

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

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The diagram on the right shows the chemical conversion of Tryptophan to Melatonin and NAD<sup>+</sup>, and Phenylalanine to Dopamine and Melanin. It includes chemical structures and a graph of absorbance vs wavelength (220-300 nm).

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