

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". To its right is "LED Danger: Study Finds Link Between Lighting And Breast Cancer". Below these, there are several other headlines: "A New Study Delves Into How Blue Light Affects Your Metabolism", "Smartphones' Blue Light May Lead To Weight Gain As A Result Of Poor Sleep", "Study: Blue light from screens can steadily blind us", "Is Blue Light Bad For Your Health?", "Blue light has a dark side", "Study links blue light emitted by screens to higher cancer risk", "How Your Phone's Blue Light Could Be Damaging Your Skin, According to Derms", "Blue light like that from smartphones linked to some cancers, study finds", "Chemists discover how blue light speeds blindness", "AMA Adopts Guidance to Reduce Harm from High Intensity Street Lights", "Doctors issue warning about LED streetlights", "Researchers find the most plausible cause of wellbeing decline in youth is increased screen time", "Artificial Light Associated with Obesity, Study Says", "New LED streetlights may double cancer risk, new research warns", and "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."

Become an [Optimal Klub Member](#) or a [Patron on Patreon.com](#) to read the full blog.