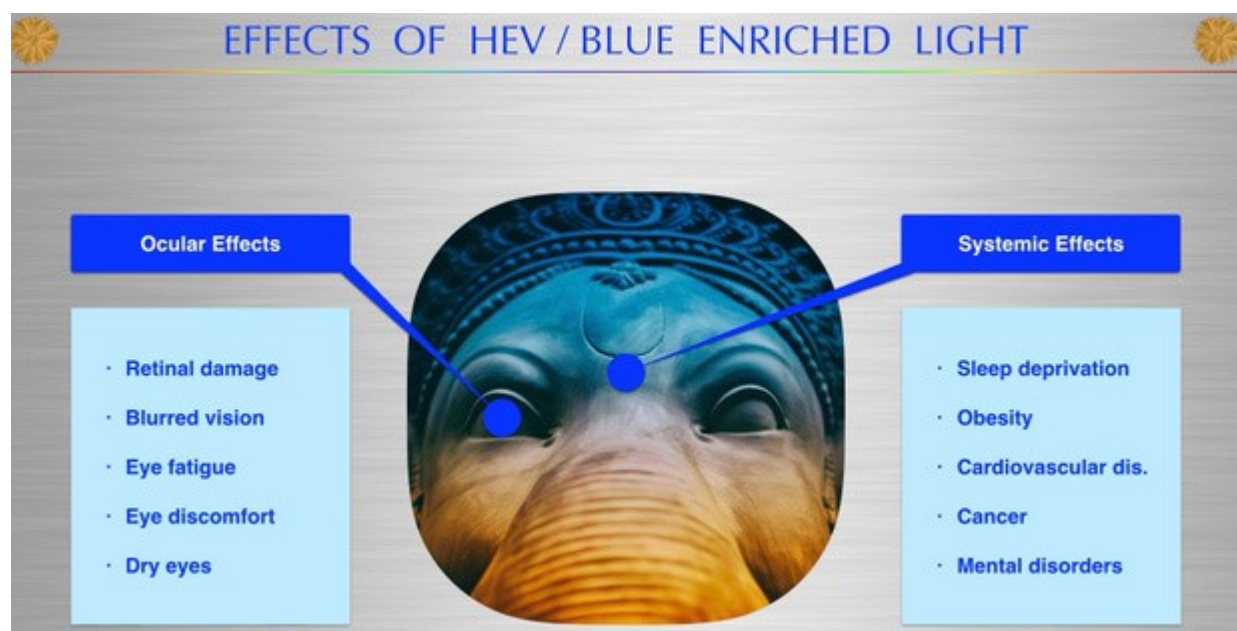


QT #10: Why daytime indoor blue light is toxic

Several of my members went to a bio-hacking conference in California and were told blue light exposure during the day was NOT harmful at all in 2016, and quite helpful for the human eye. This was probably the most damaging advice ever given at any event I've heard. Now two years later we have many PEER reviewed article pointing out just how bad man-made blue light from screens are for the human retina.



Become an Optimal Klub Member or a Patron on [Patreon.com](https://www.patreon.com) to read the full blog.