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Suncatcher™ Light Debuts Three New Light Therapy Lamps

The Ancient Greeks were the first to document both the theory and practice of solar therapy. During the time of Homer, Helio was the Greek God of the sun and Heliopolis, was the Greek city of the sun. It was famous for its healing temples, in which sunlight was broken up into its spectral components (colors), and each component was used for a specific medical problem. Helio's father was Hyperion, that is, he who goes on high; and his mother was Euryphaesia, she who shines far and wide; and his sisters were the rosy-armed Dawn and the beautiful haired Moon.

From the ancient Greeks to modern times, the sun and its light has been viewed as an essential ingredient for a healthy lifestyle but many of us don't get the amount of bright light we need to experience its benefits. We can enjoy our modern day Heliopolis, in our own homes with the Suncatcher™ Therapy Lights; A scientifically proven method of helping to treat the winter blues by using an LED light that safely provides you with sunlight in the safety and comfort of your own home.

How does it work?

Suncatcher™ Therapy Lights proprietary LED technology helps improve mood & energy by triggering the release of serotonin in the brain through exposure to the light emitted by the therapy light which is seen by your eyes, rods and cones.

A lack of sunlight during the winter or being in an office without windows can have a negative effect on our well-being and can cause health issues related to a lack of light.

We all have an internal clock called the circadian rhythm. The circadian clock has an internally driven 24-hour rhythm that tends to run longer than 24 hours but resets every day by the sun's light/dark cycle. During the fall and the winter, our internal clock can get confused by the lack of sunlight. Our internal body clock sets the timing for many circadian rhythms and impacts processes such as the following:

- Sleep/wake cycles
- Hormonal activity
- Body temperature rhythm
- Eating and digesting

Our brains, which controls our circadian rhythms, are internally driven clocks that we all have that helps regulate when we fall asleep and when we wake up. Suncatcher™ Light therapy helps improve our sleep & focus by resetting our circadian rhythm to its natural state & regulating our internal melatonin. Much like exercise or meditation, The Suncatcher™ Light therapy should be

a daily routine that supports a balanced lifestyle - and it's as simple as turning on the Suncatcher™ Light!

What are the Winter Blues?

Seasonal Affective Disorder (SAD) is caused by the change in seasons, and it is more common than most people realize. Winter blues is a byproduct of SAD but with less severe symptoms. A peer reviewed journal article in the American Psychiatric Association by the U.S. National Institute of Health found that as much as 10-18% of the population in central and northern parts of the United States experience the winter blues. People who work in buildings without sunlight and live in the northern part of the United States and Canada are more susceptible to the Winter Blues and are prime candidates for the Suncatcher™ Therapy Light!

Suncatcher Light Therapy offers three models to meet your individual needs and price points.

Suncatcher™ Basic LED Light Therapy Lamp

SKU – SLM-9196

Price \$39.99

Features:

- 10,000 Lux
- UV-Free
- High/Medium/Low Intensity Control – adjust light level for additional output flexibility
- Space-saving discrete design
- Integrated stabilizer and wall-mount options – how and where you use the lamp

Suncatcher™ Plus LED Light Therapy Lamp

SKU – SLT-9343

Price \$49.99

Features:

- 10,000 Lux
- UV-Free
- High/Medium/Low Intensity Control – adjust light level for additional output flexibility
- Space-saving discrete design
- Integrated stabilizer and wall-mount options – how and where you use the lamp
- Therapy Session Timer

Suncatcher™ Ultra LED Light Therapy Lamp

SKU – SLD-9152

Price \$59.99

Features:

- 10,000 Lux
- UV-Free
- High/Medium/Low Intensity Control – adjust light level for additional output flexibility
- Space-saving discrete design
- Integrated stabilizer and wall-mount options – how and where you use the lamp
- Glow Control
- Therapy Session Timer

Suncatcher Light also has a full line of sanitizing wands and other products based on our proprietary LED technology. For additional Information, please visit our website at www.suncatcherlight.com