

Alexander Wunsch

Light Applications for Well-being and Health - A Synopsis

Speakers Profile

Alexander Wunsch, physician and light therapist, lives in Heidelberg, Germany. He researches, consults and teaches on the effects of light and radiation upon human and environment.

Abstract

Therapeutic and hygienic light applications exhibit a long history in mankind, starting in prehistoric times with the intuitive use of sunlight and fire. Habitats and environments have changed significantly since these early days of human existence. Technological progress produces artificial light sources with various spectral compositions, depending on the principle of light generation. Photonic systems like LASERs and LEDs represent key technologies for non-invasive diagnosis and effective treatment in contemporary medicine. The health-inducing methods using specific light impulses are numerous and constantly increasing in the „Century of the Photon“. Light can be a measure to treat SAD and chronobiological disorders, it helps to fight against lazy skin syndrome and skin aging and is the most natural stimulus for the induction of Vitamin D photosynthesis in the skin. Blue light can enhance productivity in industrial workspaces, offices and classrooms and has been introduced recently as a non-pharmaceutical method for back pain control. Lasers are indispensable appliances for surgeons and naturopaths respectively, depending on the photon dose applied. The presentation elucidates the potential of artificial light sources for salutogenesis.



Alexander Wunsch
Arzt
Hirschgasse 11
69120 Heidelberg
D
wunschart@gmail.com