

The Power of Biological Light in Healing

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A Russian scientist, Pjotr Garjajev, has managed to intercept communication from a DNA molecule in the form of ultraviolet photons — in other words, light. This won't come as a surprise to anyone who is familiar with the biophoton work of Fritz-Albert Popp.

It is well known that if you use UV light to destroy 99 percent of a cell, including its DNA, you can almost entirely repair the damage in a single day just by illuminating the cell with the same wavelength at a much weaker intensity.

This phenomenon is known as photorepair.

Following the work of Popp, scientists around the globe have begun to consider that your body's communication system might be a complex network of resonance and frequency.

Dan Eden, writing for Viewzone, reports:

"Popp had begun experimenting ... If cancer-causing chemicals could alter the body's biophoton emissions, then it might be that other substances could reintroduce better communication ...

[M]istletoe ... appeared to help the body to 'resocialise' the photon emissions of tumor cells back to normal.

In one of numerous cases, Popp came across a woman in her thirties who had breast and vaginal cancer. Popp found a mistletoe remedy that created coherence in her cancer tissue samples ...

[A]fter a year, all her laboratory tests were virtually back to normal."

Sources:

[Mondovista 2010](#)

It's well known that plants use energy from sunlight to make food, but plants are not the only living beings that have a complex relationship with, and need for, light.

Today, scientists across the world are investigating the energies that propel, and likely even rule, life itself and light energy, sometimes referred to as biophoton emission, is emerging as a fascinating payer.

Your Body is Glowing

Your body actually emits light on a daily basis, in concentrations that rise and fall with your body clock and the rhythmic fluctuations of your metabolism over the course of the day.

The light is 1,000 times less intense than levels that can be seen with the naked eye, which is why most people cannot detect it (some people, however, are able to see this emitted light or "aura," and some can even distinguish colors).

Dr. Fritz-Albert Popp was the first to suggest that this light must come, at least in part, from the foods we eat. When we eat plant foods, the light waves, or photons, in the plants are taken in and stored by your body.

Biophotons are the smallest physical units of light, which are stored in, and used by all biological organisms — including your body. The purpose of these biophotons is much more important than many have realized. It turns out they may very well be in control of virtually every biochemical reaction that occurs in your body — including supporting your body's ability to heal.

Light Controls Your Cell Functions

It is known in biology that every cell in your body has over 100,000 biochemical reactions per second, all of which must be carefully timed and sequenced with each other.

For a long time it was proposed that this occurred through a "mechanical" concept whereby molecules bumped into each other by chance and fit together like a lock and key, or even by slightly changing shape, to come together and form chemical reactions.

Granted, this does sound a bit farfetched, and now researchers believe this cellular dance is not random at all, but rather controlled by biophotons. As [Dan Eden wrote for viewzone.com](#), the paper "The Real Bioinformatics Revolution: Proteins and Nucleic Acids Singing to One Another?" explains just how this "dance" takes place:

"Veljkovic and Cosic proposed that molecular interactions are electrical in nature, and they take place over distances that are large compared with the size of molecules. Cosic later introduced the idea of dynamic electromagnetic field interactions, that molecules recognize their particular targets and vice versa by electromagnetic resonance.

In other words, the molecules send out specific frequencies of electromagnetic waves which not only enable them to 'see' and 'hear' each other, as both photon and phonon modes exist for electromagnetic waves, but also to influence each other at a distance and become ineluctably drawn to each other if vibrating out of phase (in a complementary way).

There are about 100,000 chemical reactions happening in every cell each second. The chemical reaction can only happen if the molecule which is reacting is excited by a photon ... Once the photon has excited a reaction it returns to the field and is available for more reactions... We are swimming in an ocean of light."

Dr. Popp, who proved the existence of the biophoton field in 1974, believes that these types of "biophoton emissions" are responsible for transferring information throughout your entire body.

Where Does Your Body's Light Come From?

Dr. Popp proved that light in your body is stored by, and emitted from, your DNA. The DNA inside each cell vibrates at a frequency of several billion hertz (which is unfortunately the same range at which modern [cell phone communication systems](#) also work).

The vibration is created through the coil-like contraction and extension of your DNA -- which occurs several billion times per second -- and every time it contracts, it squeezes out one single biophoton; a light particle.

That photon contains all the information on everything going on in your DNA at that moment. One single biophoton can carry more than four megabytes of information, and relays this information to other biophotons it crosses in the biophoton field outside your body.

All the photons that are emitted from your body communicate with each other in this highly structured light field that surrounds your body, and which is the actual carrier of your long-term memory. This light field also regulates the activity of your metabolic enzymes.

The information transfer on biophotons is bidirectional, which means your DNA sends information out on a photon, and on the same photon the information of all the biophotons from your body is broadcast back to your cells, and to your tubulin, which are light conductive molecules in your connective tissue.

The tubulin, in turn, receives the information-carrying light impulse and conducts it at the speed of light throughout your body, where it is translated inside each cell into activating or inactivating certain metabolic enzymes.

Illness Occurs When Biophoton Emissions are Out of Sync

Research by Dr. Popp also showed that the light emissions of healthy people follow a set biological rhythm for day and night and also by week and month, as though they are connected to biorhythms of the earth, as well.

However, in his studies, the light emissions from cancer patients had no such rhythms and appeared scrambled, which suggests their cells were no longer communicating properly. Likewise, according to his research, Dr. Popp found that in multiple sclerosis patients were taking in too much light, leading to a similar confusion on a cellular level. Even stress influenced people's biophoton emissions, causing them to increase in response to the stress.

It's known, too, that cancer-causing chemicals alter your body's biophoton emissions, interrupting cellular communications, while certain substances help restore them. Dr. Popp found mistletoe to be one such substance that appeared to restore the biophoton emissions of tumor cells to a normal level.

Interestingly, even conventional medicine confirmed that mistletoe extract does appear to have a beneficial effect on cancer, with one study published in [Alternative Therapies in Health and Medicine](#) showing that mean survival rates nearly doubled among breast cancer patients who received mistletoe extract.

Because light is such an integral part of your body's processes, biophoton therapies are at the forefront of medicine. For instance, therapies are emerging that involve stimulating the body with specific quantities of light to reduce pain and promote healing processes.

One fascinating alternative practice that Dr. Dietrich Klinghardt has started using, based on this science, is to use tools that work with light to [influence your biophoton field in beneficial ways](#). For example, transmitting the information of nutrients in the form of light into your biophotons field can affect your body in the same way as eating the nutrient!

An Important Tip for Gathering Valuable Light Energy

As regular readers know, I've long recommended eating a [diet of mostly RAW food](#) to stay optimally healthy. This is because living raw foods contain the biophoton light energy your body needs.

Every living organism emits biophotons. It is thought that the higher the level of light energy a cell emits, the greater its vitality and the potential for the transfer of that energy to the individual who consumes it.

The more light a food is able to store, the more nutritious it is. Naturally grown fresh raw vegetables, for example, and sun-ripened fresh fruits, are rich in light energy. The capacity to store biophotons is therefore a measure of the quality of your food.

The greater your store of light energy from healthy raw foods (this should not be confused with your [vitamin D status](#), which is produced by the sun on your skin), the greater the power of your overall electromagnetic field, and consequently the more energy is available for healing and maintenance of optimal health.

I firmly believe it's only a matter of time before the importance of light energy in your health and well-being becomes more widely recognized and applied in the field of medicine. Until then, remember that your body is not only made up of tissue, blood vessels and organs. It's also composed of light.