

Photobiology Worksheet

Name	Day	Date	Time	Moon Phase		
Description	Rate	1st reading	2nd reading	3rd reading	4th reading	Reagents used
General Vitality	09.00-49.00					
Mal-illumination	52.50-66.50					
Under-illumination	83.50-34.00					
Blue Light Toxicity	74.50-01.75					
Intercellular Biophoton Communication System	84.50-31.75 95.25-58.50					
Near Infrared	90.00-79.00					
Infrared	62.00-67.50					
Far Infrared	88.50-20.50					
Ultraviolet A	74.50-11.00					
Ultraviolet B	91.50-99.00					
Ultraviolet C	05.50-12.00					
Sunlight	92.75-25.00					
Cells, Mitochondria	87.00-21.00					
Serotonin	51.50-(-10.50)					
Melatonin	60.00-47.00					
Cortisol	42.50-53.50					
Hypothalamus	53.00-50.50					
Thalamus	52.50-40.00					
Pituitary Gland	06.00-87.00					
Anterior Pituitary	74.00-65.00					
Posterior Pituitary	56.00-23.00					
Parasympathetic Nervous System	50.00-42.00					
vitamin D3	30.50-26.00					
Biophotons	73.00-03.50					
Light Metabolism	(-84.50)-(-11.25) (-46.50)-(-25.75)					
Coherent Light	89.75-19.25 80.50-47.50					
Biofield	68.00-40.25 30.00-60.75 (-60.50)-(-85.75)					
Red Biophotons	70.00-42.00					
Orange Biophotons	88.00-97.00					
Yellow Biophotons	29.00-49.50					
Green Biophotons	61.00-07.00					
Blue Biophotons	20.50-51.00					
Indigo Biophotons	78.00-26.00					
Violet Biophotons	93.00-61.00					
Magenta Biophotons	(-82.00)-(-47.00)					