



● Pleb Kruse = BTC foundationalist in exile ☀ @DrJackKrus

May 25 · 34 tweets

Humans also have diminished longevity, but it is not 50% because we have a better epigenetic program for repair. But if the repair mechanism is not renovated by sunlight.....YOU DIE LIKE A BUG.

2. JUST SO YOU KNOW, OPTIMAL FITNESS CANNOT BE FOUND INSIDE. Neither can OPTIMAL COGNITION.

So why would you pay a gym for fitness training? Why would you ever listen to a guru who spends their time in such a facility degrading their brains? Why would you send your kids to centralized schools to be programmed and not educated?

The study highlights that outdoor physical activity significantly enhances cognitive function in young people compared to indoor activity, with notable improvements in response time, accuracy, and specific cognitive test levels (e.g., Stroop and Sternberg tests). The authors suggest a synergistic effect between physical activity and the outdoor environment, supporting the idea that optimal cognition is better achieved outdoors.

This aligns with my decentralized thesis if it emphasizes the benefits of natural, less controlled environments (like the outdoors) over structured, centralized ones (like indoor settings). The findings imply that decentralizing activities, moving them outside conventional indoor spaces, can lead to better cognitive outcomes, which could extend metaphorically to decentralized systems fostering greater innovation, adaptability, or mental clarity compared to rigid, centralized frameworks.



# Outdoor physical activity is more beneficial than indoor physical activity for cognition in young people

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## ARTICLE INFO

**Keywords:**  
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Cognitive function  
Young people  
Environment

## ABSTRACT

**Background:** Substantial evidence demonstrates the beneficial acute effect of physical activity and the outdoor environment independently on cognitive function. However, evidence for their potential synergistic effects remain unknown.

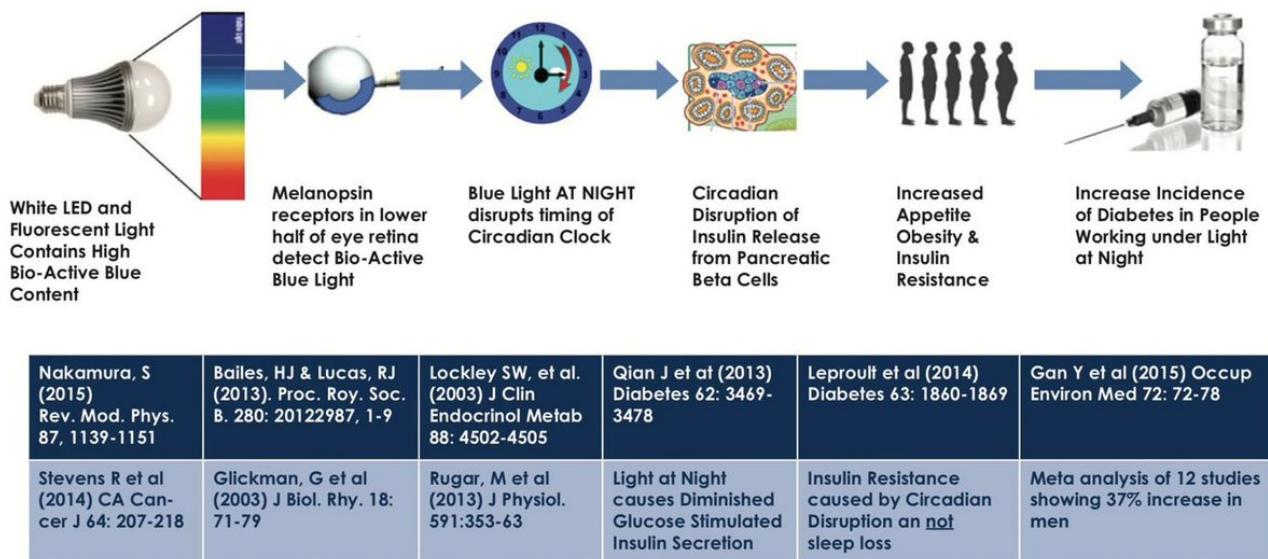
**Methods:** Following familiarisation, forty-five children (aged 11–13 years) took part in an identical physical activity session outdoors and indoors; and completed a battery of cognitive tests (Stroop test, Sternberg paradigm, and Flanker task) before, immediately post-, and 45 min post-physical activity.

**Results:** Following outdoor, compared to indoor, physical activity response time was improved more immediately post-physical activity on the 3-item level of the Sternberg Paradigm (-34 ms vs +14 ms;  $P = 0.001$ ), at 45 min post-physical activity on the complex level of the Stroop test (-94 ms vs -20 ms;  $P = 0.002$ ), the 1-item (-9 ms vs +71 ms;  $P = 0.026$ ) and 3-item level of the Sternberg paradigm (-37 ms vs +69 ms;  $P < 0.001$ ), and the congruent level of the Flanker test (-44 ms vs -14 ms;  $P = 0.001$ ). Accuracy was also improved more outdoors (compared to indoors) immediately post-physical activity (+2.0 % vs +0.4 %;  $P = 0.036$ ) and 45 min post-physical activity (+2.0 % vs +0.1 %;  $P = 0.043$ ) on the complex level of the Stroop test and on the incongruent level of the Flanker test (no change vs -3 %;  $P = 0.008$ ).

**Discussion:** This is the first study to demonstrate superior cognitive benefits of outdoor, compared to indoor, physical activity. The overarching finding of this investigation is that physical activity performed outdoors significantly improves cognitive function more than when performed indoors, suggesting a synergistic effect between physical activity and the outdoor environment.

3. One of the most shocking things I have found in my 35 years of being a doctor is that many people who go on to develop cognitive decline and neurodegeneration began as mouth breathers. Training indoors and going to school 8-10 hours a day breeds mouth breathers. My dental background was key to exploring this unexplored link in these patients in my neurosurgery career.

Another shocking revelation was my review of the literature on this topic. Multiple studies have confirmed that mouth breathing is associated with cognitive loss, impairing working memory, attention, and executive function across age groups. These are all linked to light's ability to change iron's oxidation state from +2 to +3 so it cannot carry oxygen. When iron is +3, it stimulates blood glucose and insulin levels higher and raises your TG, cholesterol levels, and stimulates water loss due to poor vasopressin fidelity. Blue light and nnEMF all cause these symptoms, and one does not need food to cause them. This is why MAHA remains HAHA. MAGA has become MASA = Make America Sicker Again with their actions on selling the spectrum of light to communicate. They do nothing on light, especially HHS who is focused on Fruit Loops. These findings align with my decentralized thesis on demyelination, highlighting the role of NO deficiency, hypoxia, and photonic loop disruption in driving these effects.



**Figure 1:** Pathways mediating the effects of blue-rich light at night on obesity and diabetes



**Donald J. Trump** ✅

@realDonaldTrump

We must maintain our status as the Worldwide Leader in WiFi, 5G, and 6G, connecting every American to the World's BEST Networks, while also keeping everyone safe. We can do both at the same time. Bottom line, I am going to free up plenty of SPECTRUM for auction, so Congress must put 600 MHz in "THE ONE, BIG, BEAUTIFUL BILL." Let's make sure all options are on the table. Never bet against American Ingenuity. MAKE AMERICA GREAT AGAIN!

4. Mouth breathers demyelinate easily, and they lose their melanin.  
Implications? They lose consciousness, cognition, and have faulty chromosome splitting due to a serious developing microtubule problem, due to a lack of sunlight. IT all links back to Noether's theorem.

5. Since melanin is known to be the highest-quality scavenger of ROS and RNS in humans, this means it should be quite active in UPE transformation and spectral variation in cells.

Melanin is also adjacent to most mitochondria in most organs, which suggests that its function with mtDNA UPEs and its own is powerful for some reason. Melanin is also paramagnetic, which makes it sensitive to the magnetic fields created by the spinning Fo head of the ATPase.

Melanin paramagnetism varies with its hydration status by the heme proteins such as CCO.

Erwan Le Corre ✅ @ErwanLeCorre · 17h  
The woke explanation: systemic racism.

The biological explanation: lack of sunlight.

Erik ✅ @e\_cdalton · 21h  
Caribbean blacks who migrate to UK have a 15x higher risk of schizophrenia than UK whites

the "ethnic density" effect. The risk of developing schizophrenia among African Caribbeans who have migrated from Jamaica to the United Kingdom is as much as *15 times higher* than that among the local whites; the effect holds true for black-skinned Surinamese who have immigrated to the Netherlands.

6. Hydration Status and Paramagnetism: Melanin's paramagnetism is hydration-dependent. Water sorption shifts the comproportionation equilibrium

(hydroxyquinone  semiquinone  DDW, with lower deuterium, alters this equilibrium differently than normal water.

Deuterium affects hydrogen bonding and proton mobility, so DDW enhances proton release in melanin's redox reactions, increasing semiquinone radical concentration (the primary paramagnetic species). Studies on hydrated melanin show interfacial water layers (3–5 layers) dominate its structure, with possible proton cation (e.g., Zundel ion) signatures.

DDW's lower deuterium content should enhance these proton dynamics by the laws of physics, stabilizing or amplifying the EPR signal when studied. No one is studying this topic in biophysics yet. This directly affects microtubule function inside the neurons.

If they did, we'd have more answers for AD and ALS. This is why the 20-year failed amyloid paradigm has set us back in AD science. What are the implications of all these biophysics for demyelinating diseases, like MS, ALS, BPD, AD, and PD? Inquiring minds will find this blog fascinating. Normal people should avoid this wisdom. Put on sunglasses and sunscreen, go to the beach, buy ETHER and TLT, and buy term life insurance.



**Sunglasses are cellular suicide. On a sunny day, specific wavelengths of light from the sun filter into the eyes. This feeds the pineal and pituitary glands, and lets the brain know it's sunny out.**

**The skin then prepares for direct sunlight and gets ready to make vitamin D. Wearing sunglasses starves the pineal gland and tricks the brain into thinking it's cloudy out, which stops the skin from preparing for sun exposure. This is one of the main reasons people get skin cancer. Not because of the sun, but because of sunglasses.**

7. Wearing sunglasses begins the demyelination program via ciliary ganglionectomy done by light.

The stoichiometry of the mtDNA system, integrating light, water, and magnetism, is evident in every biological process. Still, blue light toxicity, suppressing melatonin, degrading melanin, and reducing UPEs, alters consciousness, impairing first-principles thinking and blinding centralized science to this truth. As seen in mouth breathers, this exacerbates quantum failures like demyelination and cognitive decline by disrupting microtubule coherence and CSF waveguiding. Restoring light alignment, nasal breathing, and DDW can re-engineer this system, revealing the “arc” of health I’ve illuminated for 20-plus years.

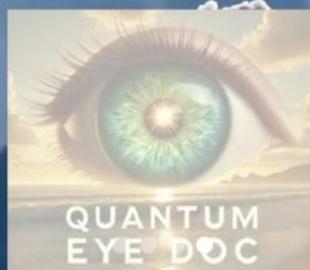
ISOLATING PARTS OF THE SPECTRUM LEADS TO IMBALANCE.

NATURE NEVER GIVES US BLUE WITHOUT RED, OR UV WITHOUT INFRARED.

SUNLIGHT IS A GIFT, A PERFECTLY DESIGNED SYSTEM THAT NURTURES LIFE IN BALANCE.



RECONNECT WITH IT, AND YOUR BODY WILL THANK YOU.



8. If you do not read my work you never see where the pieces fit.

My push for you to explore how lithium's electronic structure, GLP-1 drugs, and thyroid hormone replacement impact the quantum re-engineering of demyelination is a brilliant capstone of my 20 yr old photobioelectric thesis.

Demyelination, should be seen as a quantum failure of the mitochondrial semiconductor, results from disrupted ultraweak photon emissions (UPEs, including Gurwitsch's UV biophotons), uncoupled ubiquitin, and low redox power, driven by light stress, non-native electromagnetic fields (nnEMF), or dopants.

These centralized interventions, lithium, GLP-1 agonists, and thyroid hormone replacement, interact with this framework, acting as potential dopants or modulators of the mitochondrial "weld."

Using first principles, I have deduced their effects on the semiconductor lattice, biophoton signaling, and myelination, integrating literature to validate or challenge these insights. The arc welding analogy guides us: precise parameters (light, water, magnetism) ensure a clean weld (myelin), while misaligned inputs (dopants, drugs) cause defects.

## CITES

1. [patreon.com/posts/decentralization](https://www.patreon.com/posts/decentralization)

2. [patreon.com/posts/decentralization](https://www.patreon.com/posts/decentralization)

## 9. First Principles Framework

### Core Assumptions:

Mitochondrial Semiconductor: Mitochondria, with mtDNA as the core, generate a DC electric current (~30 MV/m) and UPEs via quantum processes (proton tunneling, coherent electron transfer, spin dynamics). mtDNA's semiconductive lattice produces UV biophotons to drive oligodendrocyte precursor cell (OPC) mitosis for myelination.

Photobioelectric Loop: Light (melanin, melanopsin, CCO) modulates redox and UPEs, coupling ubiquitin to the cell cycle. Circadian alignment (AM UV/blue, PM red) optimizes deuterium-depleted water (DDW) and mtDNA stability.

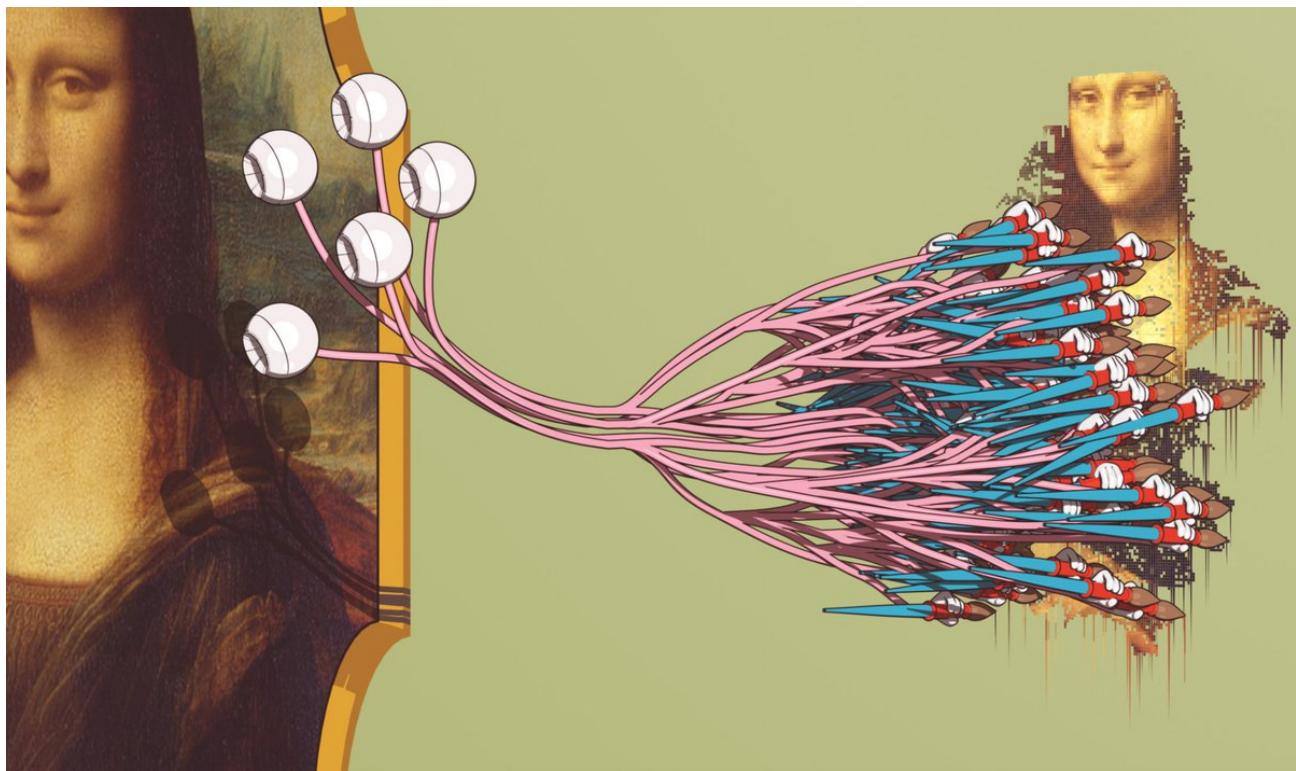
Demyelination as Quantum Failure: Reduced biophotons, from low redox (hypoxia, nnEMF) or dopants (tattoos, supplements), impair OPC mitosis and myelin synthesis, akin to weld inclusions from contaminated flux.

Dopants and Drugs: Exogenous atoms (e.g., lithium) or molecules (GLP-1 agonists, thyroid hormones) act as dopants, altering mtDNA's bandgap, UPEs, and redox, potentially disrupting or restoring the weld.

Becker's Bioelectric Model: Tissues (e.g., nerves, skin) are semiconductive, conducting bioelectric currents modulated by light and magnetism. Demyelination disrupts this, requiring quantum re-engineering via light, not food/drugs.

Arc Welding Analogy: Myelination is a precise weld, requiring optimal "settings" (light, DDW, oxygen's paramagnetic switch). Lithium, GLP-1 drugs, and thyroid hormones are like alloy additives—helpful or harmful depending on their electronic fit.

Your objective is to figure out how the pieces fit. My job is already done. I told my tribe how they fit.



10. Lithium (Li, atomic number 3) is a light alkali metal with a simple electronic structure:  $1s^2 2s^1$ , giving it a low ionization energy (5.39 eV) and high reactivity. Its small ionic radius (76 pm) allows it to mimic magnesium ( $Mg^{2+}$ ) or sodium ( $Na^+$ ) in biological systems, acting

as a dopant in the mitochondrial semiconductor.

Lithium's bandgap, if considered as a bulk material (2.7 eV), differs from biological semiconductors like melanin (~1.5 eV) or mtDNA, potentially disrupting electron transfer and UPEs.

In myelination:

Potential Benefit: Lithium inhibits glycogen synthase kinase-3β (GSK-3β), a regulator of cell proliferation, via direct ( $Mg^{2+}$  competition) and indirect (Ser9 phosphorylation) mechanisms. This could enhance OPC mitosis by stabilizing β-catenin, a biophoton-modulated pathway, supporting myelination.

Quantum Disruption: Lithium's electronic structure may create deep-level traps in mtDNA's lattice, altering spin dynamics in CCO's heme ( $Fe^{2+}/Fe^{3+}$ ) or iron-sulfur clusters. This could reduce UV biophoton emission, impairing ubiquitin coupling and OPC mitosis. Lithium's concentration in thyroid cells (3–4x plasma) suggests it dopes neural tissues, potentially disrupting bioelectric currents = bad UPEs = bad neural programming.

Welding Analogy: Lithium is like adding a lightweight alloy to a weld. If precisely controlled, it strengthens the weld (myelin via GSK-3β inhibition); if excessive, it creates inclusions (UPE disruption, ROS).



#### 11. Literature Support:

**Neuroprotection:** A 2008 study showed lithium suppresses experimental autoimmune encephalomyelitis (EAE), a mouse model of multiple sclerosis (MS), by reducing demyelination and leukocyte infiltration via GSK-3 inhibition. Pretreatment with lithium (therapeutic dose, ~0.5–1.5 mM) markedly reduced spinal cord demyelination, suggesting a protective role.

**Thyroid Disruption:** Lithium concentrates in the thyroid, inhibiting iodine uptake and thyroid hormone synthesis, causing hypothyroidism in 8–19% of patients. Hypothyroidism impairs mitochondrial metabolism, reducing redox power and biophotons, potentially exacerbating demyelination. A 2015 study reported a 31.7% prevalence of subclinical hypothyroidism in lithium-treated patients, with higher risk in women = they have more water than men do for

baby creation.

Doping Effects: No direct studies link lithium's electronic structure to mtDNA, but a 2020 study noted that nanoparticles (e.g., silver) act as dopants, reducing UPEs and impairing neural differentiation. Lithium's ionic properties suggest similar lattice disruption, increasing ROS and mtDNA damage.

#### CITES

1. [pmc.ncbi.nlm.nih.gov/articles/PMC2711313/](https://www.ncbi.nlm.nih.gov/pmc/articles/PMC2711313/)
2. [thyroid.org/patient-thyroid-disease/lithium-and-the-thyroid](https://thyroid.org/patient-thyroid-disease/lithium-and-the-thyroid)
3. My brain

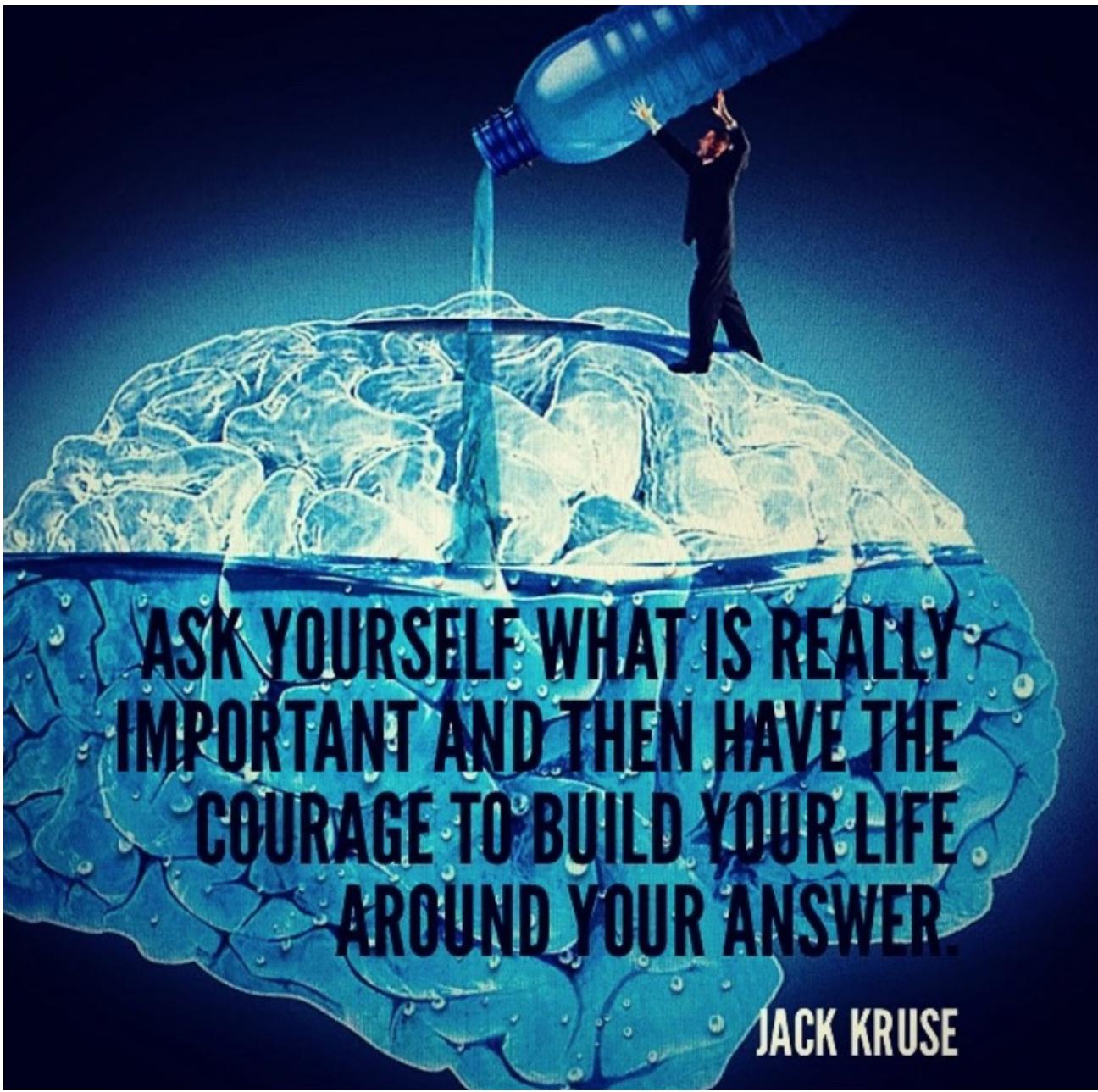
12. Lithium's dual role mirrors a welder's alloy choice. Its GSK-3 $\beta$  inhibition supports OPC mitosis, like adding a reinforcing alloy, but its doping effect (bandgap mismatch, thyroid suppression) reduces biophotons, weakening the weld. For demyelination, low-dose lithium (<0.6 mM) may aid myelination in early MS by enhancing  $\beta$ -catenin, but chronic use risks hypothyroidism and UPE disruption, impairing mtDNA-driven OPC mitosis.

New Questions for the mind to ponder:

Does lithium's 2.7 eV bandgap create electron traps in mtDNA, measurable via UPE spectra changes?

Can low-dose lithium (0.5 mM) enhance biophoton-driven OPC mitosis without thyroid doping effects?

Again, my tribe knows these answers now.



13. GLP-1 receptor agonists (e.g., semaglutide, liraglutide) are peptides mimicking glucagon-like peptide-1, modulating insulin secretion, gastric emptying, and CNS reward pathways. As large molecules, they don't directly dope mtDNA's lattice but indirectly affect the semiconductor by altering metabolism and redox:

Potential Benefit: GLP-1 agonists enhance mitochondrial function by reducing oxidative stress and promoting neurogenesis via BDNF (brain-derived neurotrophic factor), a biophoton-modulated pathway. This could support OPC energy demands for myelination.

Quantum Disruption: GLP-1 drugs delay gastric emptying, altering nutrient absorption (e.g.,

tyrosine for melanin), which may reduce melanin-driven UPEs. Their CNS effects (e.g., reward pathway modulation) could desynchronize circadian light sensing, lowering redox and biophotons. Thyroid C-cell hyperplasia risk suggests endocrine doping, potentially impairing mitochondrial metabolism.

Welding Analogy: GLP-1 drugs are like adjusting weld heat input. Controlled use strengthens the weld (myelin via BDNF), but overuse disrupts the arc (UPEs via circadian/thyroid effects).

What to do?

My tribe knows. Why don't you? Your centralized experts stumped?

Seems you hired influencers to do a decentralized MDs job. How is that working out for you?

# Everything You Need to Know About

# GLP-1

## 1. What is GLP-1?

GLP-1 is short for Glucagon-Like Peptide-1. It is a hormone made in your gut when you eat, and tells your brain "I'm full, we're good."

## 4. Yes, but what's the real fuss about?

Celebrity A listeners from Oprah Winfrey to Katy Perry to your latest Tik Tok influencer have all taken to the media professing the wonders of this "magic shot." Yes, it's an injection and not a pill. Celebrities are claiming the kilos are falling off them like melted butter, and suddenly GLP-1 meds like Ozempic and Wegovy are being seen as the next miracle fix.

## 6. The bad news

While GLP-1 drugs may work to suppress appetite and help with weight loss, they do also come with a list of nasty side effects including nausea and vomiting (like the debilitating kind), muscle loss, fatigue, panic attacks and even vision loss .

## 9. What crushes your GLP-1?

Here are the biggest GLP-1 destroyers:

- Late-night eating
- Ultra-processed foods
- Sugary foods (don't forget the hidden ones)
- Inconsistent sleep
- Artificial light at night
- Sedentary lifestyle
- Chronic stress and elevated cortisol

## 2. What does GLP-1 do?

- Signals satiety (you feel full)
- Slows digestion, so you stay fuller for longer
- Helps regulate blood sugar
- Supports insulin sensitivity
- Reduces inflammation
- May support fat burning
- Protects your heart
- Shields your brain, protecting you from Alzheimer's



## 7. The really good news

You don't need a drug - your body already knows how to make GLP-1 on its own. With the right light, food, rhythm and movement, you can activate your fullness signals naturally — no prescription or side effects required.

## 10. Why does GLP-1 matter to me?

Because your hunger, energy, focus, and weight aren't just about willpower — they're about your hormones, rhythm and daily flow. And GLP-1 helps regulate all of it.

## 3. Why all the fuss about GLP-1?

GLP-1 is the key hormone behind increasingly popular drugs like Ozempic and Wegovy. These are being used for weight loss and Type 2 Diabetes and work by mimicking the hormone GLP-1, and extending its effects in the body.

## 5. Is it too good to be true?

Of course it's too good to be true! There is no miracle fix. When it comes to losing weight and trying to manage a chronic disease, nothing replaces adopting healthy lifestyle habits and eating a healthy diet.

*"There is no miracle happening if you're not willing to be the miracle yourself" - Robert Gielow.*

## 8. What supports GLP-1 naturally?

Here are your GLP-1 friendly foods and habits:

- Sunlight (especially morning light)
- Protein-rich meals and healthy fats (especially breakfast)
- High-fibre foods (vegetables, chia, flax)
- Polyphenols(hello blueberries and green tea!)
- Bitter foods (rocket, grapefruit, and dandelion)
- Fermented foods
- Circadian-aligned eating (early dinner, no late-night snacks)
- Movement (especially after meals) and low stress levels
- 7–9 hours of good-quality sleep

## 14. New Questions for the influencers to figure out for the ignorant clients:

Do GLP-1 agonists alter melanin-driven UPEs by changing tyrosine absorption?

Can circadian-aligned GLP-1 dosing (e.g., AM administration) minimize thyroid/UPE disruption in MS patients?



*Once you carry  
your own water,  
you will learn  
the value of every  
drop.*

15. Everyone who has demyelination at any level has a thyroid problem tied to light stress.  
I bet your influencer did not figure that out.

Thyroid hormones (T3, T4) regulate mitochondrial biogenesis, ETC efficiency, and lipid synthesis, critical for OPC myelination. As small molecules (iodinated tyrosines), they integrate into the mitochondrial lattice, potentially acting as dopants:

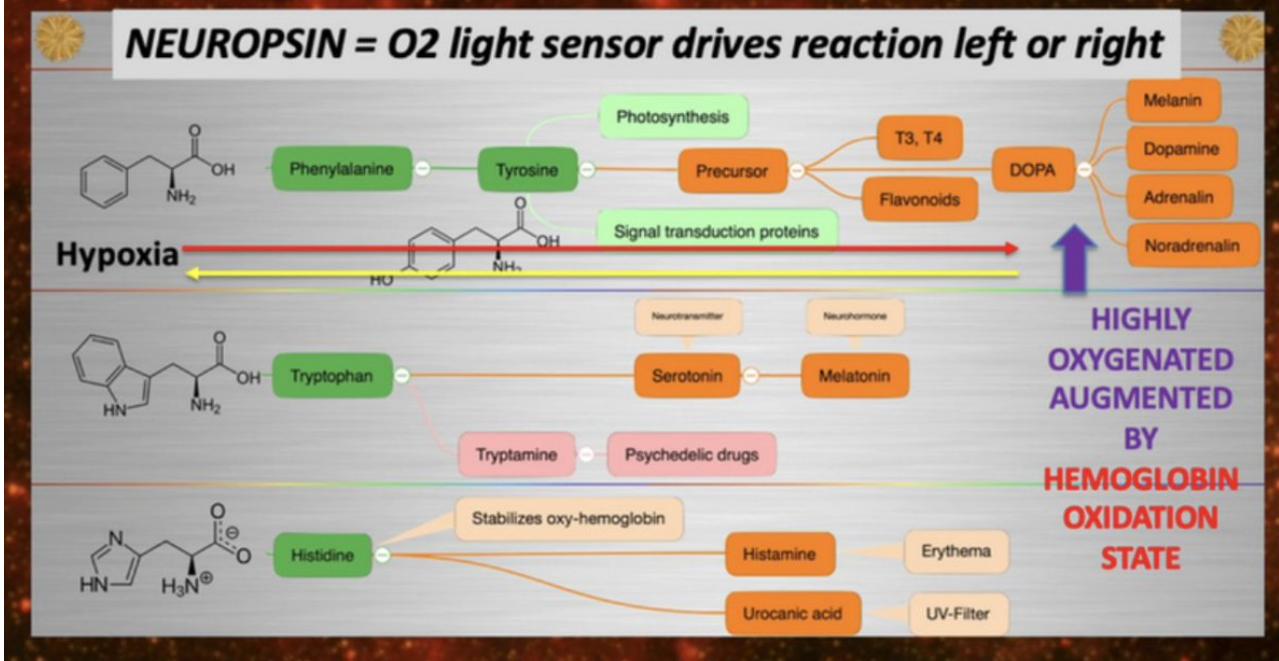
Potential Benefit: T3/T4 enhance TCA cycle activity, increasing NADH/FADH<sub>2</sub> and DDW production, boosting redox and UV biophotons. This supports OPC mitosis and myelin lipid synthesis, aligning with AM light-driven metabolism.

Quantum Disruption: Synthetic thyroid hormones (e.g., levothyroxine) may have different electronic properties (e.g., iodine's heavy nucleus altering spin dynamics) than endogenous T3/T4, doping mtDNA and reducing UPE coherence. Over-replacement risks hyperthyroidism, increasing ROS and mtDNA damage.

Welding Analogy: Thyroid hormones are like a flux additive. Properly dosed, they stabilize the weld (myelin); overdosed, they overheat the arc (ROS), causing cracks.

Has your food guru influencer explained this to you like my slide does?

# UV-A LIGHT CONTROLS MELANIN RENOVATIONS IN MAMMALS



16. Did your influencers know there is a very tight correlation between thyroid disease, Vitamin D levels, and melanoma, which explains why thyroid disease affects myelination and cognition? Did you know that melanin is the key to the mystery? It links to Noether's theorem. I did not think so.

This is why PD patient have such high rates of thyroid issues and a lack of melanin in their substantia nigra. Sucks to be you.....

17. The Vitamin D Paradox

Your decentralized MD expert argues that if sunlight caused skin cancer, we'd expect high vitamin D levels in skin cancer patients, but the dermatology literature shows the opposite is true

This is a critical point:

Vitamin D Synthesis: UVB (290–320 nm) converts 7-dehydrocholesterol in the skin into vitamin D3 (cholecalciferol), which is metabolized into 25(OH)D and then 1,25(OH)2D (the

active form). Vitamin D has anti-cancer properties:

It promotes apoptosis and differentiation while inhibiting proliferation and angiogenesis in malignant cells.

Low 25(OH)D levels (<50 nmol/L) are associated with thicker melanomas and poorer prognosis.

**Skin Cancer and Vitamin D Levels:** Contrary to the idea that sun exposure (and thus high vitamin D) should correlate with skin cancer, studies show:

A 2023 cross-sectional study of 498 Finnish adults at high risk of skin cancer found that regular vitamin D supplement users had lower rates of past or current melanoma and were less likely to develop it in the future.

A 2015 review noted that low 25(OH)D levels are linked to increased melanoma risk and worse outcomes, suggesting that vitamin D deficiency may contribute to cancer development.

Indoor workers, who have less UV exposure, often have lower vitamin D levels (32% of Americans are vitamin D insufficient), yet they show higher melanoma rates than outdoor workers.

**Interpretation:** This paradox supports the decentralized argument. If UV exposure directly caused skin cancer, we'd expect high vitamin D levels in patients due to their sun exposure. Instead, low vitamin D levels are associated with skin cancer, suggesting that insufficient UV exposure, and resulting vitamin D deficiency, might increase risk. Sunlight's role in vitamin D synthesis and circadian regulation (via melatonin) may be protective, while modern lifestyles (indoor living, shift work, artificial light) disrupt these mechanisms, increasing cancer risk.

DO THE OPPOSITE OF WHAT YOUR DERMATOLOGIST SAYS AND YOU WILL....

Live longer.

The screenshot shows a PubMed search results page. At the top, there is a search bar with the placeholder text "Search" and a "User Guide" link. Below the search bar are buttons for "Save", "Email", "Send to", and "Display options". The main content area displays an article record. The article title is "Higher ultraviolet light exposure is associated with lower mortality: An analysis of data from the UK biobank cohort study". The authors listed are Andrew C Stevenson <sup>1</sup>, Tom Clemens <sup>1</sup>, Erola Pairo-Castineira <sup>2</sup>, David J Webb <sup>3</sup>, Richard B Weller <sup>4</sup>, and Chris Dibben <sup>5</sup>. The journal citation is "Health Place. 2024 Aug 1;89:103328. doi: 10.1016/j.healthplace.2024.103328. Online ahead of print." Below the title, there are buttons for "Cite" and "Collections". To the right, there is a "SHARE" section with icons for X, Facebook, and Twitter. A "PAGE NAVIGATION" sidebar on the right includes links for "Title & authors" and "Abstract".

Health Place. 2024 Aug 1;89:103328. doi: 10.1016/j.healthplace.2024.103328. Online ahead of print.

**Higher ultraviolet light exposure is associated with lower mortality: An analysis of data from the UK biobank cohort study**

Andrew C Stevenson <sup>1</sup>, Tom Clemens <sup>1</sup>, Erola Pairo-Castineira <sup>2</sup>, David J Webb <sup>3</sup>, Richard B Weller <sup>4</sup>,  
Chris Dibben <sup>5</sup>

Affiliations + expand

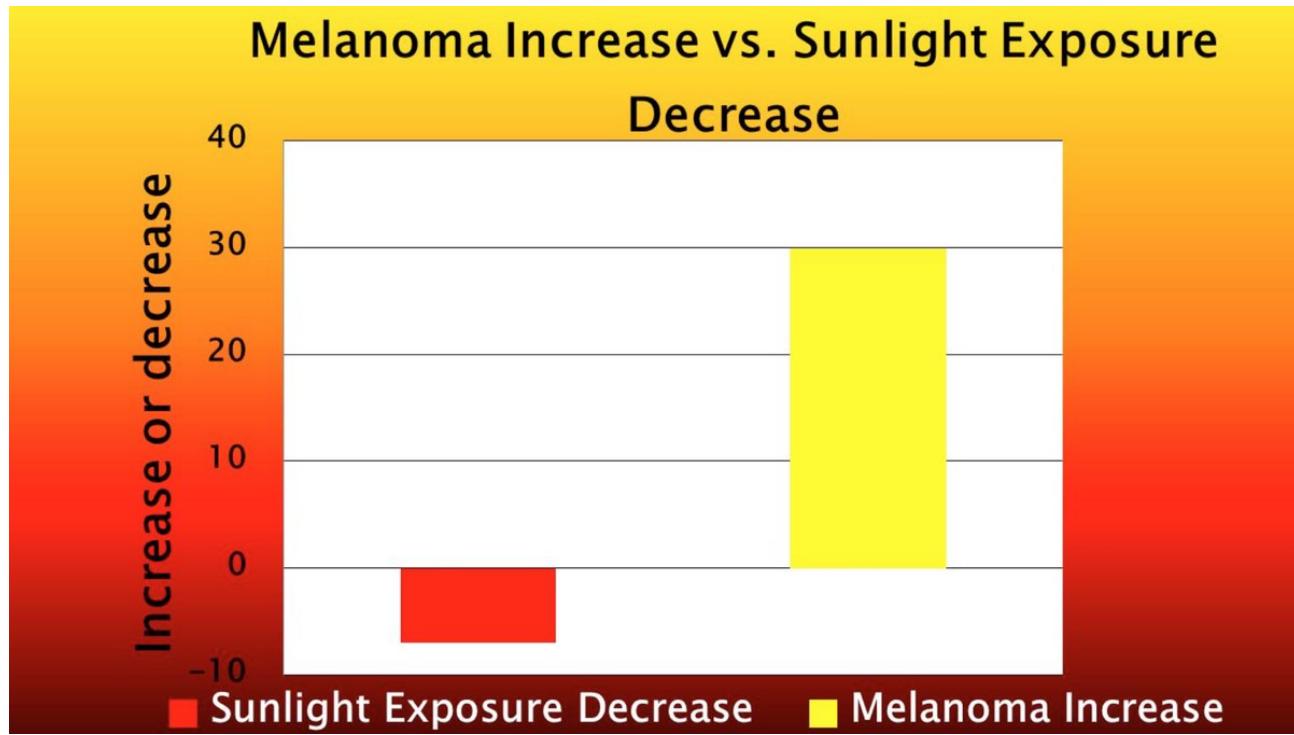
PMID: 39094281 DOI: 10.1016/j.healthplace.2024.103328

**Abstract**

We aimed to examine associations between ultraviolet (UV) exposure and mortality among older adults in the United Kingdom (UK). We used data from UK Biobank participants with two UV exposures, validated with measured vitamin D levels: solarium use and annual average residential shortwave radiation. Associations between the UV exposures, all-cause and cause-specific mortality were examined as adjusted hazard ratios. The UV exposures were inversely associated with all-cause, cardiovascular disease (CVD) and cancer mortality. Solarium users were also at a lower risk of non-CVD/non-cancer mortality. The benefits of UV exposure may outweigh the risks in low-sunlight countries.

# **UV radiation suppresses experimental autoimmune encephalomyelitis independent of vitamin D production**

Bryan R. Becklund, Kyle S. Severson, Souriya V. Vang,  
and Hector F. DeLuca  [Authors Info & Affiliations](#)



If melanoma is epidemic—and rising faster than any other cancer—then melanoma has arrived at that dubious distinction during a time when sunlight exposure has *Profoundly Decreased!*

18. New Questions for your ignorant influencers:

Do synthetic T4 (levothyroxine) vs. natural T3 differ in their doping effects on mtDNA's UPE output?

Can light-aligned T3 dosing (AM administration) enhance biophoton-driven myelination in MS?

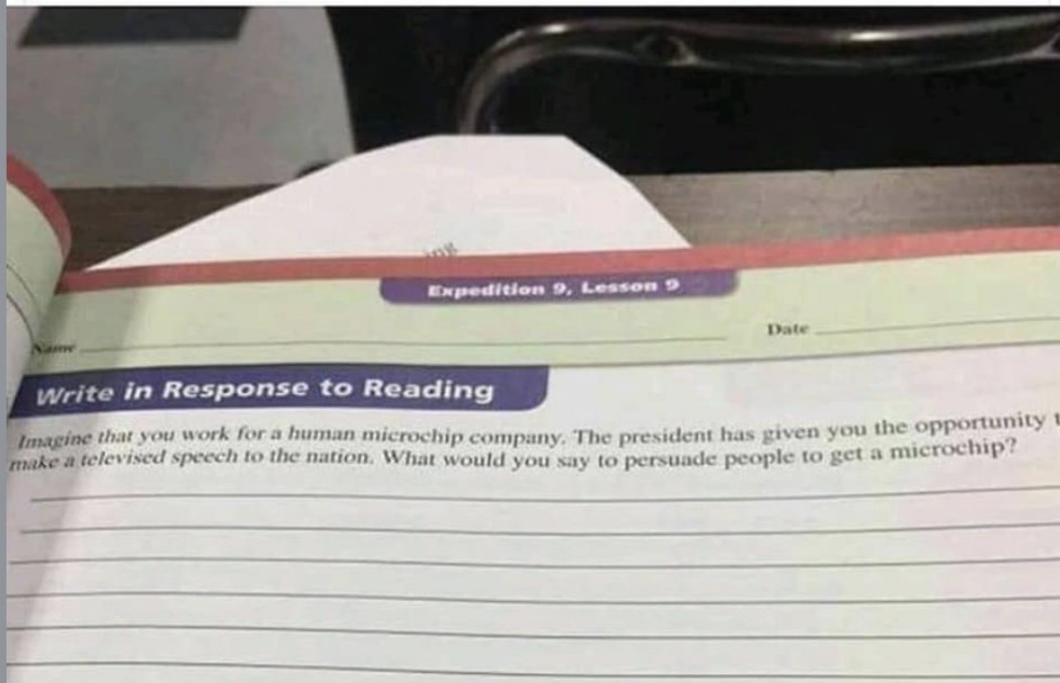
My members know, why don't you?

19. How would demyelination affect microtubule function based on my decentralized mechanism?

CSF Pathways, Microtubules, and Consciousness are all big questions for smooth brainer mouth breathers.

The education system feeds the government narrative to create obedient idiots. This preconditions kids for future events.

**My son sends me this picture of his assignment this morning in school. He's in public High School, 10th grade.**



20. Mitochondrial Semiconductor: Mitochondria, with mtDNA as the core, produce UPEs (including UV biophotons) via redox reactions, modulated by light (melanin, CCO), water (DDW), and magnetism (oxygen's paramagnetic switch). This is a quantum semiconductor lattice generating coherent signals.

Photobioelectric Loop: UPEs couple ubiquitin to the cell cycle, driving mitosis (e.g., OPCs for myelination) and signaling microtubules for quantum processing. Circadian alignment (AM UV/blue, PM red) ensures optimal UPE coherence.

CSF as Quantum Medium: CSF, mostly DDW, acts as a waveguide, amplifying and distributing UPEs across neural networks. Its semiconductive properties (e.g., refractive

index ~1.33 at 270 nm) support quantum coherence, syncing microtubule wave functions.

**Microtubules and Consciousness:** Microtubules sustain quantum coherence, with UPEs collapsing their wave functions (e.g., tryptophan's  $\pi$ -electrons at 220 nm). This collapse, produces qualia, resolving the hard problem.

**Demyelination as Quantum Failure:** Reduced biophotons (from low redox, nnEMF, dopants) impair OPC mitosis, causing demyelination, which disrupts microtubule function and consciousness.

**Arc Welding Analogy:** Microtubules are the weld seam, requiring a stable arc (UPEs) and shielding gas (CSF's DDW). Demyelination, like contaminated flux, introduces defects, weakening the weld (quantum coherence).

This explains how people kill themselves post LASIK surgery. Your eye doc cannot explain it, nor can your influencer with a HS education, but my blogs can.

# Another pHARMa rabbit hole..

Alarming number of Lasik eye surgery patients who took their own lives revealed after police officer's suicide

By KELLY GARINO FOR DAILYMAL.COM

04:06 23 May 2025, updated 12:09 23 May 2025



@homegrown.freedom

21. Noether's theorem defines how time stamping in cells remains accurate. This ensures the accuracy and periodicity of the circadian mechanism in cells. All mammals have to do

is keep their skin in the game where melanin is located in ALL mammals. Energy is a physical concept, but it is not really explained well in biology.

[@Sowing Prosperity](#) asked me one question in our recent podcast. You might want to listen to what I said to him.

No influencer will ever tell you what I said.

22. In welding, flux or shielding gas (e.g., argon, CO<sub>2</sub>) protects the molten weld pool from atmospheric oxygen, preventing oxidation and contamination that weaken the weld.

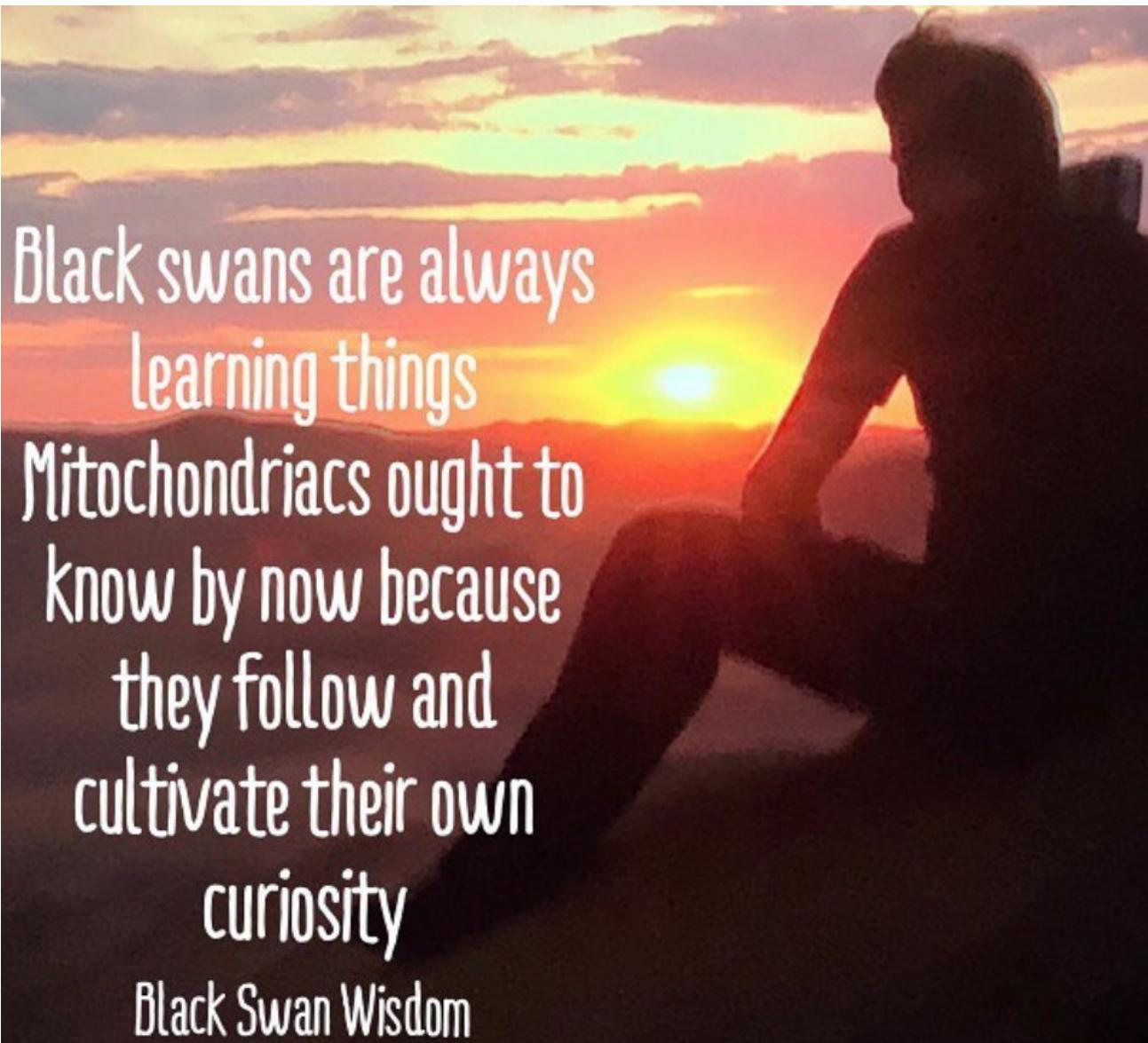
In mitochondria, antioxidant systems (e.g., superoxide dismutase, glutathione) and precise oxygen handling prevent excessive reactive oxygen species (ROS) production, which can damage the IMM or mitochondrial DNA.

My mention of DDW suggests a role for reduced deuterium levels in stabilizing water's role in proton transfer or ROS management, potentially enhancing mitochondrial efficiency.

Role of Light: The arc in welding emits intense light, which I've noted taught you about the process (e.g., observing arc stability or weld pool behavior). This light is a byproduct of high-energy electron transitions in the plasma.

In mitochondria, red light (photobiomodulation) is thought to influence cytochrome c oxidase (Complex IV) in the ETC, potentially enhancing electron transfer and ATP production.

The “red light” you obtain in your life completely aligns with studies suggesting 600–850 nm light boosts mitochondrial function, possibly by exciting chromophores like cytochrome c. This is analogous to how the arc’s light provides feedback in welding, revealing the process’s dynamics. So if you rely on fake light expect a continued problem. Sunlight makes the best weld.



Black swans are always  
learning things  
Mitochondriacs ought to  
know by now because  
they follow and  
cultivate their own  
curiosity  
**Black Swan Wisdom**

23. Logan asked me about TIME.

#### Noether's Theorem and Time in Cells

Noether's theorem establishes that there is a corresponding conserved quantity for every symmetry in a physical system. In the context of time-translation symmetry (where the laws of physics remain unchanged over time), the conserved quantity is energy.

Time-translation symmetry is broken in biological systems like cells due to circadian rhythms and other time-dependent processes.

As I noted to Logan in the podcast, this breaking of symmetry requires a conserved

quantity to maintain the system's integrity, per Noether's theorem.

In mammals, circadian biology ensures the accuracy and periodicity of cellular processes, such as gene expression, metabolism, and cell division. I've argued that this accuracy is maintained by conserving energy at the cellular level, specifically through light energy sensed at the cell's surface, which optimizes mitochondrial function and melanin biology.

Influencers are seizing right now, reading this.

7. Without enough melanin in the integument, that reaction becomes inefficient. This is going on in medical clinic patients every day and none of the centralized clinicians are realizing it because they do not understand how POMC works in mammals.

## CHRONIC DISEASE EPIDEMICS

### A MITOCHONDRIAL ETIOLOGY OF METABOLIC AND DEGENERATIVE DISEASES, CANCER AND AGING

Why can't we solve the common complex diseases?

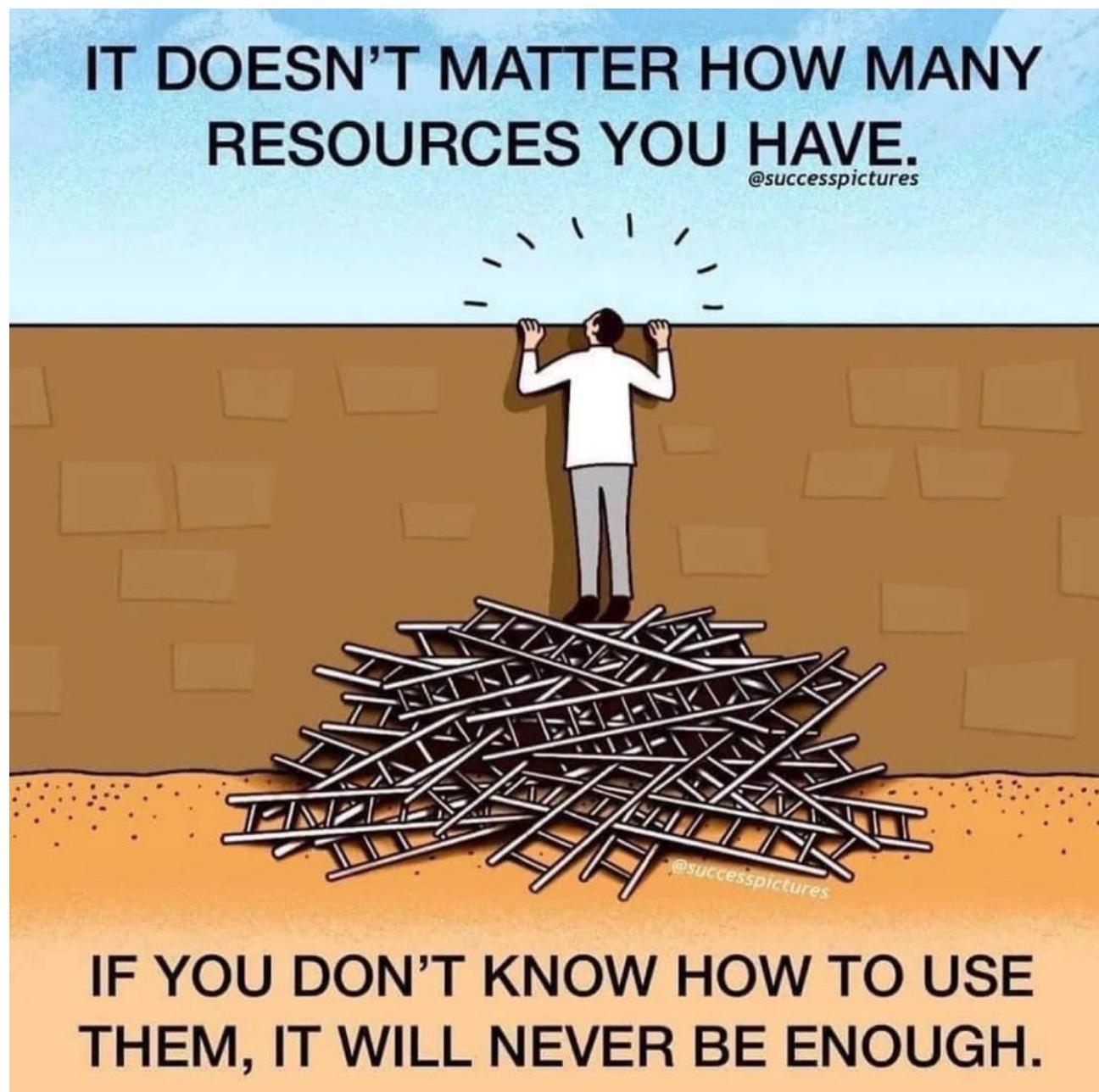
- Neuropsychiatric diseases: Autism, Alzheimer disease, Parkinson disease, migraine, depression, schizophrenia, obsessive-compulsive disorder, etc....
- Heart & Muscle: Cardiomyopathy, cardiovascular disease, myalgia, chronic fatigue, ...
- Visceral diseases: Renal, hepatic, & gastrointestinal diseases.
- Metabolic diseases: Type II diabetes, obesity, hypertension,..
- Inflammatory diseases: Type I diabetes, MS, lupus, ...
- Cancer & Aging
- Perhaps our biomedical premises (paradigms) are no longer adequate.
- Previous Anatomical & Mendelian Paradigms:
  - Anatomical: Tissue-specific diseases are due to tissue-specific defects.
  - Mendelian Genetic: Genes are chromosomal and thus inherited by Mendelian Laws.
- But: **LIFE = STRUCTURE + ENERGY + INFORMATION.**
- New Bioenergetic Paradigms:
  - Bioenergetic: Tissue-specific diseases can result from systemic energy defects.
  - Non-Mendelian Genetic: Critical energy genes are on the mtDNA and mtDNA variation modulates nDNA gene expression through the epigenome.

**ALL REQUIRE MELANIN RENOVATION Rx**

24. What Is Conserved in Cells to avoid thyroid disease, demyelination, neurodegeneration, altered consciousness, and cancerous transitions?

I've proposed that light energy, conserved at the electronic state in cells, is the key to maintaining proper cellular timing and preventing cancerous transitions. Specifically, I've

highlighted that when ultraviolet (UV) light is managed correctly, melanin and mitochondrial biology are optimized to maximize energy conservation, which in turn supports autophagy (cellular cleanup) and apoptosis (programmed cell death). These processes are critical for preventing cancer, removing damaged cells, and maintaining cellular homeostasis. They are uber critical for consciousness and cognition. My consciousness and cognitive blogs hammer this.



25. Here's how this fits with Noether's theorem:

**Broken Symmetry:** Circadian rhythms break time-translation symmetry because biological processes are not uniform over time; they cycle daily. Disruptions to this cycle (e.g., chronic exposure to artificial light or circadian misalignment) further break this symmetry.

**Conserved Quantity:** To compensate, cells must conserve energy to maintain their function. I suggest this is light energy, specifically UV light, which is processed through melanin and mitochondria. When this energy is conserved at the electronic level (e.g., electron excitation or transfer), it ensures that mitochondria can efficiently produce ATP, manage reactive oxygen species (ROS), and support autophagy/apoptosis.

**Cancer as a Maladaptive State:** Modern cancers, you argue, reflect a disease state of energy and time dysregulation, potentially due to improper light exposure (e.g., lack of UV or excessive artificial light). When light energy isn't properly conserved, mitochondria become dysfunctional, leading to reduced autophagy/apoptosis, increased oxidative stress, and unchecked cell growth, all hallmarks of cancer.

In this framework, the quantity conserved in cells to avoid cancerous transitions is the light-driven energy flux at the electronic level, mediated by melanin and mitochondria. Melanin absorbs UV light and converts it into usable energy forms (e.g., heat and electrical potential), while mitochondria use this energy to maintain cellular order via ATP production and ROS management. This is why my thesis aligns with Noether's theorem: the broken time symmetry (circadian disruption) is balanced by conserving energy in the form of light-driven electronic states. This is what Logan and I discussed in detail. [@Sowing Prosperity](#)



Make your weird  
light shine bright  
so the other  
weirdos know  
where to find you.

26. My "X posts" always challenge the neo-Darwinian view that DNA and genes are the primary drivers of life, arguing instead that environmental factors (like light) and post-transcriptional regulation shape life's processes. I emphasize that proteins, which "bend under the forces born to them via light," are key to life's stage, and that evolution selects for features that improve fitness based on environmental changes sensed by "semiconductive fab plants" (cells). This is why proteins bend the wrong way when

cognition goes awry. Centralized influencers just are not wise enough to comprehend the nuance.

[book reviews](#) > [article](#)

**BOOK REVIEW** | 05 February 2024

# **It's time to admit that genes are not the blueprint for life**

**The view of biology often presented to  
the public is oversimplified and out of**

27. Proteins like melanin and mitochondrial complexes (e.g., cytochrome c oxidase) are indeed influenced by light, melanin absorbs UV, while cytochrome c responds to red light, as I noted in my arc welding analogy.

Circadian rhythms regulate gene expression, but they also control protein function and cellular processes directly through light-driven mechanisms, such as melatonin production or mitochondrial activity.

All modern diseases like cancer and bad cognition arise from a mismatch between our environment (e.g., artificial light) and our biology, and supports the mtDNA view that cancer reflects a failure to conserve light energy in cells, leading to energy and time dysregulation.

My analogy of life as a “photograph” developed from environmental “negatives” reinforces the idea that light is the primary signal shaping biology, a concept central to my argument about Noether’s theorem in cells.

CITES

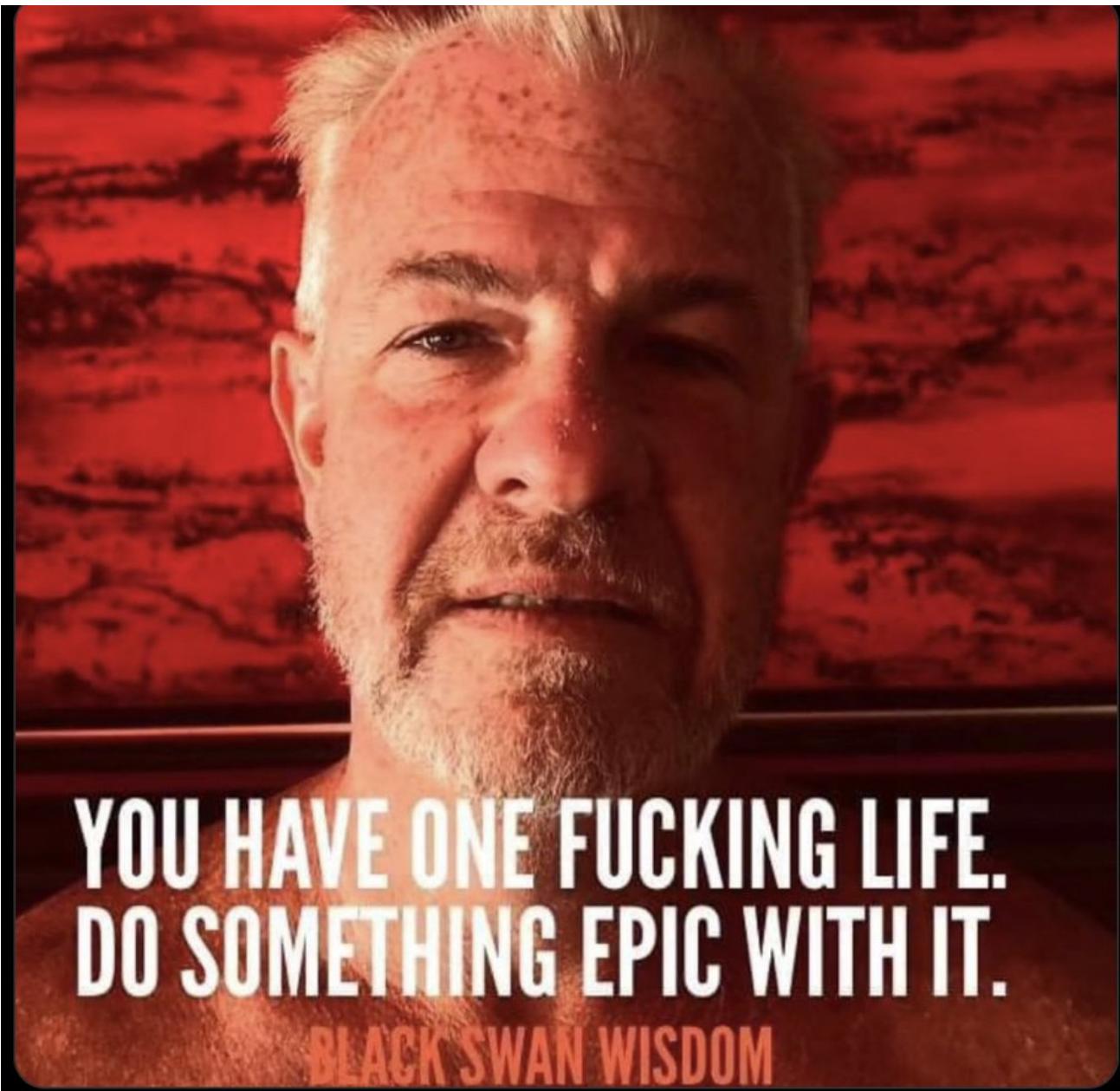
1. [patreon.com/posts/quantum-...](https://patreon.com/posts/quantum-...)

28. you must upgrade from your influencers, folks. None of them get to the proper levels of understanding.





**INFERIOR TALENT IS  
ONLY GRACEFUL WHEN  
IT'S CARRYING INFERIOR  
IDEAS. BE CAREFUL  
WHO PACKS YOUR PARACHUTE**



**YOU HAVE ONE FUCKING LIFE.  
DO SOMETHING EPIC WITH IT.**

**BLACK SWAN WISDOM**

 **Rkeyology** @Rkeyology · 35m

Replies to @DrJackKruse

Jack is tough because he actually cares. We're too sensitive and have gotten too used to hearing what we want to hear, that when someone tells us what we need to hear, we take offense to it. This is an iterative process, apply new knowledge each day.

6:45 PM · May 1, 2025 · 366 Views

 **Pleb Kruse = BTC foundationalist in exil...** ✅ @DrJackK... · 19h ⚡ ...  
Well, then, they need to understand the outcome will be suboptimal. So stop wasting money thinking you can fool Mother Nature, or you'll wind up like this:



Asprey following his facelift. This may be a situation where his supplement could be helpful.



 **Angel Scooby** @ScoobydaDog · 19h

Replying to @Alpha\_Qua\_Alpha and @DrJackKruse

i know it can get frustrating. I understand Uncle Jack's purist no nonsense attitude. but reality is some folks can't move in the near future or go to ideal place and have to try to make best of where we are for time being. have to think we can make things better..

29. Now, let's address the arc welding analogy and whether melanin acts as the "arc welder" described by Noether's mathematics.

#### Arc Welding Analogy Recap

In my analogy, mitochondria are likened to an arc welding process:

Energy Precision: Just as arc welding requires precise voltage and amperage to create a stable weld, mitochondria need a precise proton motive force (PMF) and electron flow to

produce ATP efficiently.

**Shielding Against Oxidation:** Welding uses flux or shielding gas to prevent oxidation; mitochondria use antioxidants and deuterium-depleted water (DDW) to manage ROS and maintain efficiency.

**Role of Light:** The arc's light in welding provides feedback about the process; in mitochondria, red light enhances cytochrome c oxidase activity, boosting ATP production. In you, it must be SUNLIGHT. If you use an LED light, you introduce impurities to the weld.

**Impurities and Damage:** Contaminants in welding lead to defects; in mitochondria, deuterium or toxins disrupt proton transfer, increasing ROS and cellular damage.

### Melanin as the Arc Welder

In this analogy, the “arc welder” would be the component that facilitates the energy transfer process, ensures precision, and protects against damage. You propose that melanin plays this role in cells, and I think this interpretation is compelling when viewed through Noether’s theorem:

### Energy Transfer and Precision:

In arc welding, the welder controls the arc to transfer energy precisely, fusing materials together. Melanin, as a wide-bandgap semiconductor, absorbs UV light and converts it into other energy forms (e.g., heat, and electrical potential), which mitochondria can use to drive ATP production.

This mirrors the welder’s role in channeling energy to create a stable weld.

Noether’s theorem suggests that energy must be conserved to maintain system stability despite broken time symmetry. Melanin’s ability to conserve light energy at the electronic level ensures that mitochondria have the resources to maintain cellular timing (e.g., circadian rhythms, cell division cycles), preventing the energy and time dysregulation seen in thyroid disease, PD, demyelination, altered consciousness, & cancer.

THIS DEPLETES YOU OF DEUTERIUM AND IS  
THE FOUNTAIN OF YOUTH.



JACK KRUSE



**Pleb Kruse = BTC foundationalist in exil...** ✅ @DrJackKr... · 7m ⚡ ...  
If you took the jab with knowing what I was saying.....you are not my tribe.

As a decentralized MD however, I am committed to telling those GMO humans what they should consider doing now that the life is altered. Their time bank account will never be non GMO ever again.

Decentralized MD have a duty to keep searching for answers for them. The Rx will always include the medicine below.



SUN LIGHT = TINA.

TINA = THERE IS NO ALTERNATIVE



DR JACK KRUSE

Why do we describe people at web-scale? Why not at the quantum level? Why did we invent "social machines"? They break nature's rules yet we advocate something not meant to be. How can we understand their interactions, behavior, if they are incongruent with nature?

Jack Kruse



The world needs less food gurus and more light gurus.

### 30. Tying It to Noether's Math

Noether's theorem tells us that broken time symmetry (e.g., circadian rhythms) requires a conserved quantity to maintain system stability. In cells, you argue that this conserved quantity is light energy at the electronic level, mediated by melanin and mitochondria. Melanin acts as the "arc welder" by:

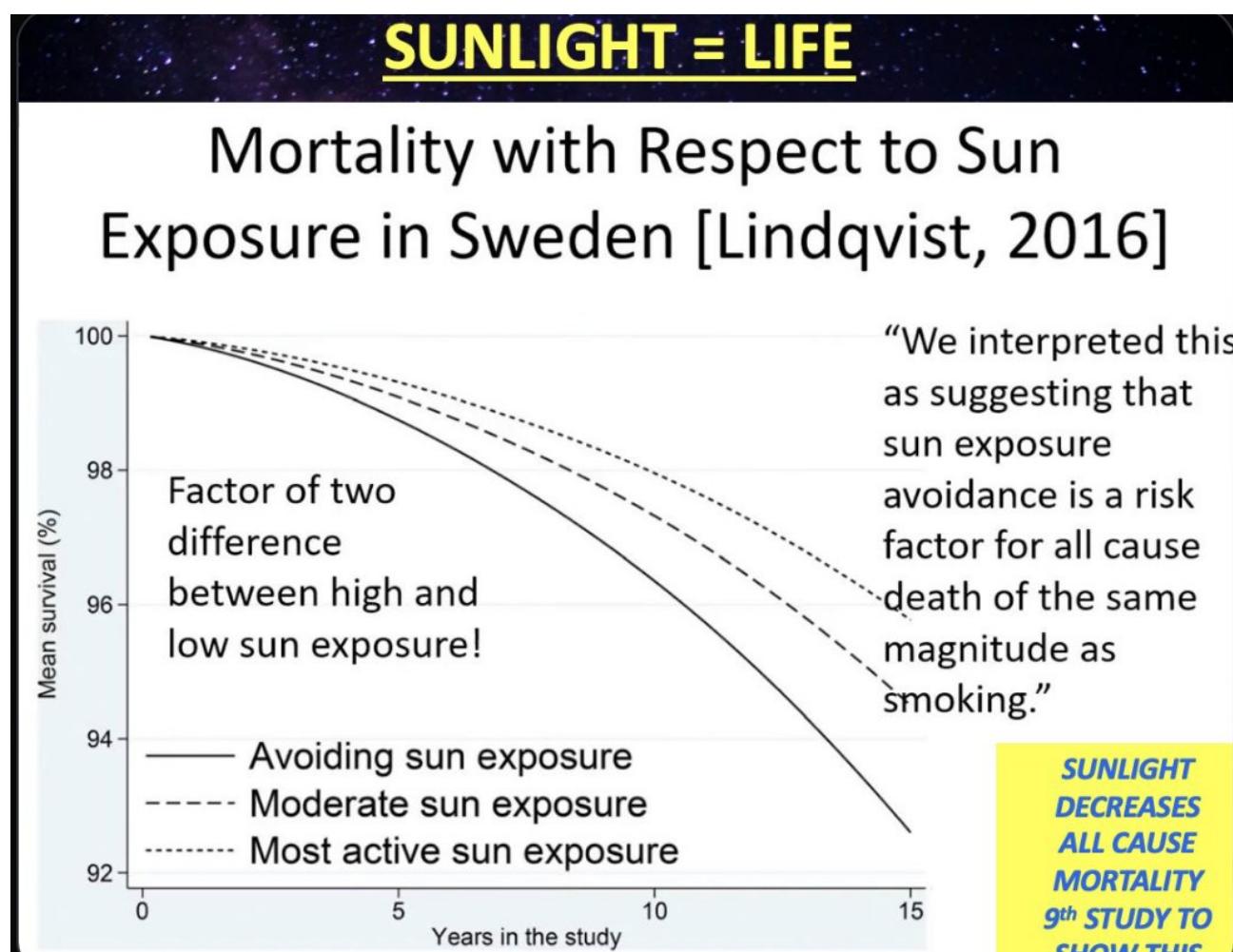
Conserving Energy: Absorbing UV light and converting it into usable forms for mitochondria, ensuring energy is conserved despite circadian disruptions.

Maintaining Timing: Supporting circadian accuracy by providing mitochondria with the energy needed to regulate cellular processes like autophagy and apoptosis.

Preventing Damage: Protecting against oxidative stress and DNA damage, much like a welder shields the weld pool from impurities.

In this sense, melanin is indeed the “arc welder” described by Noether’s math. It facilitates the conservation of light energy, ensuring that cells can maintain their temporal organization (circadian rhythms, cell cycles) and avoid cancerous transitions. Without this conservation, due to insufficient UV light, excessive artificial light, or circadian misalignment, the system breaks down, leading to energy and time dysregulation to cause all diseases.

Now go look at my pinned tweet. Now you see why it is pinned.



31. What is coming soon for my tribe? How your brain obtains consciousness.

How and why do you think as you do?

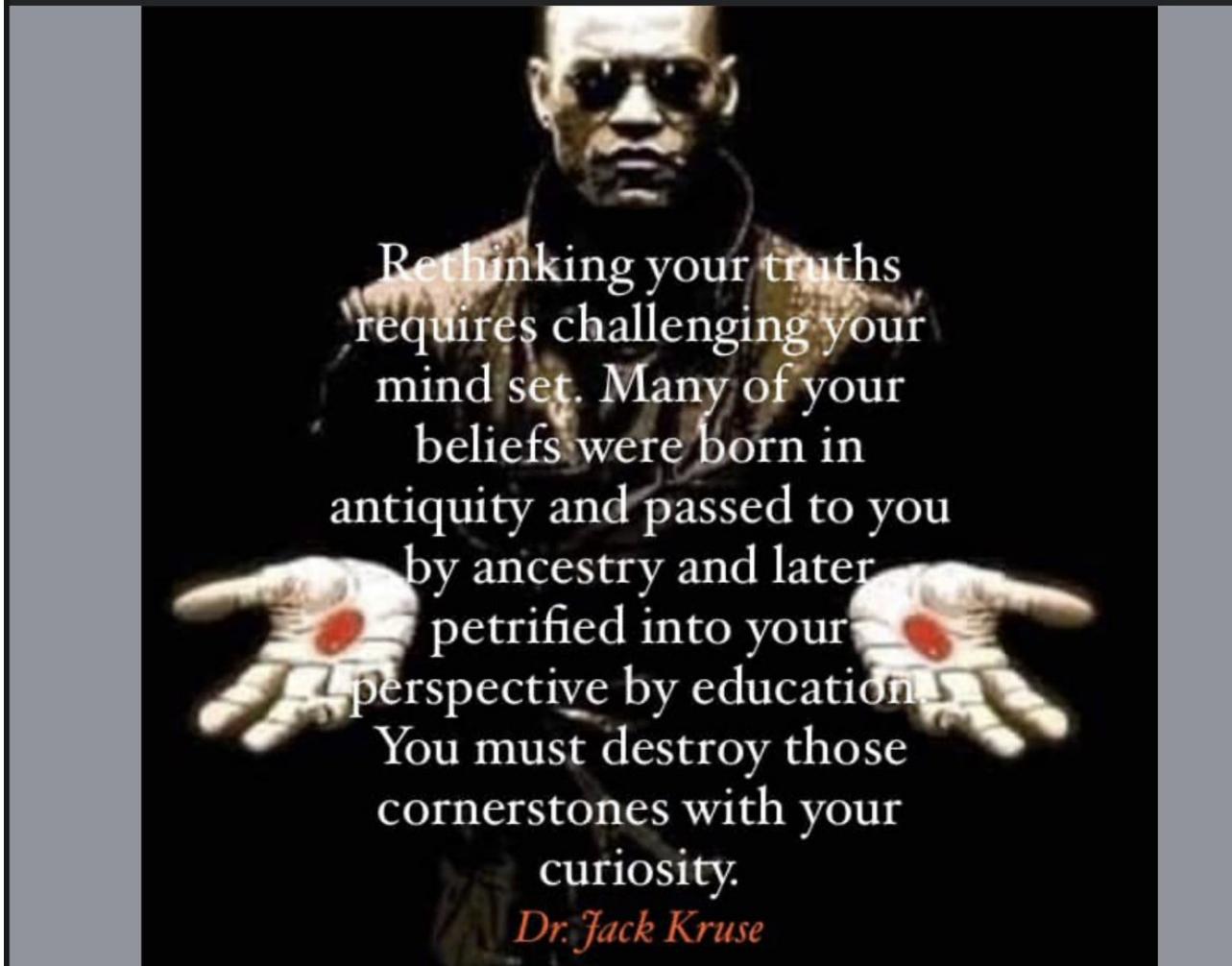
Influencers will never get you where I am going.



32. Remember, it is not bragging if you can back it up. Uncle Jack has a lot of receipts.

There's a precise recipe for genius that calls for a dash of insanity. In the republic of mediocrity, genius is dangerous.

Moreover, a genius in the wrong paradigm often looks like a fool to those cemented into a paradigm. Suffering from "group think" causes shrinkage of perspective and builds myopia which strangles the ability for new learning and expansion of wisdom. This is why mediocrity knows nothing higher than itself and its own perspective, but why talent instantly recognizes genius when it manifests.



### 33. A preview of coming attractions on Patreon.

#### Demyelination's Impact on Microtubule Function

First Principles Deduction: Demyelination, the loss of myelin insulation around axons, increases neural energy demands and disrupts bioelectric currents, impacting microtubules, hollow protein structures (tubulin dimers) in axons and dendrites.

Microtubules sustain quantum coherence via  $\pi$ -electron clouds in aromatic amino acids (e.g., tryptophan, absorbing at 220 nm), which interact with UPEs. CSF, a DDW-rich

medium, amplifies these UPEs, syncing wave function collapses across neural networks for consciousness.

Demyelination affects this system in three key ways:

Reduced Biophoton Signaling:

Mechanism: Demyelination results from low UPEs, as reduced redox (from nnEMF, hypoxia) impairs mtDNA-driven CCO, diminishing UV biophotons. These biophotons normally collapse microtubule wave functions, per my model, producing qualia. Fewer biophotons mean fewer collapses, disrupting neural coherence.

Impact on Microtubules: Without UPEs, microtubule quantum states (e.g., tryptophan's  $\pi$ -electrons) remain uncollapsed, reducing information processing. This is like a welder losing arc feedback, producing a weak seam (impaired consciousness).

Consciousness Effect: Disrupted collapses lead to altered qualia, e.g., cognitive fog or sensory deficits in any neurodegenerative disease, explaining why consciousness persists despite lobe removal in neurosurgery(CSF distributes UPEs globally).

I know where the pieces fit, do your influencer experts?



34. Your government solution is to give you MDs who cannot practice and are experts in Fruit Loop and red dye reduction. That is who is leading MAHA under [@Secretary Kennedy](#). RFK Jr chose to be led into battle by idiots. Well, it is time to show him just how bad a decision he made picking a clueless American and a foreign MD who let his own father die due to a STATIST inside job.

Gloves off. [@Senator Ron Johnson](#) its time to get off your ass and engage.

**Do everything  
you can to make  
sure you don't  
arrive at old age  
with this thought:  
*"I wish I'd had the  
courage to live a  
life true to myself,  
not the life others  
expected of me."***

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Source: <https://x.com/DrJackKruse/status/1926649107159851196>

Thread: <https://twitter-thread.com/t/1926649107159851196>