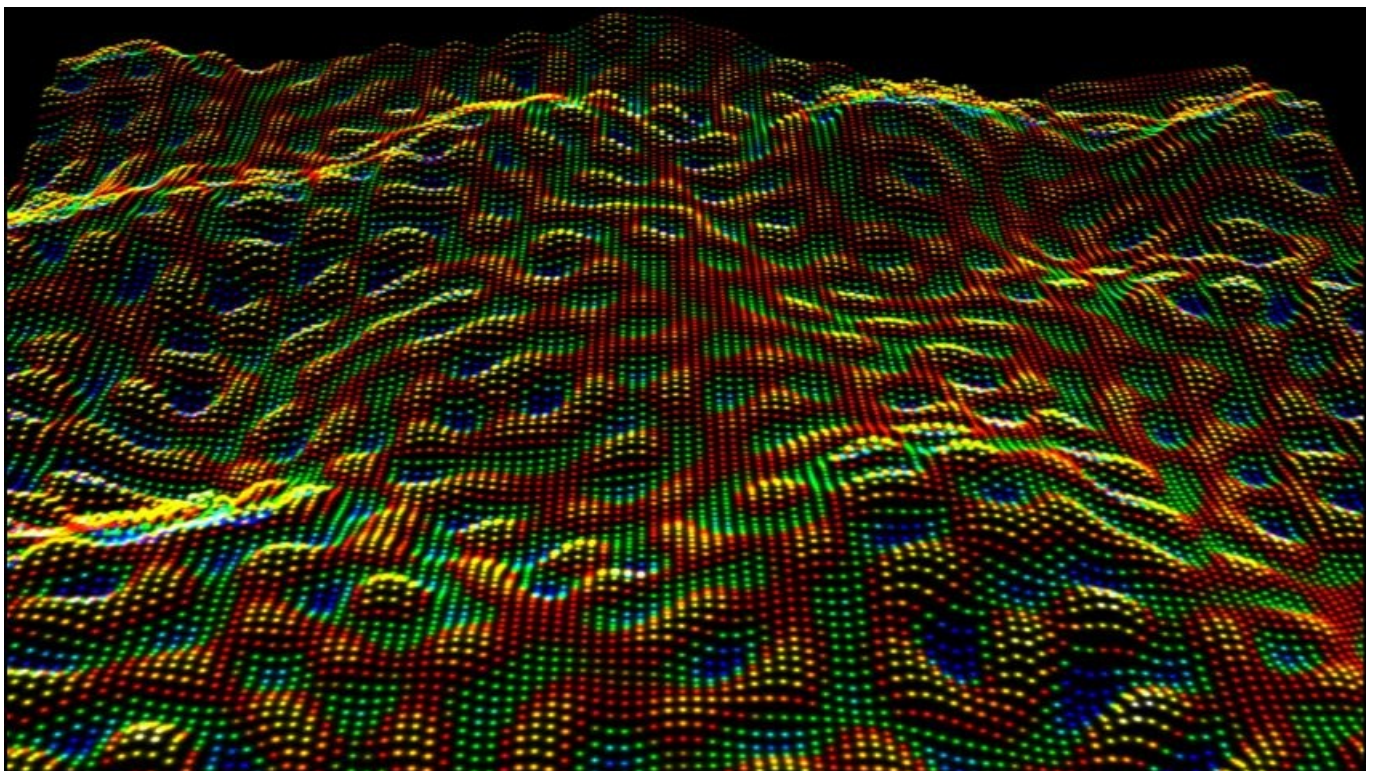


# Deuterium Depletion = Survival

“We live by a small trickle of electricity from the sun.” The green of our garden, the algae in our water, the trees, grasses and herbs on our lands are the transforming agents that harvest the sun’s light via the process of photosynthesis. When we consume these foods, this stored sun energy is released into our bodies as electrons; it is then transformed into ATP, adenosine triphosphate, the biological energy necessary for all cellular function.”

– Szent Gyorgyi



Become an Optimal Klub Member or a Patron on [Patreon.com](https://www.patreon.com) to read the full blog.