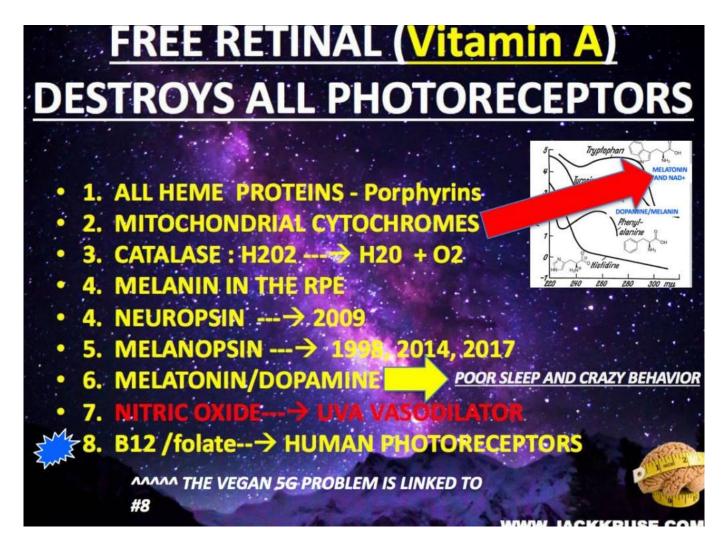
## The Food versus Light Lesson - NOT TO BE MISSED

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.



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