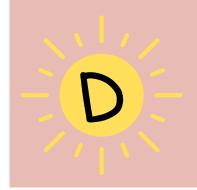
The Effects of Natural Light

On Your Body and Mind



The Body





Provides vitamin D



Sets the body's "internal clock"



Essential to our health & well-being



Produces mood enhancing chemical, serotonin



The Mind



Low levels of vitamin D can lead to depression



Helps reduce anxiety



Improves productivity and focus



Triggers
chemical in the
bran that
improves mood