

Subject: Vitamin-D production from Ultraviolet light
Sent: 9 July 05

In the dark cloud covered days after a pole shift, preparing to use some artificial ultraviolet light may be necessary. This can be produced from LEDs and/or Gas vapor discharge tubes. If one breaks the outer shell on a mercury vapor bulb (not tube) type lamp then this will produce lots of ultraviolet light and some ozone. Shield the eyes from much exposure to this light. Use sun glasses if necessary.

Ultraviolet light of the wave lengths from 2800 to 3200 Angstroms produces vitamin-D in the body and aids in the assimilation of the minerals calcium, phosphorus, and iron. It has been discovered that without vitamin-D the blood cannot absorb these minerals so necessary in the building of good teeth and strong sturdy bones.

Lack of vitamin-D in children is the cause of the disease known as rickets. Supplementing with vitamin-D or cod-liver oil or exposure to ultraviolet light can cure this. It takes six to eight times the amount of ultraviolet light to cure rickets than it does to prevent it.

It has been found that chickens irradiated with ultraviolet light have higher egg production, faster growth of pullets, maximum hatchability of eggs, Greater freedom from disease and lower production cost.

The above data was found in an old Illumination Engineering book while looking into carbon arc lighting.

MikeL