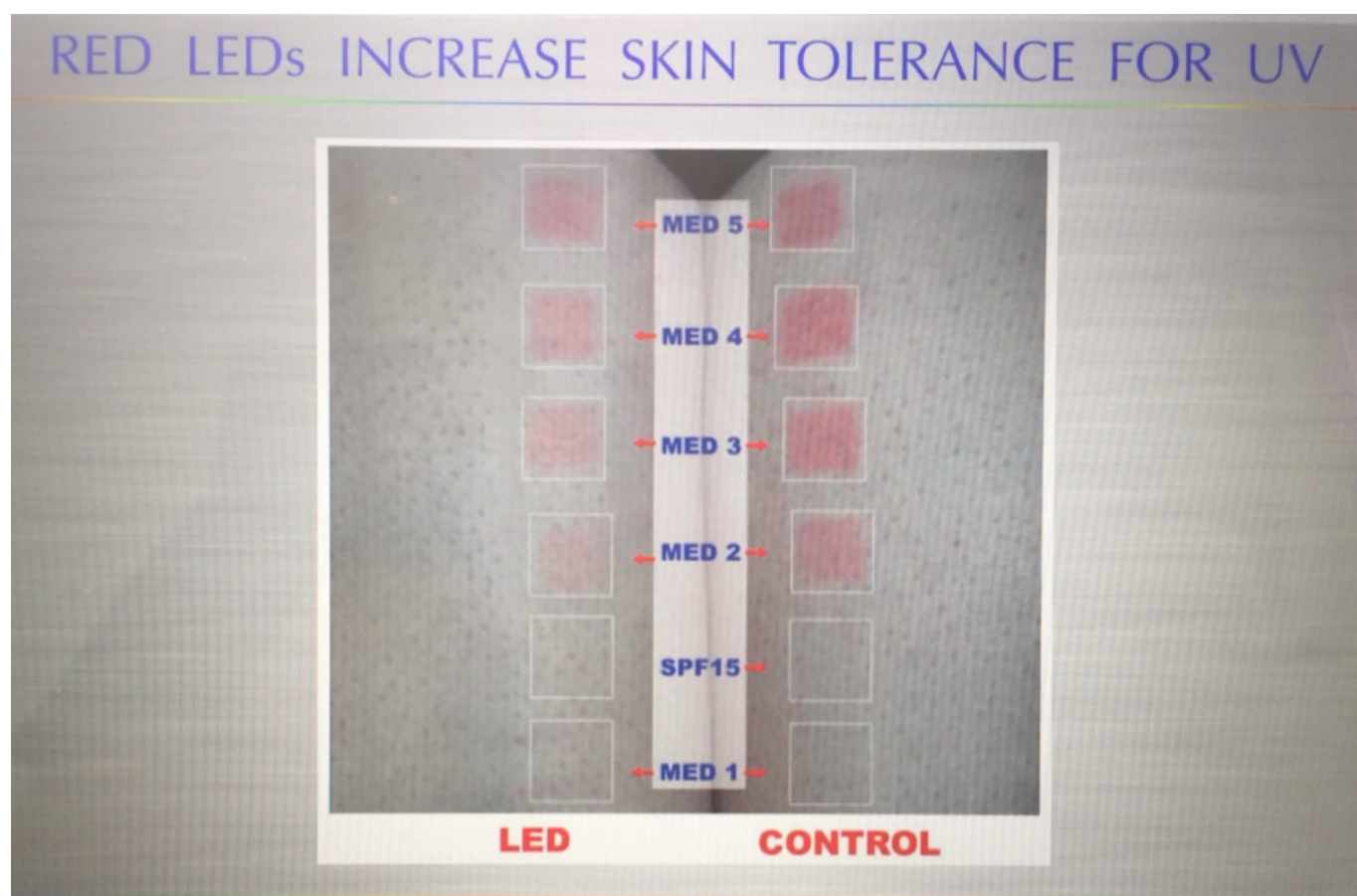


# How Do You Build a Solar Callus Nature's Way?

Eating the exoskeleton of shellfish and certain seafoods provides you with a way to build your solar callus in a very counterintuitive way. The exoskeleton has massive amounts of chitin, iodine and **carotenoids** that help with solar callus and light assimilation. Carotenoids are organic pigments that are found in the chloroplasts and chromoplasts of plants and some other photosynthetic organisms, including some bacteria and some fungi. These bio-molecules are photo-protectors of photosynthesis in plants and I believe they perform the same function in us because they are all pro-vitamin A chemicals.



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