1. **THOUGHTFULLY PROVIDE NOTATION THROUGHOUT THIS ARTICLE TO SHOW EVIDENCE OF YOUR THINKING AS YOU READ (text-to-self, text-to-text, and text-to-world connections, along with vocab strategies).**
2. **RESPOND TO THE “Food for Thought” SECTION BELOW THE ARTICLE.**

**Energy Efficient Light Bulbs Unscrewed: A Triple Threat to Your Health and Environment (Part 1)**

**http://www.renewableenergygeek.ca/energy-efficiency/energy-saving-light-bulbs-dangerous-to-health-and-environment-part-1/**

If there’s one thing that gets under my skin, it’s the one sided truth about compact fluorescent light bulbs.

And if you’re fed up with skyrocketing energy bills or the damage inflicted on our environment, I’m sure you’ve seen plenty of hype for these light bulbs.

These “energy efficient light bulbs” are supposed to drastically reduce your power bills and green house gas emissions that are linked with “global warming”.

Don’t get me wrong. I do like lower power bills and a sustainable planet for my children and future generations.

But the simple fact is…

**There’s a dark shadow cast by compact fluorescent light bulbs on your health and the environment that you should know about!**

Before I tell you all about it let’s quickly go over the benefits of CFLs that we’ve been force fed by the media, industry, and governments.

By now you and I have been led to believe compact fluorescent light (CFL) bulbs are great! After all, they use 75% less electricity. They’re four times more efficient than incandescent light bulbs, meaning a 13 Watt CFL would give off as much light as a 60 Watt incandescent. Prices have dropped so much over the last few years that CFL bulbs are a bargain compared to the cost of incandescent bulbs. Heck they even last up to ten times longer than incandescent bulbs.

This is great for the environment because it reduces greenhouse gas emissions and other pollutants created by fossil-fuel power plants. As an added bonus you save money by having to purchase less CFL bulbs compared to incandescent bulbs. Plus, your electric bill is reduced too!

Governments are mandating CFL use and banning incandescent light bulbs. Media, industry, and governments have “screwed” the benefits of CFL bulbs into the deepest sockets of our mind.

In a nutshell, we have been led to believe CFL bulbs are good for the environment, the energy crisis, our bank account, and global warming, right?

I thought so until I heard this…

**Investigation Announced into Potential Dangers of Compact Florescent Lights**

Always believing CFLs were a good thing, I was surprised to hear my local radio station, AM800 CKLW in Windsor Ontario, announce Health Canada was measuring exposure levels of CFL bulb’s potentially harmful electromagnetic-field and ultraviolet radiation levels.

I decided to investigate energy-saving compact fluorescent light bulbs to uncover the truth.

My Research Into Energy Efficient Light Bulbs Was Shocking

In the end I discovered there’s a dark side to compact fluorescent light bulbs.

You will soon see three areas of concern to your health and the environment. The question is have they been downplayed. They include toxic mercury, ultraviolet radiation, and electromagnetic fields. These are what I call “CFLs Triple Threat”.

As you continue reading, I’ll explain what I found about each threat in more detail. But before doing so you should know…

**Lots of people are reporting serious health problems they are convinced come from compact fluorescent light bulbs**

Some symptoms they complain about include…

Mild to severe Headaches (Migraines)

Skin Irritation, redness, burning sensations, and or itchiness

Dizziness and Nausea

Tinnitus (ringing in the ears) and Earaches

Numbness and Tingling sensations

Tired, Weak and Fatigued

Difficulty Sleeping / Restlessness

Chest Pains / Heart Problems

Poor Memory and Concentration

Irritability

Feelings of Stress and Anxiety

Depression and Mood Swings

Difficulty breathing

Muscle and joint pain

Pain and pressure in the eyes

**The big question: Are Compact Fluorescent Light Bulbs really responsible for causing these health problems?**

I suspect the CFL Triple Threats are a major part of what’s behind it all. So in the next several blog posts I’ll examine the details of toxic mercury, U.V. radiation, and electromagnetic fields and how this ties into energy efficient light bulbs, the environment and the potential danger to your health.

Thanks for reading Part 1 in this series of  posts. Part 2 will get into more of the hushed up truth about the dangers of energy efficient light bulbs.

**FOOD FOR THOUGHT:**

**List 3 FACTS from this article. Now, list 3 OPINIONS. How can you tell the difference?**