

# CPC #22: Why will seafood consumption be critical in a 5G world?

Ya' don't say? Seafood, because of DHA and iodine is the key to controlling how proton spin creates a library of information for your cells. In the Brain gut blog series, I made the case, using the massive research efforts of Dr's Cunnane, Crawford, Tobias, and Kuipers that the human brain can not function well without a diet loaded with brain-specific nutrients that favor a specific form of hydrogen to deliver energy and information to cells via the Grothuss mechanism. This is why kids who eat seafood sleep better and have better cognition.



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