

CPC #39: 5G and ALAN

Human beings are creatures of routine. Even the most spontaneous among us stick to a lot of routines and habits in life. Most habits discussed around health involve diet and exercise for most people. For us, it is *challenging* to try different approaches to the problems in our life.

It turns out your light hygiene is the most important first thing to get correct. Today most humans live indoors away from the sun.



Don't blame sugar and
salt for what artificial
light did

Black Swan Wisdom

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