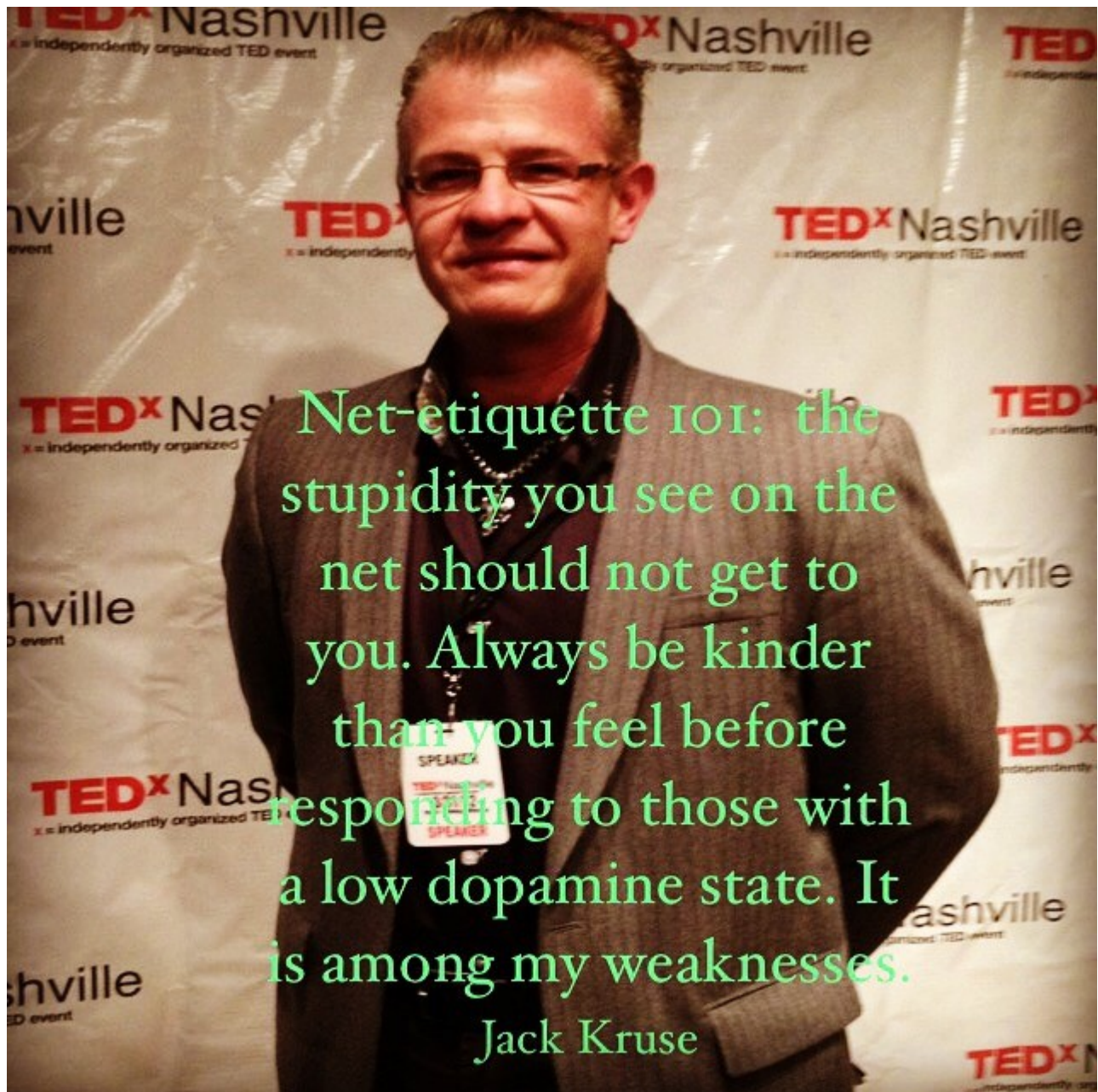


# It All Comes Back to the Light You Allow

It all comes back to light. One of my good UK friends Ricky Sharpe recently said this to me. His words were poetic to me because they tell us how light sculpts living things in ways we cannot fathom. I decided to share them with you all here so you can see how his re-education has helped him overcome his food forward paradigm. He is now a fully committed "Mitochondriac". I want each one of you to get to his level of understanding too.

Ricky said, 'We can close the curtain and pretend like it's the week end now, we can pretend it all the time' banana pancakes by Jack Johnson



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