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SYNTONIC OPTOMETRY AND MALILLUMINAGTION

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Malnutrition is recognized as resulting primarily from what is lacking in a proper diet. [1] Malillumination is a similar condition due to the lack of certain wavelengths in our light diet.

We know that every chemical, mineral, vitamin or nutritional substance of any kind that we take into our bodies as food has a maximum wavelength absorption characteristic of electromagnetic energy. We also know that this wavelength energy penetrates the skin and directly interacts with the chemicals and minerals in the blood supply. Blue light or wavelengths of approximately 4000 angstroms is used to interact with the absorption spectra of the bilirubin serum in the blood of premature babies with jaundice and break it down so that the liver and kidneys can excrete it. Without exposure to this particular wavelength, the bilirubin serum builds up to a toxic level that ultimately causes brain damage and possible death.[2]

In a similar way, the build-up of toxic levels in the blood of factory workers from exposure to industrial chemicals could be influenced type of artificial lights used in the working area.

Phototherapy is basically a method of treating the results of malillumination with certain colors or specific wavelengths of light through the skin.

It is noteworthy that all the acceptable applications of phototherapy so far use blue or ultraviolet wavelengths that are so grossly missing in our artificial light sources under which modern civilization currently exists.

We also know that light received through the eyes in addition to vision stimulates the pineal and pituitary glands.[3] These master glands control the endocrine system that regulates the production and release of hormones that control body chemistry. This would then seem to be a carry-over of the basic principles of photosynthesis in plants, which is sometimes referred to as a conversion of light energy into chemical energy, to animal life which has not heretofore been recognized. Thus the wavelengths that are missing in various types of artificial light or that are filtered from the spectrum of natural light by eyeglasses, especially tinted contact lenses or deeper colored sunglasses, not only cause Malillumination but also are failing to stimulate certain endocrine functions.[4]

If a particular ailment can be treated with certain wavelengths of light, then living under an artificial light source lacking these wavelengths might logically contribute to causing the ailment in the first place.

Syntonic optometry utilizes specific wavelengths of light to correct the problem of malillumination in the endocrine system that is caused by the incomplete stimulation from an unbalanced light spectrum received through the eyes. Malillumination causes an immediate weakening of the human muscle system that can be demonstrated by standard kinesiological muscle test methods.[5]

Have a person stand looking through an open window, doorway or, better yet, outdoors in the natural daylight. The strongest arm should be held straight forward with palm facing downward. Press downward on the wrist while the person is not wearing any glasses or contact lenses. Then have the person put on ordinary clear type spectacles or contacts and repeat the test. Usually there will be a very noticeable difference in muscle strength. Tinted contacts and deeper colored sunglasses cause a greater loss of muscle strength. Ultraviolet transmitting lenses do not cause any muscle weakness.

However, this test does not always work, as there are other factors that grossly affect muscle strength that must be eliminated. These include not only such items as radiation type smoke detectors within a distance of fifty feet, including floors above or below test area location. Any wrist watch or nearby clock with a luminous dial or battery-operated mechanism, calculators, video display terminals, certain types of synthetic clothing, especially vinyl imitation leather and polyester, and what the patient may have eaten during the previous three or four hours such as refined sugar or white bleached flour will also weaken muscle strength. The wavelength characteristics of light reflected from different colored walls is similar to that passing through filters of similar colors and must also be considered.[6] For some unknown and unexplainable reason, pink and orange produce the greatest loss of strength and blue the least when compared to full spectrum outdoor natural daylight.

Certain single items that weaken muscle strength will complement each other when combined and produce a synergistic effect while other combinations may counteract each other and produce no effect.

Of a similar note, hospitals that have installed electronic fetal monitoring equipment in their maternity wards are experiencing an alarming increase in the rate of Caesarian section births, due to loss of uterine muscle strength of the mother.[7] Radiation type smoke detectors, digital wrist watches and polyester sheets and night clothing are especially high on the list that diminish the sex drive and/or cause impotency.[8]

There is a lot to be learned about how light and radiation affects not only human muscle strength but also its effect on general health and behavior, including work production and efficiency. But the fact that it does is now indisputable.

Footnotes

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4. John N. Ott, "The Eyes' Dual Function, Part I, II & III." The Eye, Ear, Nose and Throat Monthly, Vol. 53, July 1974, p. 281; November pp. 46-69; and Vol. 53, Nos. 7 and 8, pp. 173-180.

5. George J. Goodheart, 1970, "Structural Imbalance and Nutritional Absorption," Digest of Chiropractic Economics, November/December.

6. John N. Ott, "The Dual Function of the Eyes," **The Optician**, Vol. 178, No. 4595, July 13, 1979, pp. 13-

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8. John N. Ott, “The Electric Dimension of Living Cells,” Proceedings of the American Conference of Governmental Industrial hygienists, Washington, D.C., Nov. 26-28, 1979.