

# 80:20 2017 Quantum Health 'Cook Book'

Eat like a king at sunrise, less at lunch, and dine like a pauper at dinner. Why?

Nature loves to hide her secrets because quantum mechanics requires it due to the observer effect called the Quantum Zeno effect. This is why light is so mysterious to people who are not steeped in physics. My friend Ricky is trying to make my ideas simple for anyone to understand so let us try his recipe to understand food and light better.



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