

# **HYPOXIA #15: BLUE LIGHT CAUSES IRREVERSIBLE HYPOXIA IN ALL CELLS**

Several of my members went to a bio-hacking conference in California sponsored by Dave Asprey and were told blue light exposure during the day was NOT harmful at all in 2016, and quite helpful for the human eye. In fact, blue light had benefits of alerting people and improving cognition. When they returned and told me about the event, I responded that this advice was probably the most damaging advice ever given at any event I've reviewed.



Then two years later, in 2018 the study from the University of Toledo proved my response to Asprey's claims were fraudulent. See the we have many PEER reviewed article pointing out just how bad man-made blue light from screens are for the human retina.

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