# LISTEN NOW: Not Just Paleo Podcast Interview

Last Wednesday Jack was the guest on the Not Just Paleo podcast show and the recording is now up and ready for listening.

During the podcast Jack discussed the food and light cycle of the planet, along with the importance of protecting against blue light. He also spoke about his meditation room and shared with the host, Evan, some biohacks that he can employ to speed up the recovery of his upcoming surgery.

Those weren't the only topics that were covered so be sure to listen for yourself. It's definitely information that everyone can adopt to help them reach optimal health.

To access the podcast visit: http://notjustpaleo.com/podcast-52-d…tion-biohacks/

And be sure to listen closely, there may be a special offer in there for you.