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John N. Ott

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John N. Ott : Health and Light: The extraordinary Study that Shows How light Affects Your Health and emotional well being. before purchasing it in order to gauge whether or not it would be worth my time, and all praised Health and Light: The extraordinary Study that Shows How light Affects Your Health and emotional well being.:

7 of 7 people found the following review helpful. shed new light on lots of stuff-goodBy nellie i think this book should be required reading for heads of any kind of institution. and an excellent read for everyone else. really good info. it was surprising to me how different types of light affected so many different things. amazing. if a person really cares about their own health and that of their loved ones, two legged, four legged, feathered or plants, read this book. i plan to reread it very soon. i have told several people about it and got a "ho hum, boring, not interested" type response. i am going to locate the lights, try it out for myself. they are not available at the local big box or little mom and pop stores.7 of 7 people found the following review helpful. Very interesting readBy P. C. WinchThis book is not only an interesting read, it feels as though it was written yesterday. The style and the insight feel as though it's 2013 not 1965 when some of these events transpired. For example, in late 1960's when John Ott was trying to get medical research funding, some people may recall this was the height of flower power and hippies, self-realisation and love baby. John Ott chatting to the medical research about light in your eyes has a profound affect on your health would have floated like a lead balloon. Given the craze for pet rocks and the power of crystals, the conservative medical establishment would have been horrified to be associated with light and health. This book shows not only the benefits of being aware of light, but also the clay feet of medicine and the complexity of the human body. Any establishment is subject to fashion and fads, so healthy rather than negative cynicism is useful. Moderation in all things, including moderation. This book and others should help you when you blend it into other learnings along the journey of understanding.4 of 4 people found the following review helpful. Best Intro to OttBy CustomerFascinating study autobiography of a true pioneer in optics photobiology... written accessibly gives readers a good sense of Ott's process in making the discoveries he made... many of which we now take for granted, but were truly brilliant original in his time. I'm about to read it again!

The story of John Ott's discovery of the role light plays in sustaining physical health is one of the true scientific breakthroughs of the last half century. It is the story of an observant, intelligent man who acted upon his observations and then supported them with scientific exploration. Health and Light has led many people to a greater understanding of the subtle role light plays in maintaining physical and emotional health.

About the AuthorJohn Ott was the developer of time-lapse photography; much of his work was featured in Walt Disney nature films. While working on these projects, he discovered the importance of lighting in growing certain flowers. Experimenting, he discovered that exposure to light and other radiations also affects animal and human growth. His research is causing science to revise its opinions about the therapeutic benefits of light.