



How Light Can Be Good, Bad, Or Ugly [Podcast 68]

Dr. Park's Breathe Better, Sleep Better, Live Better Podcast

- Kathy Park: [00:00](#) Welcome to Dr. Park's, Breathe Better, Sleep Better, Live Better podcast, where our goal is to help you get the sleep you need for the life you want. My name is Kathy Park, your cohost for today and I'm here in the studio with my husband, Dr. Steven Park. Hi Steve. How are you doing today?
- Dr. Park: [00:41](#) I'm doing great. How about you?
- Kathy Park: [00:43](#) I'm doing fine. I'm totally, I guess I'm doing better now that that whole week of rain has gone and the sun is out and you know I get so tired when we have no sunlight. I don't know about you. What do you think?
- Dr. Park: [01:00](#) Yup. I totally agree. But you also know that not all light, even sunlight can be all that good for you. Right?
- Kathy Park: [01:07](#) I know you've mentioned in the past that there are some pros and cons to even sunlight and you know what, in fact, that's what Steve is going to be talking about on today's podcast, specifically how light can be the good, the bad, and the ugly.

In fact, Steve calls light the other toxin, but before we begin and before Steve goes into a little bit more detail about what he means. By that, I like to remind our listeners that the information you hear today is for general education and information purposes only and should not be relied upon as personal medical advice. Please consult your doctor before following any advice or regimen given on the show as your particular case may be different than the ones given. Okay. Steve, I know that sunlight in general has a host of health benefits. You know, you've talked about them many, many times in previous podcasts, but for the benefit of our listeners who are joining us for the first time or you know, they're a little bit confused as to why you would say that, why sunlight would be considered a toxin. Could you briefly explain how and why sunlight is good for us and why sometimes it's not good for us. I think I know a little bit about what you're going to say...

- Dr. Park: [02:26](#) I think all of us will agree that sunlight sustains life in general, right?
- Kathy Park: [02:31](#) Yes. I learned that in biology. Right?
- Dr. Park: [02:34](#) So you need the sunlight for the plants to grow, for us to have food. Right? And for the animals that eat the plants for us to eat the animals. Some of us that do anyway, uh, it also gives us the ability to see things during the day time. And provides for vitamin D production, um, the skin, in your body allows vitamin, it converts Vitamin D. And it also provides heat and warmth. So there's lots of benefits. Um, even the moon at night has light, right? That gives us a little bit of night light, like a nightlight at night.

- Kathy Park: [03:12](#) Well, I think that's why we see so many sunbathers. So we used to see so many sunbathers at, growing up in Southern California, you know, people would worship the sun. They would literally be out there all day under the sun. I don't know why they would do that, but
- Dr. Park: [03:26](#) yeah, I think you'll also agree that there's something mesmerizing about a flame or fire. People huddle around a campfire.
- Kathy Park: [03:31](#) It's very soothing.
- Dr. Park: [03:33](#) Yea. If you have a fireplace, the crackle and the smell and the sounds and the colors, it's very mesmerizing and it's very soothing, relaxing.
- Kathy Park: [03:42](#) So those are all the good benefits of sunlight and firelight and any kind of light in general. Right? Natural light we're talking about. Yeah.
- Dr. Park: [03:49](#) But then, as the saying goes, when you have too much of a good thing, it can be bad. So sunlight can burn, it can cause skin cancer for example, and many other problems with having too much sun. And we're going to talk about in terms of how it affects your health.
- Kathy Park: [04:07](#) Okay. So you're going to go into some of the nuances of sunlight and how it affects us negatively as well as positively and how it affects our health, overall health, but also how it, it sort of messes up our sleep, circadian rhythms too, right?
- Dr. Park: [04:24](#) Right. And that's, that's a major issue, especially with modern societies with the invention of the light bulb initially. And then, if you look at, for example, you go to Times Square at 2:00 AM, it is

brighter than daytime sometimes. Right? And unfortunately, a lot of our bedrooms can be very similar with TV screens, electronic devices, electronic gadgets, even night lights that are brighter than most light bulbs a hundred years ago.

Kathy Park: [04:53](#) Okay. So now you're talking about artificial light, right? Man-made light. Okay. So, and you're saying that this could be toxic too.

Dr. Park: [05:02](#) Right. So having light at times when you're not supposed to have it is detrimental.

Kathy Park: [05:08](#) Okay. All right.

Dr. Park: [05:10](#) Like you said, artificial light has many benefits. But it has many harms. The main problem with these artificial lights is that it keeps us up at night and our bodies were designed to sleep when it's dark. And when you're in sync with the sun and the moon, that's when you're most healthy. But what we've done is we've kind of taken control of lighting in our environments and sleep disruption as a result of having artificial light at night has just exponentially caused this, this cascade of health issues.

Kathy Park: [05:42](#) Okay. But let me stop you there for a second and play the devil's advocate. How about this whole evolutionary theory that we've had light for hundreds of years now. So haven't we adapted by now? I mean, we're pretty adaptable creatures and if we've been able to adapt and survive all of these other upheavals and differences in the way that we live, why can't we adapt to light, artificial light even?

- Dr. Park: [06:10](#) Okay. Let me give you a very extreme example. What they've shown in the nurses study, nurses that work at night, night shift workers, is that they have much higher rates of breast and colon cancer than nurses that worked during the daytime. So shift work, so sleeping during the day and working at night, significantly raises your risk of breast and colon cancer. So it's also not either too much or too little light, but light at inappropriate times. Okay, so shift work is considered a class 2A carcinogen by the World Health Organization.
- Kathy Park: [06:46](#) Class 2 carcinogen.
- Dr. Park: [06:48](#) Class 2A, second highest level carcinogen.
- Kathy Park: [06:50](#) Oh my goodness. So now why aren't we talking about this?
- Dr. Park: [06:55](#) Because we live in a 24/7 society. And obviously shift work, working at night pays better too.
- Kathy Park: [07:02](#) Economically, if somebody wants to do that.
- Dr. Park: [07:04](#) You pay the penalty, you pay the cost 20 to 30 years later. Not just cancer, but other issues too.
- Kathy Park: [07:11](#) So our body is a certain way and we should not be tweaking it and messing with it. We should be kind of sort of flowing with, with our natural circadian rhythms and, and you know, if you look around, that's how you remember when we were vacationing in Cape Cod. That's how the tides work too. And you can't counteract the tide
- Dr. Park: [07:31](#) When you fight the tide it's dangerous, right?
- Kathy Park: [07:36](#) During low tide, it's great. You can walk out there, but let's say you get caught up in high tide without

any kind of flotation device, you're in big trouble. So I think that's where, that's what we've sort of gotten ourselves into. We're out there sort of in the middle of nowhere in high tide without a flotation device

Dr. Park: [07:56](#)

Against the waves or against the grain.

Kathy Park: [07:57](#)

Against the grain. Okay, so that is truly the ugly. Okay. Now you've mentioned as you were reading this book called Lights Out. If you could explain a little bit about the research that this author has done and some of the revelations that you've gathered as a result. In terms of light...

Dr. Park: [08:17](#)

This is a book by TS Wiley. It's called Lights Out. It's an older book about 10-12 years old, and she talks about ...she wrote this with a PhD as well. She talks about how with the advent of light in modern societies and more recently, the availability of light, they just escalated. It has completely messed up not only your sleep cycles, but eating habits or mating habits or hormone cycles and it just cascaded into this, this epidemic of health concerns and health problems. So what she's saying is that having too much light causes your stress hormones to go up and then that caused your hunger hormones go up. So you want be eating when there's lots of light.

Kathy Park: [09:02](#)

For satiation purposes or because it's daylight and you think it's time to eat before you sleep?

Dr. Park: [09:08](#)

Well if you, if you look at her explanation from an evolutionary standpoint is that, you know, you want to be eating, catching food and eating when it's late. Right?

Kathy Park: [09:17](#)

We're not nocturnal animals, right.

- Dr. Park: [09:17](#) Ad so when it's dark, it's hard to do these kind of things. So your body still thinks that it's summertime when there's lots of light and you need to be hunting, growing and eating and reproducing. But when it's dark, you should be sleeping. And so, I mean she, she goes into a lot of detail about that. But the fundamental point of this book is that just with the advent of modern lights and recently more in the last 20 or 30 years with the advent of LED lights, which is, which is so much brighter than....
- Kathy Park: [09:48](#) Super light.
- Dr. Park: [09:49](#) Super light. I remember, recently once they switched the car lights to LED lights. It really bothers me now when I'm sitting behind a car and their brake lights are on..
- Kathy Park: [09:58](#) I can't drive at night as a result of that...
- Dr. Park: [09:59](#) They're almost like lasers, it's almost that bright.
- Kathy Park: [10:03](#) It is unbelievably difficult when you're driving and you have headlights coming towards you and you have headlights behind you and you don't have that much ambient light to kind of dissipate some of the light that's shining in your eyes.
- Dr. Park: [10:16](#) Right. And the white lights are really disturbing, the regular incandescent yellow lights, I think they were halogen, they was much better. It's much, much more soothing. But even the brake lights, the red brake lights are just too bright and you know, stop signs. I mean the the traffic lights are also extra bright too, since they switched over to LED lights.

- Kathy Park: [10:36](#) So I could imagine if it is that disturbing, it could also be very stimulating for our nervous system. And that's not, that's not natural. No, that is not...
- Dr. Park: [10:46](#) So light in general, and also the intensity, but also the frequency. So these LED lights have extra blue light and blue light is a very stimulating color. So that's why shift workers, that's why fluorescent lights work really well because it's cold, it appears cold, which is lots of blue, blue spectrum.
- Kathy Park: [11:08](#) Oh, okay. Boy. All right. So now that we know some of the pros and some of the cons, how can we stay clear of the cons of all this artificial light in our environment? I mean, you've talked about it in the past. How we have to create a sleep optimal environment in our bedrooms, cover up all the, the windows and cover up any sort of ambient light using electrical tape. You've talked about that in the past, but what are some other steps that we can take in order to kind of fight against this tide of light everywhere?
- Dr. Park: [11:48](#) Yeah, this is a more of a problem more recently with the advent of social media and the availability of computers, laptops, and cell phones, is that all of us are using these electronic devices before bedtime. I think that's probably the single most problem related to light that's affecting our health now only does it affect our health. It also diminishes our sleep quality and quality, and this is a major problem, especially with teenagers or they're using their gadgets up at night, staying up until 12 or two o'clock in the morning, and that causes what's called delayed sleep phase syndrome. And this affects adults too. If you're checking your email at 11 o'clock you're going to go to bed about 20, 30 40 minutes later

than you normally would. You've just simulated blue light to your eyes. And what happens is that blue light lowers Melatonin levels, so your sleep hormone goes down as a result.

Kathy Park: [12:44](#) So one of the things I think we've decided to do was to keep all of our electronic devices downstairs and we have a kiosk in the kitchen where we just plug it in, our phones go in there all day and we don't check it unless we have to. And at night, one of the things that we instituted for our 16 year old is we cut off our Wifi to his devices after a certain period of time so they can't even access it. And I think that, you know, I think we often forget that we can't do any of those things. Like we're helpless and we get into this helplessness state where it becomes so ingrained in us to check our emails at night to scroll through Instagram, scroll through Facebook at 11 o'clock at night and it's like 12 o'clock, you know, by the time you go to bed, it's like one o'clock in the morning because we get so absorbed in that. But that seems to be like the only time in the day where people can decompress, watch TV and just, you know, go through checkup on Instagram. But what you're saying is you need to place these artificial intentional barriers against these artificial light that's really causing us a lot of harm than good.

Dr. Park: [14:00](#) Not to mention just light, but also the content itself. It can be either disturbing, stimulating, or irritating, right?

Kathy Park: [14:09](#) Yeah. Yeah.

Dr. Park: [14:11](#) And so you don't want to wind down your brain before you go to bed, not get it all excited.

- Kathy Park: [14:16](#) Right. Now I read somewhere that watching a movie where you're undergoing tremendous strain and stress where the character in the movie is, let's say being attacked by ravenous wolves, chasing them down, you can actually feel the same kinds of reactions and you'd go through the same kind of psychosomatic problems that they're having, because, and it gets so heightened. So it's not just about watching these shows, but you have to really filter out some of the content that we're consuming you're saying. Okay, so now we're going into lifestyle issues....
- Dr. Park: [14:55](#) Right, which is a major part of how these issues affect our sleep quality.
- Kathy Park: [15:01](#) And I think that you talked about this in the past, that our health is not just about health and it's not just about taking the right medications. It's not just about getting the right surgeries or having the right kinds of CPAP equipment to get the right kind of sleep. But it's a, it's all about a very holistic understanding of how your body interacts with the environment around us. And, I think that that's what you're getting into, that we can't take these other issues because they're outside of our physical health, right? We can't take those things too lightly cause they do have tremendous effect on how we, how our body functions.
- Dr. Park: [15:43](#) Let me also add in addition to these things that you just mentioned in our environment, how you deal with other people is just as important. So having real live face to face human relationships before bedtime. So having a conversation with your spouse or bed partner or loved one or your children, that's much more productive and meaningful than checking Facebook.

- Dr. Park: [16:06](#) Like doing read aloud with your child, reading a book before they go to bed. And I remember when our kids were little and we used to do that. I mean they would fall asleep instantly right afterwards. We had no issues.
- Kathy Park: [16:17](#) And we would too. We might be falling asleep with the kids. Okay. That's another issue entirely. Okay. So what about for those for whom you know it's impossible for them to stay away from their electronic devices at night cause they work or you know, this is the only time they have to catch up on work.
- Dr. Park: [16:38](#) There are certain ways that you can mitigate or lessen the effects of damage from light screens. One way is to use a screen filter. I think many people know about this already, on their iPhones or smartphones or even their computer screens. This is a filter that cut out blue light. So it seems, it seems a little bit more yellow or incandescent color. I also turn down the brightness of your screens too. So you can also use blue light blocking glasses, which look very orangy.
- Kathy Park: [17:10](#) Oh, okay. So that's an easy thing to do. All right. So what's another way that we can sort of counteract all the negatives of artificial light?
- Dr. Park: [17:22](#) We talked about how to wind down at night before you're the bed, but your regular waking up routine is just as important on how you're able to fall asleep at night. So the higher you go and the more awake you are in the morning when you first wake up, the deeper you'll get when you go to sleep. So it's like a slingshot effect, like a rubber band going up and down.

Kathy Park: [17:44](#) Oh.

Dr. Park: [17:44](#) Right. So the more awake and energetic you are during the day,

Kathy Park: [17:48](#) more active you are in the morning,

Dr. Park: [17:51](#) Exactly. So you wake up and the first thing you want to do is to shine light into your eyes as early as possible. So that's why it's important to walk outside. So that's what people who walk dogs tend to be happier and healthier. Right?

Kathy Park: [18:06](#) So what you're saying is that not, it's not only what we do at night, but it's also what we, how we behave in the morning and how we interact with our environment in the morning

Dr. Park: [18:18](#) And throughout the day

Kathy Park: [18:19](#) And throughout the day. So I guess you're saying it's not so good to check Facebook in the morning. The first thing that checking emails on your phone. I shouldn't be.

Dr. Park: [18:30](#) Yeah, that shouldn't be done. I'm not going to say you should not do it at all because that's impossible, but set aside time for that later in the morning or in the afternoon to do that in, in batches and not, don't check it all the time.

Kathy Park: [18:42](#) I think most people know just intuitively, we know that our morning routine sets us up for the rest of the day. If we have a great morning routine where we're revived and you know, we set out doing all the important things and we get that out of the way and then we feel energized to be able to tackle whatever comes our way. Because once you're out the door, who knows what's going to

happen. Right? But at least when you wake up that one hour before you get to going, I think that's why we started waking up in the hour before or two hours before our kids wake up. Right? Just to get some of

- Dr. Park: [19:17](#) Critical time for both of us
- Kathy Park: [19:18](#) For both of us, and that sort of transformed our health as well, right? As a result,
- Dr. Park: [19:24](#) And as a follow-up to this, if you're going to exercise, try to exercise in the mornings
- Kathy Park: [19:29](#) outside,
- Dr. Park: [19:30](#) Outside, not in the gym or in your basement,
- Kathy Park: [19:32](#) It doesn't even have to be strenuous exercising, right?
- Dr. Park: [19:35](#) Even walking. Walk around the block.
- Kathy Park: [19:37](#) Right, and even if you don't have a dog, you can just do a leisurely stroll around the block, on a nice morning. Okay, great.
- Dr. Park: [19:44](#) Doesn't have to be direct sunlight either, just the cues from your environment with the brighter sunlight, the blue skies will help to cue your brain to say, it's morning, wake up.
- Kathy Park: [19:55](#) I would love to hear from our listeners if you have a great morning routine that you'd like to share with us. I would love to hear that on the comments on Steve's blog, doctorstevenpark.com for this particular episode because I think other people can benefit too, not just from us but from you.

- Dr. Park: [20:14](#) And everyone has their own routine that works for them. And so we have to customize it.
- Kathy Park: [20:18](#) Right. Okay. So avoiding light in the evening and also getting plenty of sunlight in the morning. What's the third way that we can use light to help us sleep better?
- Dr. Park: [20:31](#) This method applies to either shift work disorder or delayed sleep phase disorder where you want to fall asleep later than usual and wake up later or seasonal affective disorder, winter blues. It's because your sleep clock has shifted and so for all these problems you can use a bright light box or bright light therapy. So in the winter times when you get up at six it's still dark. Right?
- Kathy Park: [21:01](#) Right.
- Dr. Park: [21:02](#) And so what you can do is shine a bright light. These are specifically designed boxes of light that's very high intensity, blue light.
- Kathy Park: [21:10](#) We could even put links on in the show notes for a couple of ones that you've recommended for patients in the past, from Amazon? I mean, I think these are pretty easily accepted, right?
- Dr. Park: [21:21](#) They're not the expensive. Because the LED lights are much cheaper now.
- Kathy Park: [21:27](#) In this way this could help...
- Dr. Park: [21:29](#) So you're not going to look at it directly, but indirectly having breakfast or read the paper. Actually, why don't you read the paper instead of reading news on the screen? Right?

Kathy Park: [21:39](#) Right, right. Go back to the old fashion way. Okay. So what is another way, what's the fourth strategy that we can use light to help us?

Dr. Park: [21:51](#) This goes back to the bedtime routine and you mentioned this before. Blackout your bedroom completely. I remember when our first child was really young, this is when the LED lights first came out and we got a nightlight that went under his bed. Just next to the bed. And I came in a few minutes later to check on him and I saw that his bed, the bunk bed had this purple glow from underneath the bed. I thought there was like a UFO thing. What's going on? If it lit up the entire room. And I realized it was the, no, no, it was the power plug extension. It was a power strip. Right. With one LED light that was under his bed. Right.

Kathy Park: [22:34](#) And it just like lit up this whole room like a UFO.

Dr. Park: [22:37](#) Yeah, underneath the bed. I couldn't believe how bright that was. So go into the bedroom and do a survey, but turn the lights off and wait about 10 minutes for your eyes to adapt. Don't do it right away cause you won't see it. And then what you'll see, you'll be amazed how many lights you can see with electronic gadgets. You know, our fan has a bright light, in the hotel rooms. The smoke detectors, these bright LED lights, air conditioners, TVs, even the TVs that are off have these red bright lights.

Kathy Park: [23:11](#) Well I'll share with you one little secret. Whenever we travel, Steve always, always takes his black electrical tape with him and, and then he freaks out if he doesn't have it with him. So we have to stop by somewhere to get electrical tape. Well anyway, but what you're saying is that even if we

don't think these lights are going to be detrimental to us, it actually is affecting us when we're sleeping.

- Dr. Park: [23:37](#) Yeah, absolutely. Right. I think we've mentioned in the past there was a study looking at how light affects your, even if it's to the eyes, it was a city looking at, um, they put subjects in the sleep lab in complete darkness. They taped an LED light to the back of someone's knee,
- Kathy Park: [23:57](#) back of someone's knee...
- Dr. Park: [23:59](#) Back of the leg, And affected their circadian rhythms.
- Kathy Park: [24:02](#) Wow. So our skin can actually detect...
- Dr. Park: [24:07](#) Well, this goes along with the finding that every skin, sorry, every cell in your body has a clock and a functioning clock. The heart cell, skin, your brain, your bones. Um, that's why someone, three people got the Nobel prize in sleep. That was in physiology. I think it was last year about the sleep clock gene.
- Kathy Park: [24:32](#) Our cells are so amazing, right? For what it can do. And I think we take it so for granted and we minimize the effect that some of these things have. And that's why we take it for granted that, but we're not inanimate objects. Every pore, every cell of our body you're saying is affected in one way or another by our environment. And that's why lifestyle is so important. For our health. All right. So moving on. That's really ugly. So I'm moving on. What is the fifth way that we can use light to benefit us and better sleep?

- Dr. Park: [25:10](#) This is actually a little bit of a hack not to improve your health, but to improve your relationships. Okay. And even your pictures. So there's that basic concept in photography for some of those of you who are photographers, if you have a bright light behind the subject's background shining towards you, behind the subject's back, it's going to brighten your subject's face, right? Cause your pupils have to constrict because of all the extra light that's coming towards your eyes. And so pupils constrict to kind of block the additional light, and then that kind of increased the contrast to the face. But let's say that I'm talking to you right now. So right now I'm looking at you and we have a window behind you. And when we first started doing this, this recording, we had the shades open and what noticed was that I was squinting because this light was shining behind you. And so when you're squinting the pupils constrict and you squint and it feels like I'm either upset or
- Kathy Park: [26:16](#) your facial expression changes
- Dr. Park: [26:17](#) shows in how you, you show your facial expressions. And so the same thing when I see patients in the office and we have big windows behind the patient, close the blinds halfway
- Kathy Park: [26:28](#) so that you can see better, without having to squint. Looking like you have prune face.
- Dr. Park: [26:33](#) And also the pupils, you know, when pupils are more dilated, it's more engaging.
- Kathy Park: [26:39](#) It is. Yeah. And studies have shown that, right? So it's, it's also a matter of, and you know what? And when we, when we have better interactions with

other others, we have a happier day in general. So whether or not our melatonin levels are our circadian rhythms get affected. I think our moods definitely shift the way that we sleep at night. Yeah. It just makes us happier that we've had a good connection with somebody else.

Dr. Park: [27:06](#) That's right. And even how to use it light for the benefit of showcasing your house. You know, art projects, there's a science and art behind lighting. And we know, we know some people that are professional lighting experts that do amazing things with light

Kathy Park: [27:22](#) just with the way that they use light. You know, having grown up in southern California, I always took sunlight for granted, but now I really appreciate it. Especially like last week as I was talking about previously at the beginning of the podcast, I take it for granted and then we have one week where we see no sunlight. It's raining all the time. And how depressed that makes me feel. So I totally get what you're saying that we need sunlight, but at the same time we need to also be able to kind of filter out the negative light. Okay.

Dr. Park: [28:01](#) Let me make one comment before we end this podcast. So, some people are maybe thinking, well I have a history of skin cancer in my family. I'm not saying you should go out and sunbathe for three to four hours.

Kathy Park: [28:18](#) forget your SPF

Dr. Park: [28:18](#) What I'm saying is just get more exposure in general, especially the early morning hours, early morning, walk to work if you can. I think that's

one thing that my sons loved is the fact that they can walk

Kathy Park: [28:32](#)

They appreciate now in retrospect, not when we ask them to walk to school. No. And they still enjoy it to this day. Even though other kids will offer them rides to school, they still walk...they still walk to school cause that's time for them to decompress in the morning as their body is moving and they're getting sunlight. And they're being outdoors and they're smelling in, you know, breathing in fresh air, not smelling, breathing in fresh air. Um, no, I think it really sets your day for the rest of the day. And I think that that's why in the morning everything seems so fresh and clear and you know, it's, it's getting...

Dr. Park: [29:09](#)

And another little factoid is that we had talked about this in the past of how lack of sunlight lowers or vitamin D levels. Which is a hormone. And it's shocking how many people these days have low vitamin D levels. I mean, just the vast majority of people that, 80, 90% have low vitamin D levels, which is a scary thought. And so to counteract that, you can either get more sunlight or take your supplements, right? And we take supplements every day. But the issue is, well, how do you go with sun exposure? Right? And there were actually studies looking at this question, what is the cost benefit to gain more sunlight as opposed to getting skin cancer. And what they have shown is that the overall benefit to health from sun exposure to prevent cancer and heart disease is higher than the risk of getting skin cancer.

Kathy Park: [30:03](#)

The benefits are better,

Dr. Park: [30:04](#) much better

Kathy Park: [30:06](#) than the risks. So if it's a toss up, it's better to get sunlight than no sunlight. In other words,

Dr. Park: [30:14](#) Even preventing cancer, all kinds of cancer. So on a side note to that, what do you think about all this SPF craze that we're in? Like, we're getting higher and higher, now I see like 85 on some of these sunscreens,

Dr. Park: [30:29](#) well, most of those sunscreens, many of them have additional toxic chemicals that we try to avoid and

Kathy Park: [30:39](#) all kinds of other heavy metals and aluminum anyway.

Dr. Park: [30:43](#) So, but assuming that you find a healthy, nontoxic sunscreen

Kathy Park: [30:48](#) that looks white against your,

Dr. Park: [30:51](#) you have to use common sense. I mean, don't go out and spend five hours in the sun

Kathy Park: [30:57](#) because you're going to get sun.

Dr. Park: [31:00](#) So just, set a time limit too when you're out in the sun. And just use common sense. Everyone has a different threshold to to the point at which they get sunburn. So just stay below that threshold. Right.

Kathy Park: [31:15](#) Okay, great. Those are all those five ways to use light to our benefit. Those are great suggestions. Any last thoughts before we wrap up for today?

Dr. Park: [31:27](#) I think the single most beneficial takeaway from this is find every excuse to spend time outdoors. Remember that we had a patient many years ago who was about 50 pounds overweight, diabetes, high blood pressure, depressed. And I told her to do two things. Don't eat late and exercise outdoors in the mornings. And just by doing those two things, she lost 50 pounds. Right. And she had no more high blood pressure, diabetes

Kathy Park: [31:56](#) She ran a 5K, she got a promotion. Her life completely transformed. Yeah, just those two simple things. Right. And I think that that's a great example of someone who took that advice and even though it seemed like such a, you know, it seemed like, oh that can't be it. It's gotta be more complicated. She simplified it, right? And she said, okay, I'm just going to follow what he says. Take his advice. And just do it. Whether or not it works or it doesn't, what have I got to lose? Right? Except for the weight and except for all the medications that she was taking. And I think that's a great example of somebody just taking the advice and following through on it and giving it a shot. And you know, one of the things I think she mentioned in her testimonial was that she signed up for a 5K. So that's another strategy.

Dr. Park: [32:52](#) I think it was a marathon not a 5K...

Kathy Park: [32:53](#) Was it? Was it a full on marathon?

Dr. Park: [32:56](#) I think so.

Kathy Park: [32:56](#) But you know, I think even if it's just like you have difficulty walking around the block in the morning, get a buddy, get somebody else to walk with you, and then you're talking, having a great

conversation, you're laughing, you're going to be de-stressed, and you're going to be able to charge the day. Right? And really take it for what it is. So don't think of it as like, oh, it's a monumental task. Simplify it. Just do what you can start off with. And then soon everybody will be running marathons. Right? Great. Thank you again everyone for tuning in today. If you've enjoyed today's conversation, you can get all of the show notes and the resources mentioned in this program at doctorstevenpark.com/light. And while you're there, check out all of the resources we have available at the website and subscribe to the podcast, either on iTunes, Stitcher, or Downcast or wherever you find it easy to listen to. And one last thing, if the information you heard today has helped you in any way, please take a few minutes to forward this to a friend or someone you know who can benefit from this information. Thank you again for helping someone else breathe better and sleep better. This is Kathy Park. On behalf of Dr. Steven Park, thanking you for spending some time with us today. Until next time, wishing that you breathe better and sleep better so that you can live better. Bye Bye.