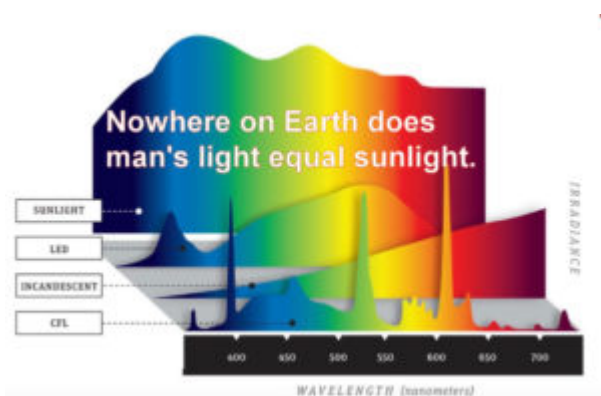


ARE HAPPINESS AND HYPOXIA BEDFELLOWS?

Jeremy and I sat on the beach at Destin and began a discussion about happiness and wisdom as it pertains to a mitochondriac.

The audio file of the beginning of our discussion as it occurred is above. It is pretty raw. You can hear the surf and wind in the back round along with the music of the moment.

This is a contemplative blog.....about why so many struggle choosing nature over society's comforts.



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