

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.

SCREENS MAY BE TERRIBLE FOR YOU, AND NOW WE KNOW WHY

A New Study Delves Into How Blue Light Affects Your Metabolism

LED Danger: Study Finds Link Between Lighting And Breast Cancer

Smartphones' Blue Light May Lead To Weight Gain As A Result Of Poor Sleep

Study: Blue light from screens can steadily blind us

New research reveals that blue light from smartphones and laptops creates toxic mutations in our eyes.

Is Blue Light Bad For Your Health?

Blue light has a dark side

What is blue light? The effect blue light has on your sleep and more.

Study links blue light emitted by screens to higher cancer risk

The blue light given off by screens could be hurting more than just our sleep cycles.

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

August 6, 2016, University of Toledo

AMA Adopts Guidance to Reduce Harm from High Intensity Street Lights

Doctors issue warning about LED streetlights

Artificial Light Associated with Obesity, Study Says

Researchers find the most plausible cause of wellbeing decline in youth is increased screen time

New LED streetlights may double cancer risk, new research warns

Evidence for the Role of Blue Light in the Development of Uveal Melanoma

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