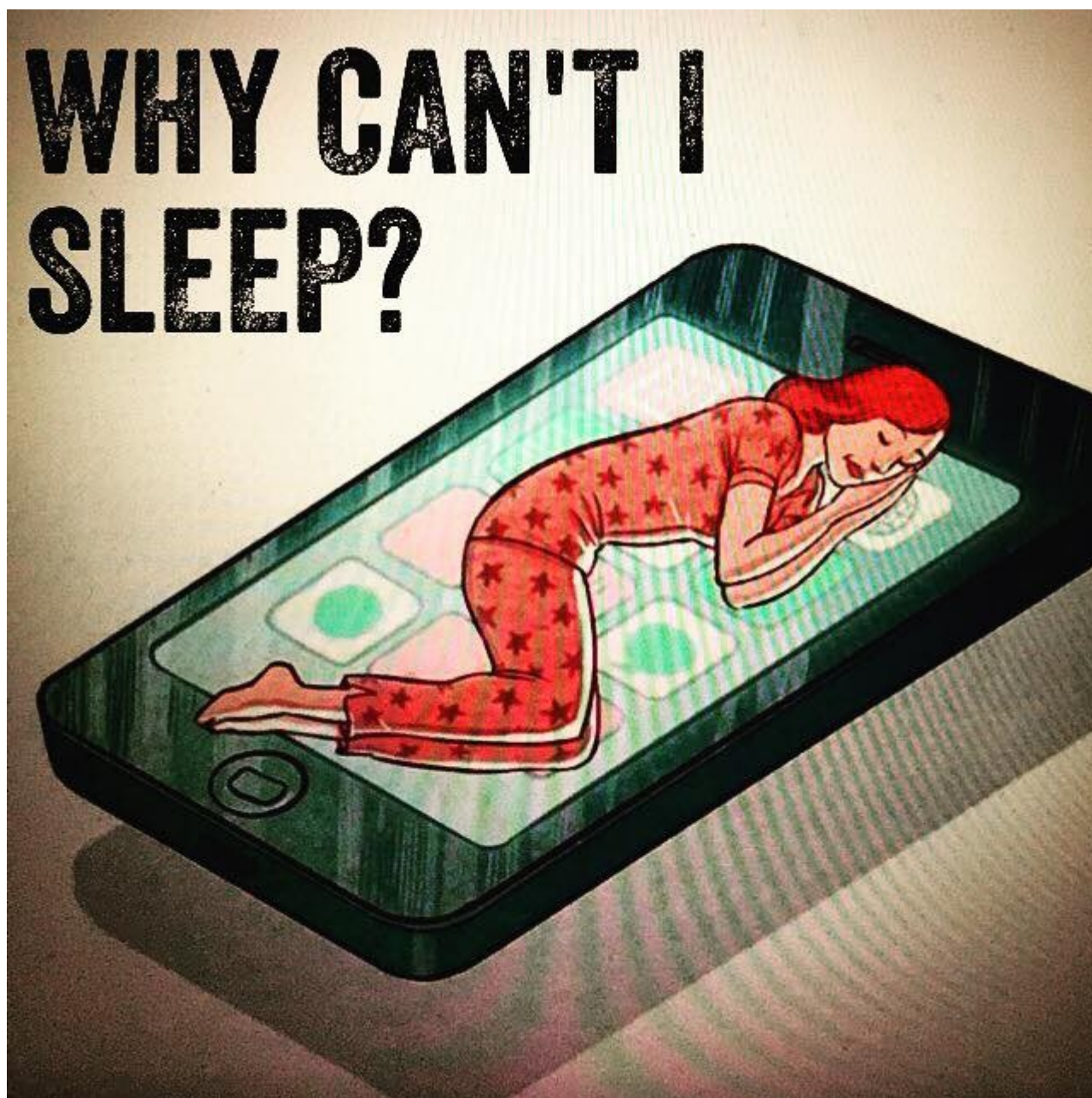


# QT #20: UV Light and Salt Improve Sleep and Health

Salt levels control the exclusion zone of CSF. Iodine helps augment this affect via the Grotthuss mechanism. It is the single most key mechanism in the brain. Time for our group to bone up on Dr. Gerald Pollack's work and how it links to proton spin and information transfer to augment autophagy during sleep. Blue screens and RF/microwaves pulse decrease salt in the CSF.



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