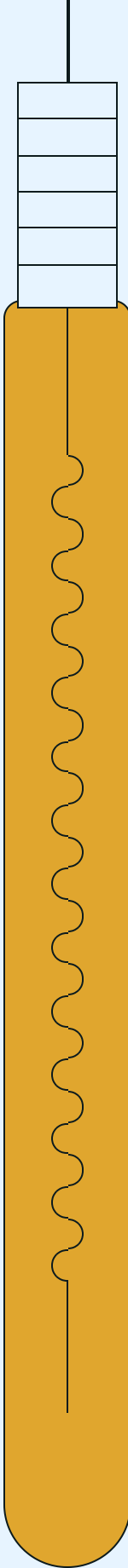
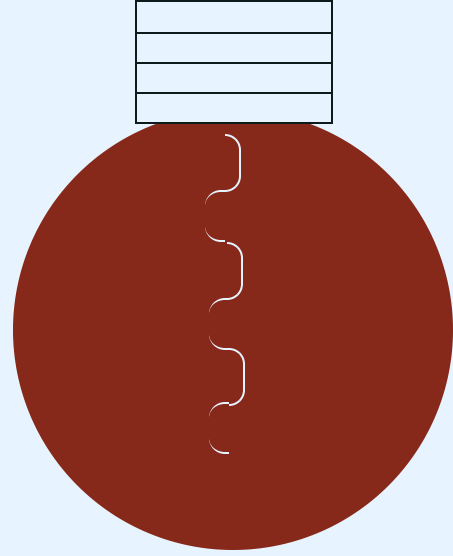
CANDLELIGHT • A MILLION YEARS

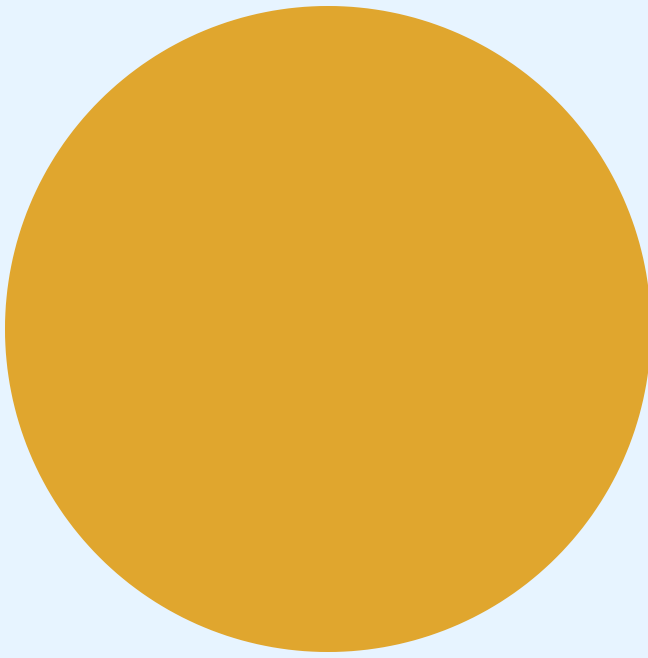


INCANDESCENT • FIRE IN A BOTTLE



RED INCANDESCENT • BEST FOR NIGHT





BY DAY

GET THE INFRARED BACK

01 GO OUTSIDE, DAILY

Even 1–2 hours breaks the deficit. Infrared passes through clothes and works even in winter. Shade delivers infrared too, but get some real UV as well.

02 BE A WEEKEND WARRIOR

Stuck 9-to-5 indoors? Bank your light on the weekend. Spend as much time outdoors as you can.

03 OPEN YOUR WINDOWS

Glass filters infrared. Open the window and you let the good part back in.

04 RETHINK THE ANTIOXIDANT STACK

Infrared appears to act as an antioxidant itself, via melatonin. A better light environment may do what a cabinet of supplements can't.

THE PROTOCOL



BY NIGHT

SWAP THE BULBS

AFTER DINNER

Switch to amber / deep-amber incandescent.

WIND-DOWN

Dim the house to warm, infrared-rich light only.

PRE-BED

Red incandescent only. (In Paul's house at night, that's all he runs.)

SKIP DIMMABLE BULBS

To dim, they flicker. Fast pulse-width modulation that gets worse the lower you go. “Zero-flicker” red LEDs still flicker and only give a narrow 625 nm band that exists nowhere in nature. A red-filtered incandescent beats them all.

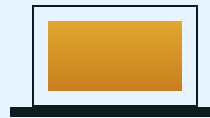


DE-BLUE YOUR SCREENS



IPHONE

- 1 Settings → Accessibility
- 2 Display & Text Size
- 3 Color Filters (on)
- 4 Color Tint
- 5 Slide Intensity / Hue all the way to the right (warm red).



MAC

- 1 System Settings → Accessibility
- 2 Display
- 3 Color Filters (on)
- 4 Color Tint
- 5 Turn the tint warm to strip the 460 nm blue.

THIS KILLS THE BLUE, BUT **NOT** THE FLICKER

A tint fixes the spectrum, but the pulse-width flicker on OLED phones (iPhone 11 and newer) stays. If screens give you headaches, the real fix is less screen after dark, and a flicker-free device.



BUILD YOUR LIGHT KIT

BUY

Red incandescent bulbs

Sold as “lizard lamp” red incandescent, and found in every hardware store.

Amber / deep-amber incandescent

Daylight brand; links in the video description.

Clear incandescent filament bulbs

Your daytime indoor default. Full warm spectrum with real infrared.

A flicker-free, blue-light-free device daylightcomputer.com

AVOID

Dimmable bulbs of any kind

Dimming causes flicker, and it gets worse the lower you go.

Cold-white / 5000–6000K LEDs

Even more blue than warm white. Maximum oxidative response.

“Zero-flicker” narrow-band red LEDs

Still flicker, and give only a 625 nm band found nowhere in nature.

Red-light panels as your only infrared

Two or three wavelengths cannot replace sunlight's full curve.

The blue-light-free tablet: daylightcomputer.com

Tristan Scott: IG [@tristan__scott_](https://www.instagram.com/tristan__scott_) · YT [@tristanscott_light_emf](https://www.youtube.com/channel/UCtristanscott)

Full bulb links: paulsaladinomd.com/light

No affiliation. These are simply the tools used in the video.



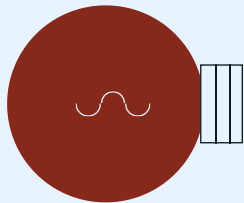
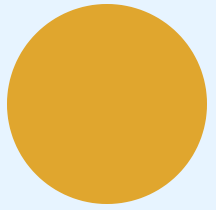
THE 10-MINUTE LIGHT AUDIT

8/8

- 01 Walk each room and count the LED bulbs overhead.
- 02 Swap bedroom + living-room bulbs to amber/red incandescent.
- 03 Put one red incandescent by your bed for pre-sleep.
- 04 Open the windows during the day; sit near open glass, not closed.
- 05 Book your daily outdoor block. Even 20 minutes counts.
- 06 Turn on Color Filters (warm) on your phone AND laptop.
- 07 Stop using dimmable bulbs.
- 08 Plan a weekend-warrior outdoor session.

Tick all eight and your light environment beats almost every home in the country, without a single supplement.

WHAT ARE YOU FEEDING YOUR BIOLOGY?



Light is food. There's processed light (LEDs and screens) and there's whole-food light: sun, fire, candle, incandescent. Better light means better sleep, better hormones, better everything. Start today.

Watch more & get the links →

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Dr. Paul Saladino received his medical degree from the University of Arizona Medical School. His use of "doctor" or "Dr." in relation to himself solely refers to that degree. Dr. Saladino is a licensed physician in California, but he no longer practices in any state and does not see patients so he can focus on educating people as a full time activity. This guide is for general informational purposes only. It should not be used to self-diagnose and it is not a substitute for a medical exam, cure, treatment, diagnosis, and prescription or recommendation. It does not create a doctor-patient relationship between Dr. Saladino and you. You should not make any change in your health regimen or diet before first consulting a physician and obtaining a medical exam, diagnosis, and recommendation. Always seek the advice of a physician or other qualified health provider with any questions you may have regarding a medical condition.