



# Light: Medicine of the Future : How We Can Use It to Heal Ourselves Now

*Jacob Liberman*

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*Light: Medicine of the Future* challenges the modern myth that the sun is dangerous to our well-being and claims that technological advancements, such as most fluorescent lighting, sunglasses, tanning lotions, and our indoor lifestyles, may be more harmful than helpful. Integrating scientific research, clinical experience, and his own insights, Dr. Jacob Liberman has worked effectively with more than 15,000 individuals, from the learning disabled and physically/emotionally traumatized to business executives and Olympic athletes. The book discusses the use of light in the treatment of various cancers, depression, stress, visual problems, PMS, sexual dysfunction, learning disabilities, and the human immune system.

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