

# The Best Podcast I've Ever Done to Date

HERE IS THE TAKE HOME LESSON: Red light and purple frequencies in sunlight slow time down below the cell level. Cold temperatures are capable of also slowing time too but far less effective than UV/IRA light. Blue light speeds up time and your life is lived like a blue straggler star in galaxies. Blue star exists in a "quick and bright" way. They are the rock star of the cosmos; they burn brightly initially and die quickly. Over supplemented or medicated by a paradigm comes from being under-educated about light. I try to be a rainbow in people's clouds, but I can't solve their climate of understanding.....only they can when they come to my level of understanding. This is why I will never dumb down my thinking for anyone. When they ask for it I will continue to ignore or block them. They need to elevate their game by coming to my level if they truly want to win.

# **MELANOPSIN IS A BLUE LIGHT DETECTOR BOUND TO VITAMIN A VIA A WEAK COVALENT BOND**

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## Scavenging or Quenching Effect of Melanin on Superoxide Anion and Singlet Oxygen

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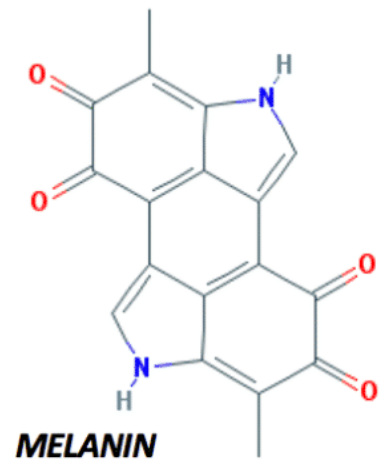
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This article has been corrected. See J Clin Biochem Nutr. 2010 November; 47(3): 267.

This article has been cited by other articles in PMC.

### Abstract

Although photoprotective properties of skin melanin have been well documented of melanin on reactive oxygen species (ROS) generated by ultraviolet (UV) To study the interaction of melanin with ROS, scavenging or quenching efficiency of melanin on superoxide anion and singlet oxygen was investigated by electron spin trapping methods and fluorescence quenching experiments. Superoxide anion and singlet oxygen were generated in a hypoxanthine phosphotransferase system (HPTS) assay. Superoxide anion and singlet oxygen were scavenged by melanin, and the scavenging activity was enhanced by the presence of hydrogen peroxide (H<sub>2</sub>O<sub>2</sub>) and halogenated tyrosine. The scavenging activity of melanin on superoxide anion and singlet oxygen interfered with the enzyme reaction of tyrosinase. The scavenging activity of melanin on superoxide anion and singlet oxygen induced skin damage is likely to be related to the scavenging activity against ROS such as O<sub>2</sub><sup>•-</sup> and <sup>1</sup>O<sub>2</sub>.



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