

# The Food versus Light Lesson – NOT TO BE MISSED

FOOD/DIET argument taken to the next level:

Recently one of my former members who is a practicing clinician in Australia wrote this publicly. I want to share his perspective and then parse out why I think his view point is missing the key ingredients of Light.

**FREE RETINAL (Vitamin A)**  
**DESTROYS ALL PHOTORECEPTORS**

- 1. ALL HEME PROTEINS - Porphyrins
- 2. MITOCHONDRIAL CYTOCHROMES
- 3. CATALASE :  $H_2O_2 \rightarrow H_2O + O_2$
- 4. MELANIN IN THE RPE
- 4. NEUROPSIN  $\rightarrow$  2009
- 5. MELANOPSIN  $\rightarrow$  1998, 2014, 2017
- 6. MELATONIN/DOPAMINE  $\rightarrow$  POOR SLEEP AND CRAZY BEHAVIOR
- 7. NITRIC OXIDE  $\rightarrow$  UVA VASODILATOR
- 8. B12 /folate  $\rightarrow$  HUMAN PHOTORECEPTORS

THE VEGAN 5G PROBLEM IS LINKED TO  
#8

WWW.JACKRUSE.COM

Become an Optimal Klub Member or a Patron on Patreon.com to read the full blog.