

Download Red Light Green Light Eat Right

A video explaining my traffic light system for ranking the relative healthfulness of Green Light vs. Yellow Light vs. Red Light foods. Green is the color between blue and yellow on the visible spectrum. It is evoked by light which has a dominant wavelength of roughly 495–570 nm. In subtractive color systems, used in painting and color printing, it is created by a combination of yellow and blue, or yellow and cyan; in the RGB color model, used on television and computer screens, it is one of the additive primary colors, along ... For the past few months, I've been standing in front of a red light therapy lamp for about 5 minutes a day. We ordered the red light therapy system when my husband was recovering from surgery since it helps speed wound healing. Sambuca's Fine For Elderberry Wine Start your New Year off right with a glass of elderberry wine or elderberry blossom champagne. Don't have any? Well, next year then. I started mine off right: I bottled six gallons of elderberry wine, six gallons of cherry wine, and a leftover gallon of apple wine this morning. - Red Light Green Light Eat Right