


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 : H₂O₂ ----> H₂O + O₂**
- **4. MELANIN IN THE RPE**
- **4. NEUROPSIN ---> 2009**
- **5. MELANOPSIN ---> 1998, 2014, 2017**
- **6. MELATONIN/DOPAMINE**  **POOR SLEEP AND CRAZY BEHAVIOR**
- **7. NITRIC OXIDE---> UVA VASODILATOR**
- **8. B12 /folate--> HUMAN PHOTORECEPTORS**

THE VEGAN 5G PROBLEM IS LINKED TO
#8

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