

Effects of High Energy Light on the Human Body : A View

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Abstract: *The radiation dose, or the amount of radiation, is critical to determining the health consequences of radiation. We receive low doses of radiation from our natural environment every day without much danger. We know that very high radiation doses can lead to serious injury or death. Such radiation doses are far above regulatory safety limits.. After some time, you are bound to feel digital eye strain accompanied by headaches or neck and shoulder pain. One of the effects of blue light is a higher risk of macular degeneration. The blue light goes deep into your eyes and reaches for the macula that makes up your central vision. According to some experts, it may also destroy the tiny light-sensing cells on your retina. This situation could lead to macular degeneration - one of the leading causes of vision loss..*

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