

VOICE & EXIT ATX AUSTIN 2015: HOW CAN WE FLOURISH?

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Look around you...what do you see. You see a lot of blue light on this stage. It looks really neat but have you ever asked yourself can “neat” hurt you?

My name is Jack Kruse and I came here to engage you, and to help you flourish.

I don't build businesses in my world. I build people. To flourish, and sustain flow, you must taste failure. We learn best, from our own failures, if we are wise. So let me tell you a bit about my own failure.

Ten years ago I was morbidly obese ***because of the environment I allowed***. Where I found my change was not where most people look. I was at the foot of Michaelangelo's David and looked up at perfection, and then down at me.....I was 360 pounds of failure at 40 years old. I asked myself: *“what is the difference between David and myself?”*

The answer was simple..... the environment we both lived in was radically different.

On the plane home, I wrote two prescriptions for myself called the Leptin Rx and the Cold Thermogenesis protocol. One was based upon light signaling in the brain and the other one was based upon using magnetism to harvest energy from our tissues. Both of these Rx increased my flow state.

It sounds crazy, but in 3 months I lost 77 lbs and in 11 months I lost 133 lbs. I then put my ideas on the internet and made a ripple, a small wave.

Why should you risk sharing your precious ideas? *Physics showed me why I should do it.* Because you can trust that a better idea might surface after that initial plunge. *An idea, like a wave, when thrown into a bigger body of water creates a powerful wave of momentum that might change the world.*

Our success rises and falls on human connections, not on wisdom alone. That convergence happened when I met Seth Blaustein and Ruben Salinas in September 2014.

Everyone in this room today believes that wellness is a function of a good diet and exercise.....that is what I believed until ten years ago, too. I learned this in medical school, but it did not work for me. I found out in my practice it did not work well for most of my patients, either.

Sometimes we need to disturb conformity with curiosity to get to where we desire to be.

People are down on what they're not up on....the science of physics.

Through my research I discovered that **light controls most of biology** like a GPS device does in your cell phone.

The physics that controls your GPS device in your phone is exactly the same science as the one in your "eye clock"

Most of you think of an eye as a camera functioning device to see. It turns out the "clock function" in your eye determines how "**flow states**" can occur or disappear in your brain and your tissues.

So, how does the GPS device work in your phone?

Light has a universal speed limit at 186,000 miles an hour. Light travels 30 centimeters in one nanosecond. Light bends under the force of gravity and Earth has gravity. Your cell phone uses Einstein's general and special relativity to allow you to navigate around Austin today with your cell.

Atomic clocks orbiting Earth that control your phone, have to run 38 microseconds faster than devices on the ground in your phone. If they did not you'd get lost in Austin. In that 38 microseconds, at the speed of light, if this clock difference did not exist, GPS devices on Earth would be off by a factor over ten kilometers a day! That time difference exists because blue light within sunlight bends the most under the force of the Earth's gravity.

Since blue light bends most under the force of gravity it became the reference point for the clocks that control GPS devices. Your "eye clock" in your head is 5-6 feet above the rest of your body, much like the atomic clocks orbiting Earth. That means your eye clock must also run at a faster rate to control the other cellular clocks below it. Each cell in your body contains such a clock.

If timing is off, distant signals in your cells will also be awry. This very relationship is why I got to 360 pounds ten years ago. My "eye clock" was telling things in my cells (mitochondria) the wrong time in my fat cells and the result was obesity.

Remember, these atomic clocks, controlling your GPS devices, are high up in orbit way above your head and the Earth.

In 2010, scientists at the National Institute of Standards and Technology went further in proving my insights that this critical relationship between light and gravity might be a biologic problem. Their experiments showed that just at 1 foot elevation, a clock ticks *four-hundreth-quadrillionth faster per second*. **This means our head ages faster than the rest of body unless our eye clock runs faster to make up this small difference.** This is why evolution invented sleep. Every night it winds back our "eye clock" so our brain does not age faster than our body parts below.

Consider this fact: Half the bestselling drugs in the US target the product of a circadian genes, yet big pharma

ignores chronobiology at your peril. I am looking to change that today to help you *flourish*.

When your eye clock is off, it destroys signaling everywhere in your body. How? You are losing time because your respiratory proteins in the Electron Chain Transport of your mitochondria are swelling up and enlarge. All foods breakdown to electrons to make energy in our body. When they enlarge, electrons from all foods slow down their pathway to oxygen in your cells. **This destroys flow in all humans.** What ever cells and tissues this process occurs in, determines the disease you will get.

The key point, is that medicine today has a paradigm that when we get sick, the problem must be inside us, or deep inside our genome. The irony is, physics says the problem is outside us, it might be the environment we choose to live in is harming us. Flow states are a function of our environment and not much else, because the laws of physics are universal.

Today humans occupy a 24/7 microwaved blue lit world they believe is "productive." *That maybe life's biggest oxymoron.* Humans have run away from nature and began building cities, and now "she" is making them pay for it.

Humans are not broken, but the environment they have built is ruining them.

No human being itself should be considered impaired innately, instead there are environmental shortcomings that cause the impairment. Thus, it is incumbent on the on the clinician to recommend treatment of the environment their patient is in.

People react to an inferior environment, way before their genome is altered. That is what the science of epigenetics and ubiquitin marking are telegraphing us, but the modern paradigm is not listening. You must. This is where flow begins and ends, to give its proper context. **Flow is a function of the environment you create for yourself.**

If you're going to create a sub-optimal environment to live in you better know how to mitigate it so you can flourish in it to live well. Society, like atoms are open. Society like biology, is designed to be far from equilibrium so it can harmonize with nature. Technology is uncoupling that relationship of humans to its ecosystem. So, does it follow that technology might be the key environmental uncoupler of light from nature? People have been habitualized into believing all progress and technology has a positive connotation these days. Might this belief be obstructing the view point of nature, in the game of life? Blue light at the wrong time destroys flow and you cannot flourish.

Can your time on this planet be destroyed by technology using blue light in some way? Blue light is how the gears of the clock in your eye operates.....too much blue light, and you get ill first and then you die faster. Blue light causes melatonin to drop in your brain like a rock because the electric power cord that runs your clock is also ruined by blue light.

That power cord is a chemical called DHA. You know it as a part of Omega 3's in fish oil. It powers the "eye clock GPS" device in humans. Blue light cuts the cord to this clock. When the cord is cut, your eye clock slows down relative to the clocks below it, and you get ill. Blue light destroys DHA and melatonin in the brain.

In my clinic, we did a biohack and found that patients looked at their phone an average of 150 times a day. When you do this each day, you give your brain the signal that the sun just rose.....150 times a day.

This is why astronauts get the diseases they do in space.....they see 19 sunrises and sunsets per day as they travel in orbit. Yet every day on Earth, you do this more, by a factor of ten. We never think about the consequences of this.

Red light, however can allow humans to flourish.....it is time that you get this message because your technology leaders will

not change their manufacturing practices until you do. They know you're fully addicted to their wares. Profit is all they care about, and any change in production cuts into those profits. They will have no momentum to change the color of your screens until you require them to do it with your dollars and choices.

Until that day exists, you must protect yourself from the light that destroys your major GPS device in your eye. Most of you may not even know this science exists today and it is irrefutable...even Harvard Medical School has written about it. Laws of nature are not subject to beliefs or RCT's.

Technology is killing our relationships because we give our laptops and phones more attention than our spouses, kids, and friends and our own lives. Change that relationship to flourish.

Today I came to show you my latest bio hack.....Ruben Salinas, an entrepreneur and lighting technology engineer, has quantized my Leptin Rx and Cold Thermogenesis protocol into a device that you can wear on your wrist to level the playing field against what technology can rob from your life.



The Quantlet by Quantum Dynamics LLC

This device on my wrist called a Quantlet aims to level that playing field until technology producers and their customers begin to use red lights in their LED's to protect our biologic GPS device in our eye.....until then you need something to help you flourish, as you remain unaware that you're slowly killing yourself every time you look at your phone or computer, especially at night.



Health is merely the slowest form of death we create.

You don't build a business in my world. You build people. Maybe, if you're lucky, those people can help you build your business. I call these people "starfish". You must get your mission correct. *My mission is to help you help yourself today.*

The Quantlet on my wrist is an example of how Ruben took my quantum ideas and mechanized them to help humans overcome their modern environments. It uses several key aspects of light and temperature to condense your cell respiration proteins in mitochondria to keep your head from aging by charging your red blood cells and blood plasma, improving your ability to oxygenate your tissues and sleep better. It improves flow in many facets that are critical to the medical physics operational in your body right now. If you want to learn more about this science consider joining this group: [LINK](#)

The conversations are always crazy deep between mammals like Ruben and I. After all, we are trying to change the world. We want others to flourish. We are all created for uniqueness and we are quantum beings living in a synthetic world. You'll learn, as you get older, that rules are made to be broken. I break them, and today, I invite you to begin. Be bold enough to live life on your terms, and never, ever apologize for it. Go against the grain, refuse to conform, take the road less traveled instead of the well-beaten path. Laugh in the face of adversity, and leap before you look. Dance as though all are watching. March to the beat of your own drummer. And stubbornly refuse to fit in. I raise my glass to those of you enjoy being a provocateur, because that is as good as good gets to flourish in this blue lit world.

