

**Lightbulbs – a choice** ... consider personal health effects, our environment, long-term accumulated exposure, sustainability & related costs.  
What we are doing right now, can make a difference that can benefit us and our world for a long time.



An incandescent light bulb produces light by heating a filament wire to a high temperature until it glows.



A CFL contains a mixture of argon and mercury gases that produces invisible ultraviolet light (UV) when the gas is excited by electricity.



An LED contains electrons that recombine with electron holes, releasing energy in the form of photons and illuminating the bulb.

<http://energyblog.nationalgeographic.com/2014/01/08/separating-myth-from-fact-on-cfls-and-leds-five-concerns-addressed/>

We have found the LED – Light Emitting Diodes light bulbs easy to change to. They have no mercury or lead, and last for 10 to 20 years. Now available at home improvement centers, hardware stores and even Costco. Please let us know if you would like some help with this changeover.

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