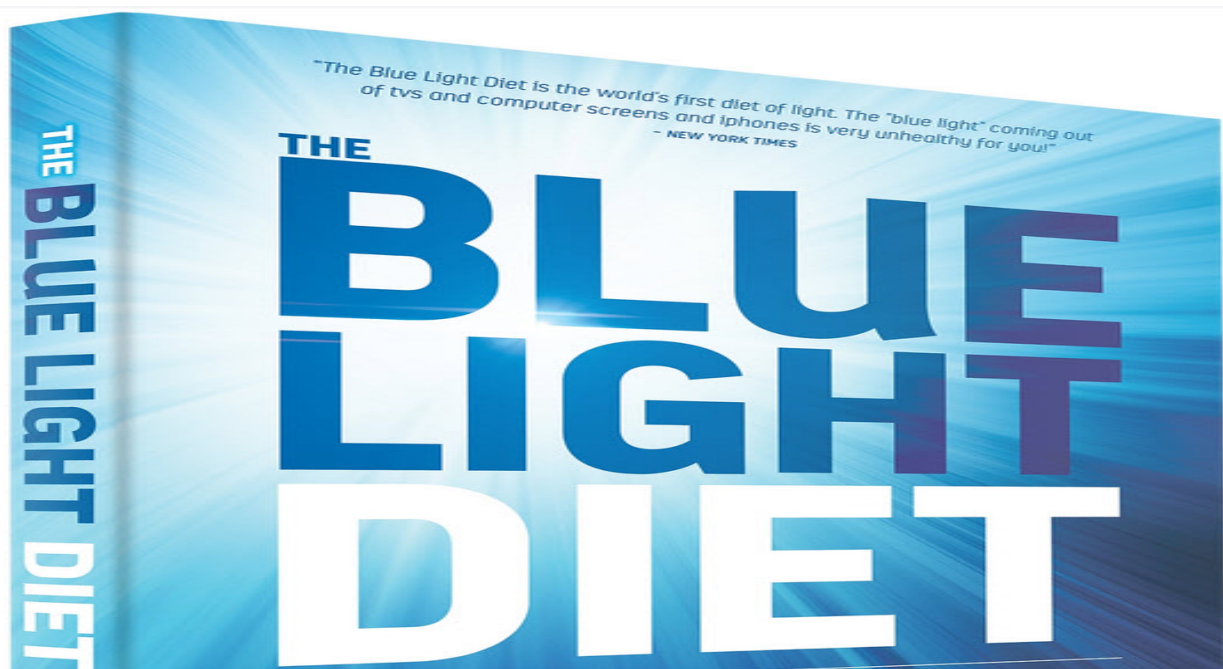




Blue Light Diet Book To Hit Shelves Soon

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"The Blue Light Diet", the world's first diet of light, is a soon to be released book that many say is poised to become a best seller. The book is set to be released in January of 2016. Bobby Hunt III, the book's author, explains a bit of what the Blue Light Diet is. He says, "Just as eating too much fat or sugar is unhealthy, the wrong kind of light is also unhealthy. The right light, however, is very beneficial. Many people may not know it, but the wrong kind of light and at the wrong time, can have disasterous effects on your health and weight."

Bobby Hunt explains that the book is not just about blue light and how to lose weight easily. It reveals a complete understanding and explanation of the different kinds of light and how it affects not only weight loss, but overall health. The Blue Light Diet is the first "diet of light" that instructs people to avoid unhealthy lights such as those coming from television sets, computer screens, and smartphones and shows how to lessen the danger they pose.

"Light can actually have a greater bearing on overall health than your daily diet," explains Bobby Hunt. "At the wrong time, light can create inflammation much like having Type 2 diabetes."

The book has been designed to give consumers information about healthier types of light, and when to avoid bad light, such as the one that is produced by electronics and LED screens. The author states that before life

evolved to the point of using food for energy, it used light and that these primal systems are still at work today in the human body.

To celebrate the launch of the book, the author is having a contest to give away gadgets such as blue light blocking glasses and filters, infrared lights, and other items related to the Blue Light Diet book. Visit bluelightdiet.com to enter.

Those interested in learning more about the book can visit the official website or the Blue Light Diet Facebook page.

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For more information about The Blue Light Diet, contact the company here: The Blue Light Diet Bobby Hunt III (312) 244-3742 bobby@bluelightdiet.com

The Blue Light Diet

Change your light and change your life with the World's first diet of light. Light can be just as powerful to your health and weight as nutrition.

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