

# CPC #46: ALAN is deadly and so are low dopamine humans on social media

ALAN = Artificial Light at night

We should all listen to the voice of nature, for it holds treasures for you when you are afflicted by the Dunning Kruger effect.

I think we should do the same for our friends, family, and people we cross paths with on social media. It is good to help people you care about but it is wise to test those you don't know with discomfort in posting. CHALLENGE THEM, and see how they react to the insult.

The image is a collage of various news headlines related to blue light and artificial light at night (ALAN). The headlines are arranged in a grid-like fashion. At the top left, there is a headline: "SCREENS MAY BE TERRIBLE FOR YOU, AND NOW WE KNOW WHY". Below it, a purple box contains the text: "A New Study Delves Into How Blue Light Affects Your Metabolism". To the right, there is a headline: "LED Danger: Study Finds Link Between Lighting And Breast Cancer". Below that, another headline reads: "Smartphones' Blue Light May Lead To Weight Gain As A Result Of Poor Sleep". In the center, there is a headline: "Study: Blue light from screens can steadily blind us". To the left of this, there is a headline: "Is Blue Light Bad For Your Health?". Below that, there is a headline: "Study links blue light emitted by screens to higher cancer risk". To the right of this, there is a headline: "Blue light has a dark side". Below that, there is a headline: "How Your Phone's Blue Light Could Be Damaging Your Skin, According to Derms". To the right of this, there is a headline: "Blue light like that from smartphones linked to some cancers, study finds". Below that, there is a headline: "AMA Adopts Guidance to Reduce Harm from High Intensity Street Lights". To the left of this, there is a headline: "Chemists discover how blue light speeds blindness". Below that, there is a headline: "Doctors issue warning about LED streetlights". To the right of this, there is a headline: "Researchers find the most plausible cause of wellbeing decline in youth is increased screen time". Below that, there is a headline: "Artificial Light Associated with Obesity, Study Says". To the right of this, there is a headline: "Evidence for the Role of Blue Light in the Development of Uveal Melanoma". At the bottom of the collage, there is a logo for "JOURNEY TO OPTIMAL HEALTH" with the tagline "A BETTER YOU, A BETTER LIFE".

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