

[LISTEN NOW : Podcast Interview with Extreme Health Radio](#)

Last month Jack had the pleasure of appearing on Extreme Health Radio.

During the podcast interview, Jack talked about the dangers of blue light, electromagnetic field radiation and how to protect yourself from these unnatural frequencies that we're being bombarded with on a daily basis.

In addition to that, they also discussed The Cold Thermogenesis Protocol and The Leptin Prescription, plus much more.

Visit the link below to listen to the interview and let us know what you think!

[Extreme Health Radio – Jack Kruse Podcast Interview](#)