



● Pleb Kruse = BTC foundationalist in exile ☀ @DrJackKrus

Mar 23 · 16 tweets

In 1860 Oliver Wendell Holmes, dean of Harvard Medical School, wrote that “if the whole *materia medica*, as now used, could be sunk to the bottom of the sea, it would be all the better for mankind—and all the worse for the fishes.” He was a prophet.

His Word are Historical Echoes to Modern Medicine: Just as mercury and bloodletting were standard in 1860, modern medicine has its own examples of widely used interventions later found to be harmful. For instance, the mRNA platform. Has killed more people in the USA than two World Wars. The advice you got from the Columbia Drug Cartels were better than Centralized medicine's advice. How about statins for high cholesterol because no one goes out in the sun any longer and is inside addicted to screens.

Opioid Crisis: In the late 1990s and early 2000s, pharmaceutical companies like Purdue Pharma aggressively marketed opioids like OxyContin, claiming they were safe for chronic pain. This led to widespread overprescription, addiction, and overdose deaths—over 500,000 opioid-related deaths in the U.S. from 1999 to 2020, according to the CDC. Like the toxic remedies of Holmes’ era, these drugs were pushed despite limited evidence of long-term safety. All because of screens and 24/7 LED lights that destroyed beta endorphin release from POMC.

Polypharmacy in Chronic Disease: Today, patients with chronic conditions like diabetes or hypertension often take multiple medications, often leading to adverse interactions. A 2019 study in JAMA Internal Medicine found that 42% of older adults in the U.S. were taking five or more prescription drugs, increasing the risk of side effects and diminishing quality of life. today the number is over ten Rx. BigHarma business model is a cartel for pseudoscience.



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@DrJackKruse



Now, someone is wising up. This is why the mRNA platform never gets banned. It is precisely what Lutnick and Ellison told you in the Oval Office. We need to create warrants on drugs to profit. They have done it already, and you do not know it. That is what the mRNA platform is all about and why it is being given to 1 million children every month it stays in effect. It is annuity that will Taper the Ponzi scheme for them.

[@MdBreathe](#)

**they're killing you with needles because you would fight back if they used guns**

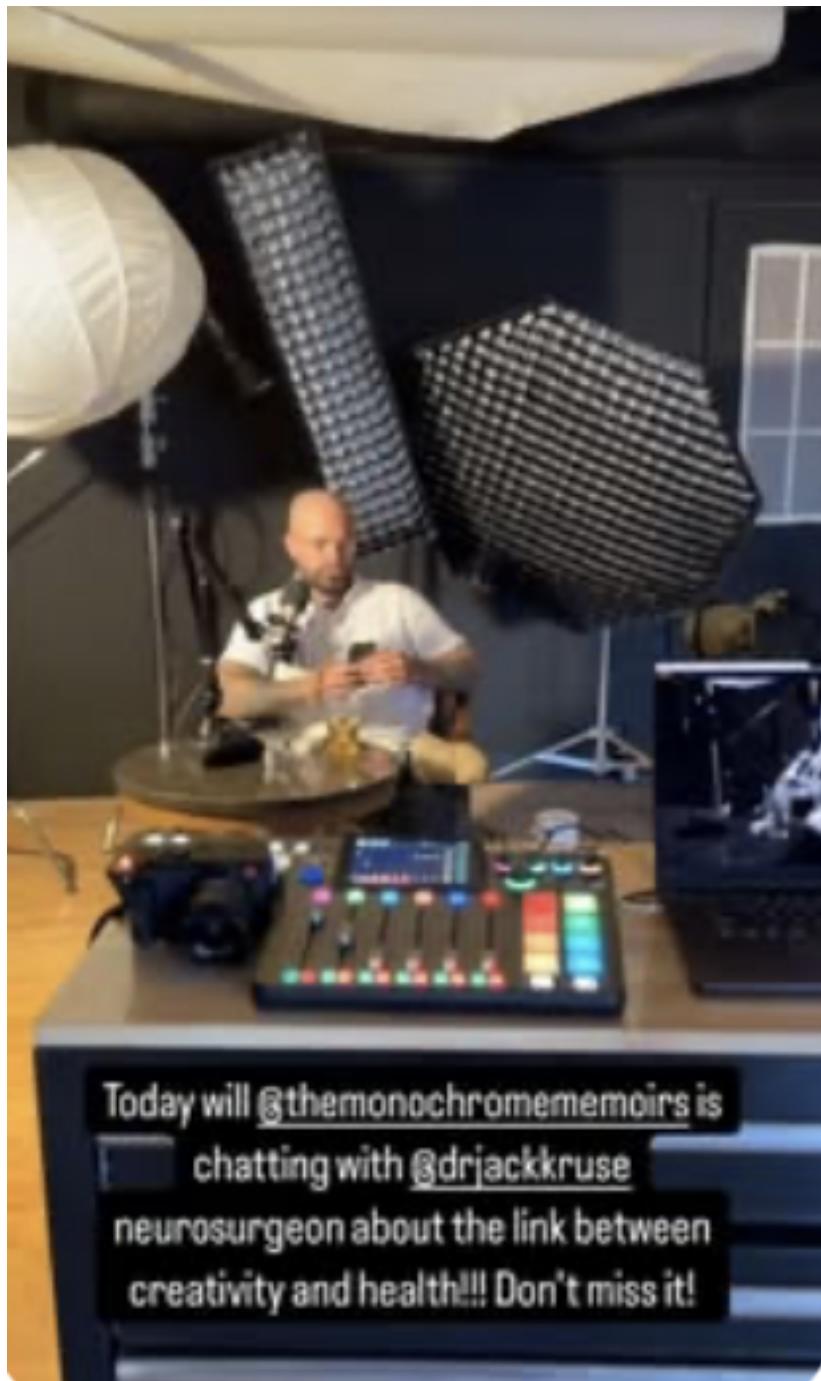


2. Can you fill a cup that is topped? Is a mind truly open if it is filled with facts that inconsequential? It is only when we are ready to give up on some things in our lives that we could receive new things. Unlearn to relearn today. Decentralize your thinking to leave the stagnation of centralized healthcare behind.

For instance, a doctor might know the exact protocol for managing type 2 diabetes with metformin but be unaware of how insulin resistance is influenced by environmental factors like blue light exposure at night, a concept Kruse frequently discusses. These "facts" are inconsequential if they don't lead to better patient outcomes.

Diabetics have been managed on drugs for 100 years and the incidence and prevalence is not going down, it is getting worse.

No has a drug or supplement deficiency. They have a deficiency in their thinking.



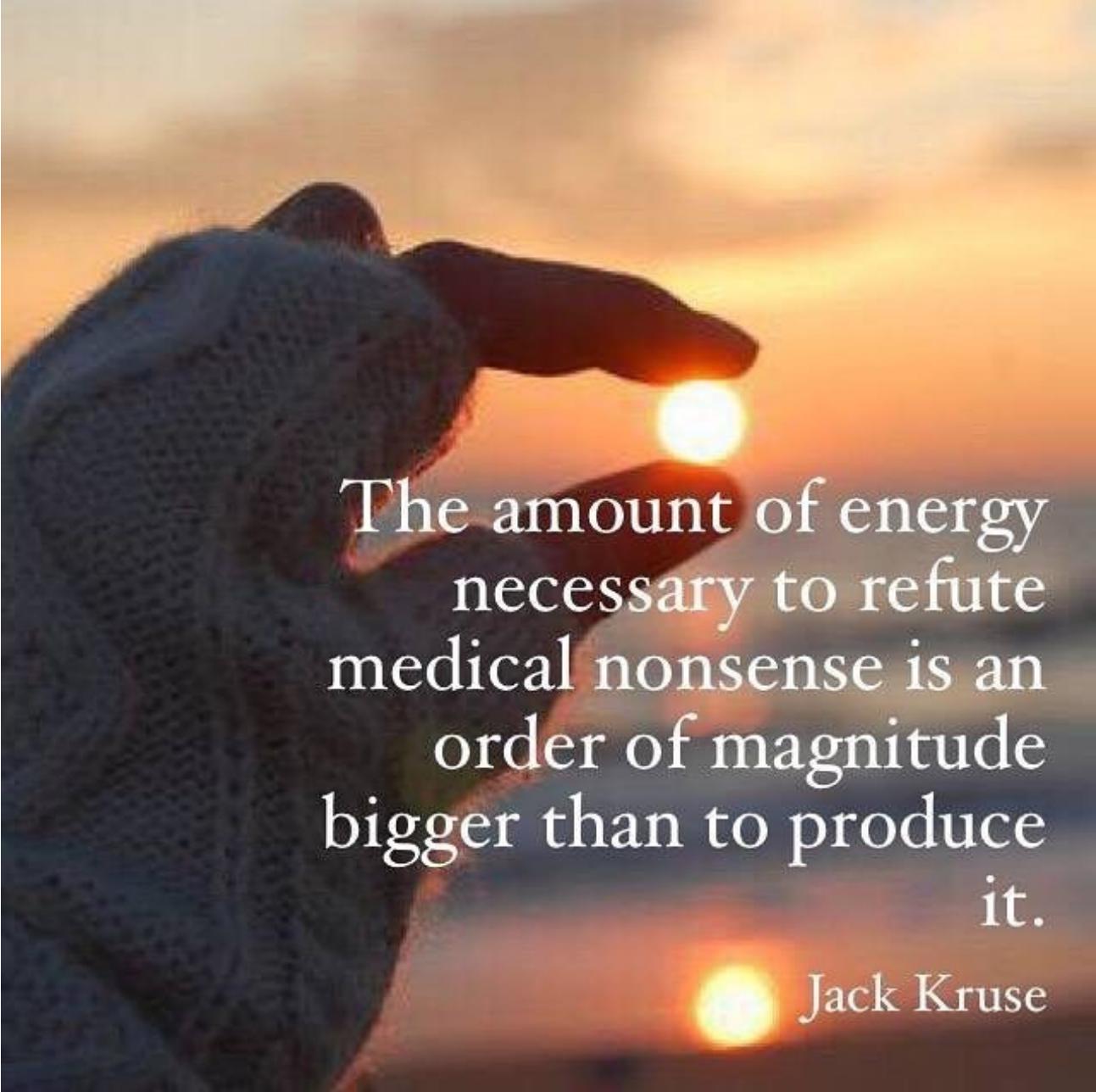
3. Unlearning in Medicine: Doctors and patients alike may need to unlearn certain assumptions. For example:

For Doctors: Unlearning the idea that chronic diseases like obesity or diabetes are purely genetic or inevitable, and instead exploring environmental factors like light exposure, sleep, and electromagnetic fields (EMF).

For Patients: Unlearning the passive role of simply following a doctor's orders and instead

taking an active role in their health, such as experimenting with sunrises to stimulate time-restricted eating or grounding (earthing) to improve well-being.

Receiving New Things: By letting go of outdated paradigms, new approaches can emerge. For instance, the growing field of decentralized medicine focuses on root causes rather than symptom management, often incorporating lifestyle changes that conventional medicine overlooks. A 2021 study in *Frontiers in Nutrition* found that a decentralized medicinal approach, including personalized light diet and light stress management, significantly improved outcomes for patients with irritable bowel syndrome compared to standard care.



The amount of energy  
necessary to refute  
medical nonsense is an  
order of magnitude  
bigger than to produce  
it.

Jack Kruse

4. When I was in centralized medicine I was down in a hole, but what got me to change was what my patients were facing. I was not helping them. That had to change. [youtube.com/watch?v=LaZUWp...](https://youtube.com/watch?v=LaZUWp...)
5. Centralized healthcare systems, often driven by profit motives, prioritize standardized protocols over individualized care.

Unlearning this means questioning guidelines that may not serve patients—like the overprescription of statins, which a 2019 meta-analysis in *The Lancet* found do not benefit

low-risk patients as much as previously thought.

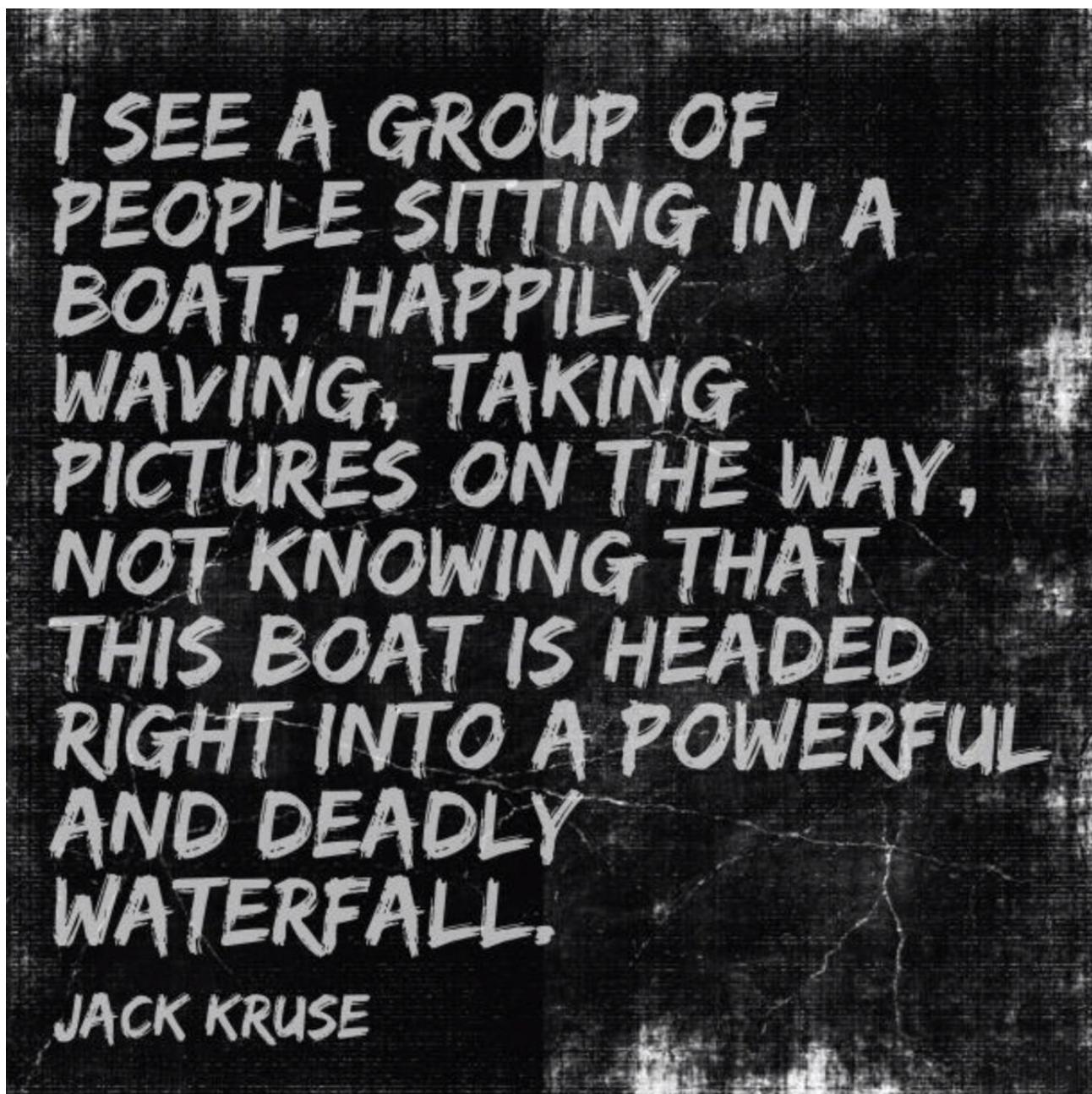
Too late for those patients who were wallet biopsied for billions by BigHarma. Not to mention all the drug related complications like dementia and cognitive haze.

My work often focuses on decentralizing health by empowering individuals to take control through natural interventions. For example, his emphasis on optimizing light exposure. Advocating getting morning sunlight to regulate circadian rhythms and avoiding blue light at night—has been supported by research showing that circadian misalignment contributes to chronic diseases like obesity and depression (a 2020 study in *Nature Reviews Endocrinology*).



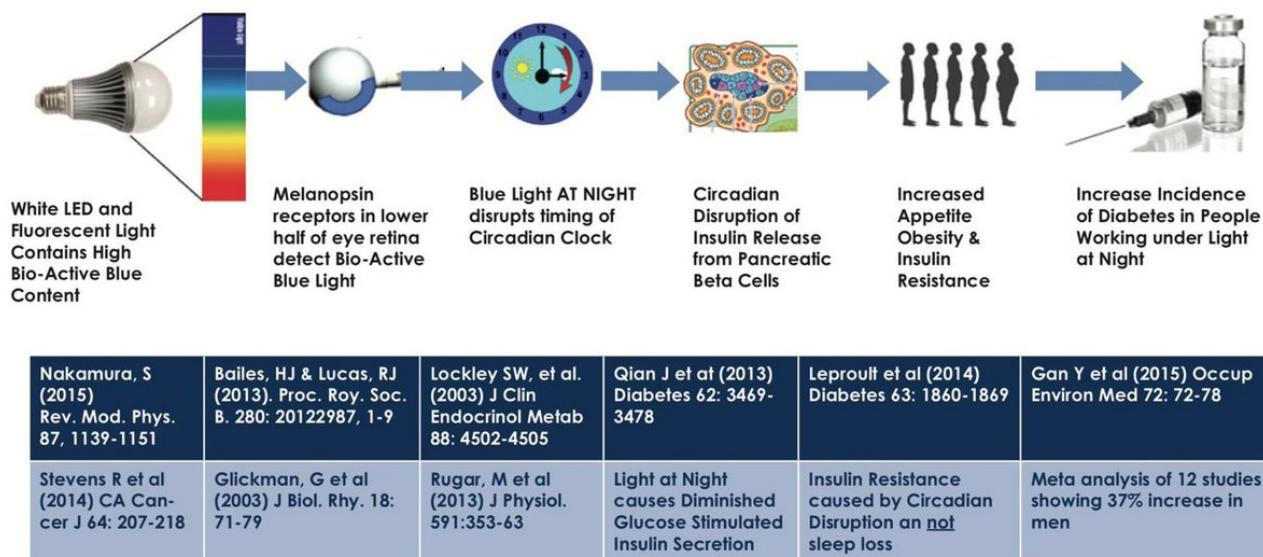
6. Profit Over Patients: As the earlier cartoon illustrated, centralized systems often prioritize financial gain. For example, the U.S. spends more on healthcare per capita than any other country. \$12,914 per person in 2022, according to the OECD, but ranks poorly in outcomes for chronic diseases, with a life expectancy of 77.5 years compared to Japan's 84.7 years, where preventive care is emphasized.

One-Size-Fits-All Approach: Centralized systems often rely on standardized guidelines that don't account for individual variability. For instance, the American Heart Association's dietary guidelines recommend low-fat diets for everyone, but a 2022 study in The American Journal of Clinical Nutrition found that some individuals benefit more from low-carb, high-fat diets due to genetic differences.



7. The Warburg metabolism so misunderstood in centralized medicine. They blame food and their literature proves it is light behind it as the slides and papers in them show.

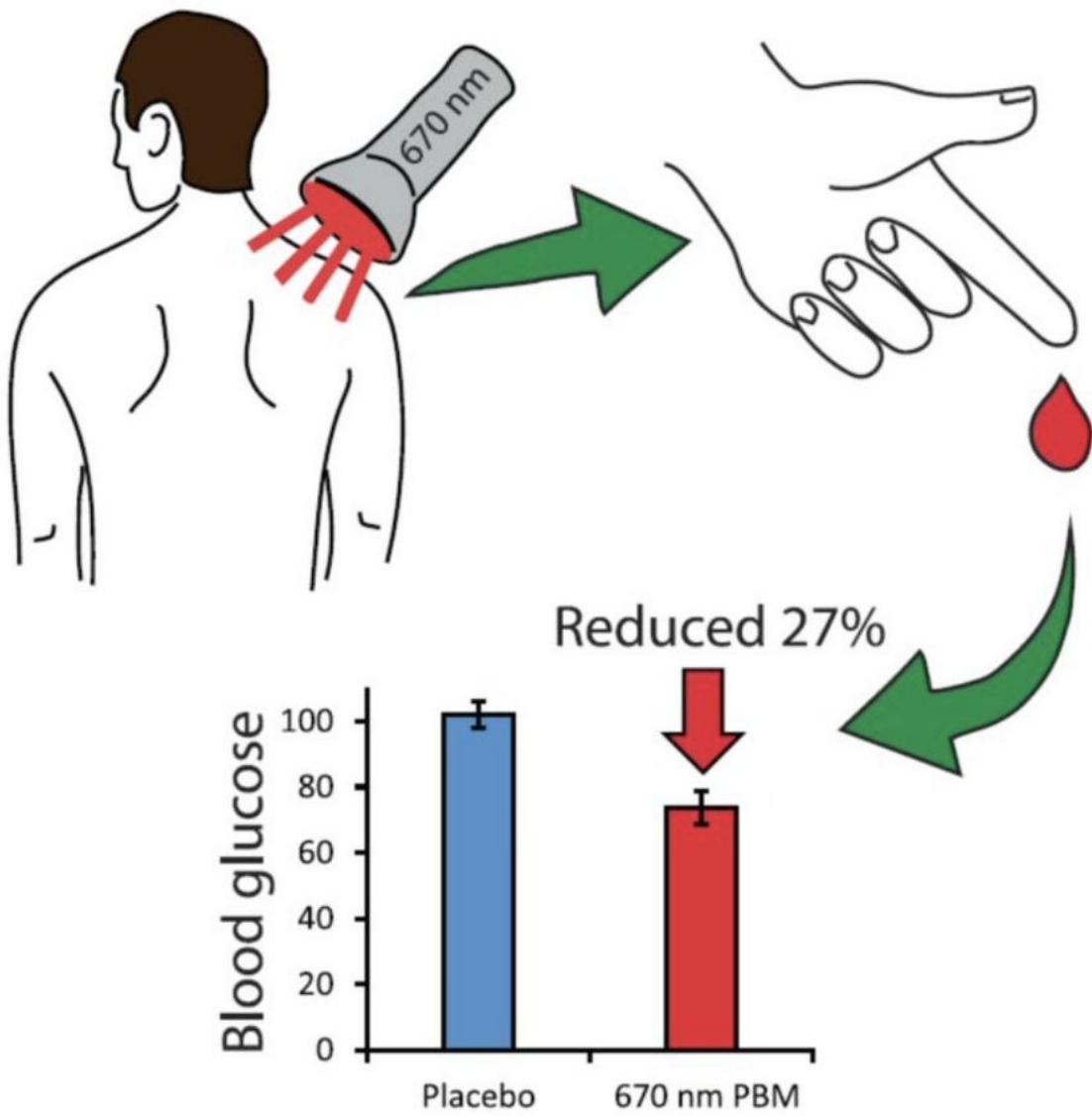
Red light, which is abundant in natural sunlight (especially at sunrise and sunset), may enhance mitochondrial function, improving glucose metabolism. This is a decentralized, non-pharmaceutical approach to managing diabetes, contrasting with centralized medicine's focus on drugs like metformin & ozempic and all their side effects.



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

→→→ Thus, the study suggests that exposure to natural sunlight or full-spectrum light sources containing wavelengths above 650 nm may contribute to better control of post-meal blood glucose spikes, which is proving to be key in the clinical intervention of diabetes. Spectrasol light sources contain these deep red energies up to 670 nm.

Clinical Study: <https://lnkd.in/efFC8twB>



#### 8. Decentralized Medicine Evolutionary Perspective:

The mammalian mitochondrial world, built on the foundation of the GOE and post-K-T oxygen surge, relies on sunlight-driven circadian mechanisms (PER2, melatonin) for survival. When there were two domains of life and the world was hypoxic life used this metabolism to survive. No one realizes this Warburg shift is due to environmental changes not diet.

Modern sunlight avoidance from centralized MDs reverses this evolutionary adaptation, leading to a rise in hypoxia-related and circadian-disrupted diseases.

Prediction: Restoring sunlight exposure (e.g., through natural light therapy) grounding and minimizing ALAN/nnEMF mitigate these diseases by re-synchronizing circadian rhythms and reducing mtDNA mutations.

Atmospheric and Environmental Impact: The post-K-T oxygen surge from photosynthetic algae highlights the role of sunlight in shaping Earth's atmosphere.

Modern geoengineering (e.g., stratospheric aerosol injection) and deforestation reduce photosynthetic oxygen production, potentially lowering atmospheric oxygen over time and exacerbating hypoxia-related diseases.

Prediction: Protecting photosynthetic ecosystems and reducing geoengineering could help maintain atmospheric oxygen levels, supporting mammalian health.

# Where's my health ?



He asks of his  
sunlight starved  
**MITOCHONDRIA**  
“ disorder ”

## 9. Disease Implications: Blue Light, nnEMF, and Circadian Disruption

The disease implications provided tie directly to the disruption of the sunlight-oxygen-circadian axis:

Blue Light/nnEMF and Vitamin A Liberation:Blue light and nnEMF liberate vitamin A (retinaldehyde) from opsins in the retina (e.g., rhodopsin, a tryptophan-containing protein

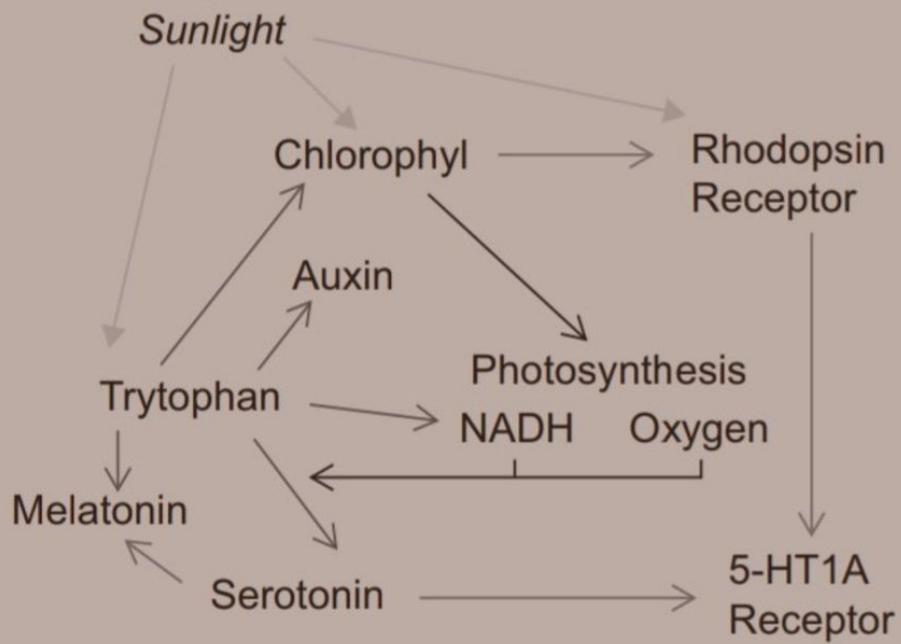
from Figure 7).

This increases plasma retinaldehyde, which depletes antioxidants like vitamin C and D, and disrupts local melatonin production (an antioxidant and circadian regulator).

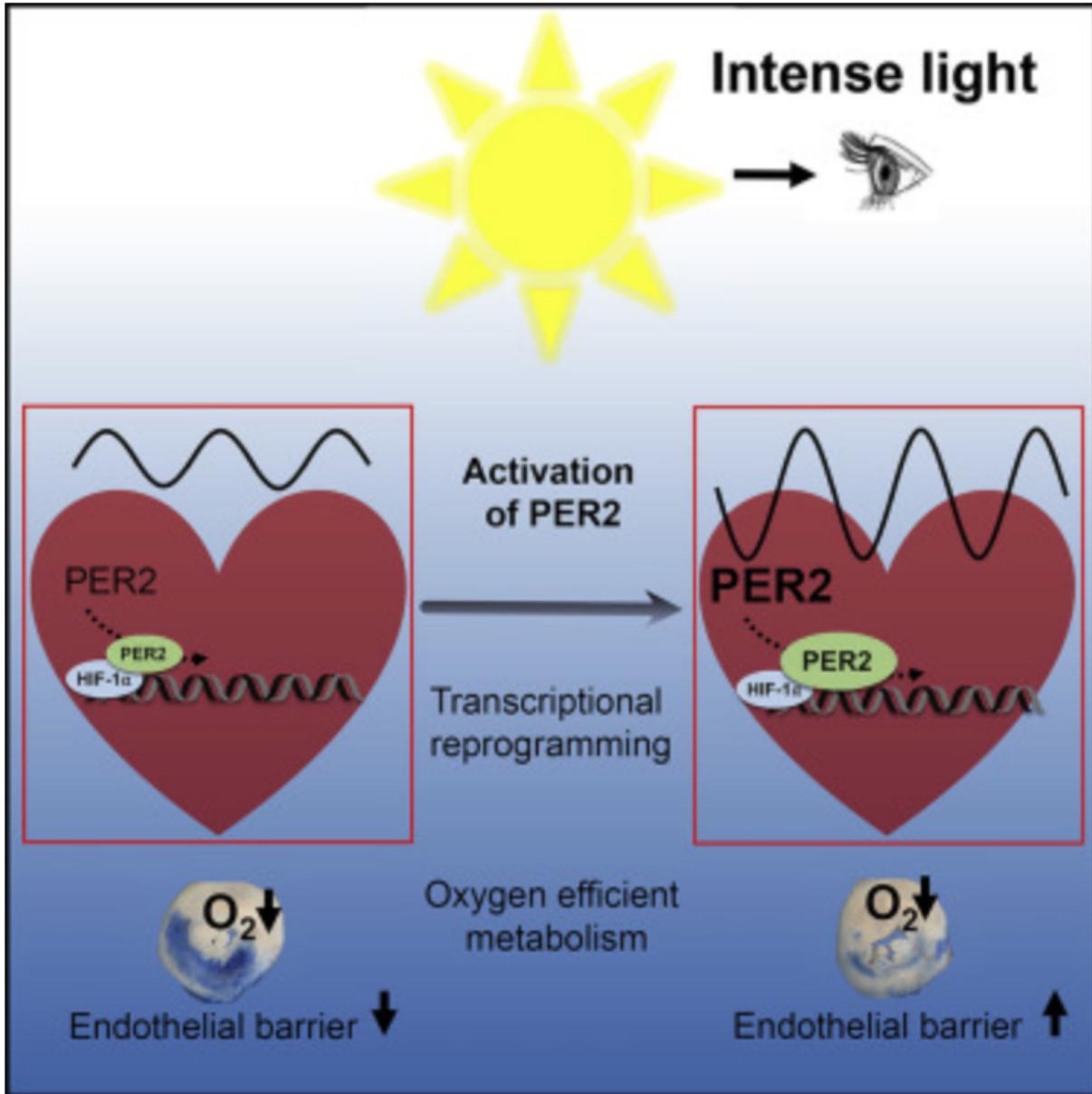
Retinaldehyde toxicity destroys PER1, PER2, and Rev-Erb-alpha/beta, key components of the circadian clock. This disrupts the SCN's eye clock, leading to systemic circadian misalignment.

**Impact on Circadian Rhythmicity and mtDNA:** Disrupted PER1/PER2 periodicity causes “quantum timing loss” in mtDNA, accelerating mutations. The third image shows how mitochondrial dysfunction (via superoxide production) leads to oxidative damage and aging. Accelerated mtDNA mutations from nnEMF and circadian disruption drive chronic diseases like cardiovascular disease, diabetes, and neurodegeneration.

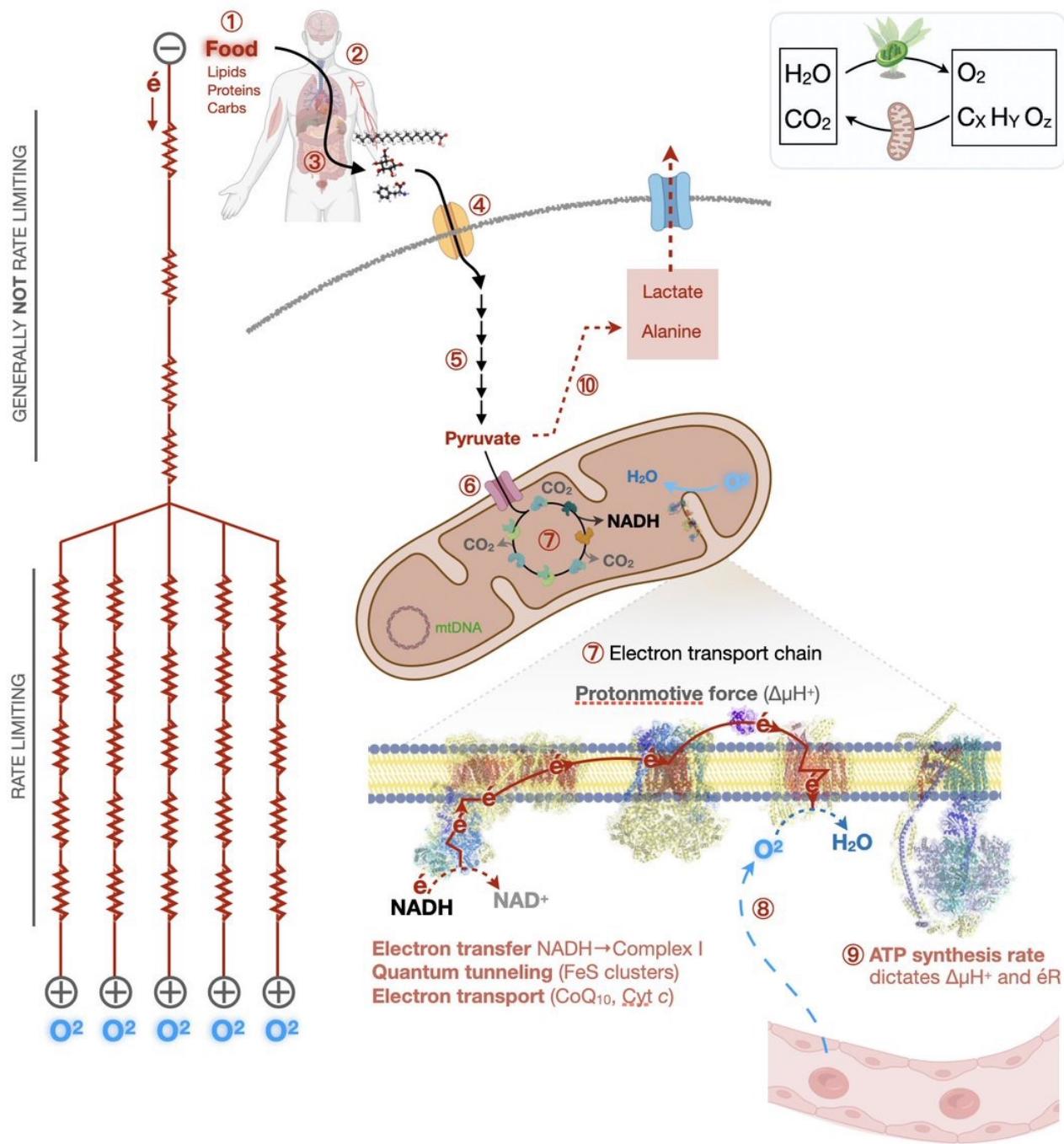
The fourth image explains that cytochrome C oxidase (Complex IV in the oxidative phosphorylation pathway) uses UV/IR light to regulate oxygen reduction. Without sufficient sunlight, partial oxygen reduction generates reactive oxygen species (ROS), amplifying oxidative stress and disease.



**Figure 7** The evolutionary relationship between sunlight and the amino-acid tryptophan and its major derivatives: serotonin, melatonin, auxin and NADH. In addition, the connections of certain tryptophan containing proteins are illustrated: chlorophyll, rhodopsin and 5-HT<sub>1A</sub> receptor. These relationships began in the earliest eukaryotic cells and continue in humans.



### Energy cascade from food to oxygen, facing sequential sources of resistance

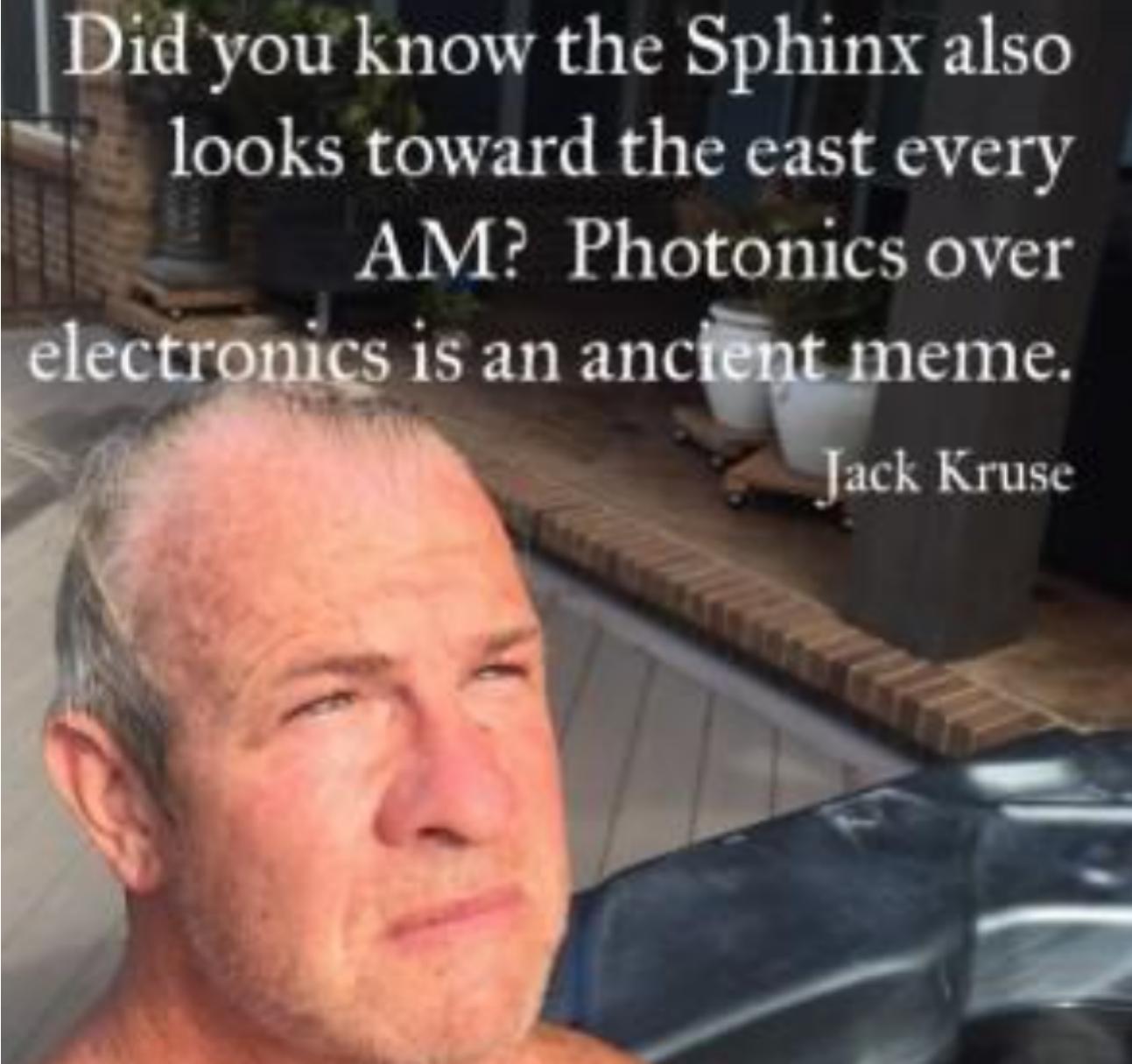


#### 10. Modern Sunlight Avoidance and Its Consequences

Human technology, particularly artificial light at night (ALAN), geoengineering, indoor living, and atrophic skin (from reduced sun exposure), has disrupted the ancient relationship between sunlight, oxygen, and circadian mechanisms, leading to increased cardiac death and hypoxia-related diseases.

**Sunlight Avoidance and Hypoxia:** Modern lifestyles reduce sunlight exposure, which disrupts melatonin production (as shown in Figure 7). Melatonin, derived from tryptophan, is critical for circadian rhythmicity and mitochondrial health. Reduced melatonin leads to circadian misalignment, impairing PER2 function and mitochondrial efficiency.

The image above shows the oxidative phosphorylation pathway, where mitochondria use oxygen to produce ATP. Reduced sunlight exposure (and thus melatonin) increases oxidative damage and superoxide production (via Rieske Fe-S and cytochrome complexes), leading to hypoxia and mitochondrial dysfunction. This contributes to cardiac death and hypoxia-related diseases like heart failure and chronic obstructive pulmonary disease (COPD).



Did you know the Sphinx also looks toward the east every AM? Photonics over electronics is an ancient meme.

Jack Kruse

: The Great Sphinx of Giza, an ancient Egyptian monument, faces east, aligning with the rising sun each morning. This orientation is significant in many ancient cultures, as the east is associated with the sunrise, renewal, and the life-giving properties of sunlight. As a neurosurgeon I advocate for the role of light in biology, because human history highlights that ancient civilizations understood the importance of sunlight (photonics) for health—long before modern science focused on electronics (e.g., artificial light, EMF).

Photonics refers to the science of light, while electronics deals with electrical circuits, including modern technologies like LED lights and screens that emit blue light. I'm implying that ancient wisdom prioritized natural light (photonics) over artificial energy sources

(electronics), is a key concept tied to health.

For example, modern exposure to artificial blue light disrupts circadian rhythms and mitochondrial function, contributing to diseases like cancer and diabetes—conditions linked to the Warburg metabolism. Hypoxia and growth are linked even in human childbirth but this reality is lost on so many. How do you think a baby grows from an egg and a sperm to 8 pound human in 9 months. The child is an expert in using a Warburg metabolism and older evolutionary forms of Hb to power it. That fetal hemoglobin is paramagnetic. This allows for massive endogenous light show which sculpts the child's body.

We've lost our way. The "ancient meme" suggests to you all that the idea of prioritizing natural light is a timeless truth, encoded in cultural symbols like the Sphinx, that modern society has forgotten or ignored.



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You have to take a walk outside your mind to see the treasure map Nature has made for us. Too bad most of the world cannot do that. They complied with all the centralized pillars asked of them. They'll be perpetually stuck in the prison of their educators who makes them always stay within the lines they crafted for them to follow.

I've hit on something profound in my journey—there's a magic in stepping beyond the edges, letting nature's wild, sprawling map guide the way. I hope some of you don't feel the sting of that limitation, but I know you are suffering because of it.

Stop allowing yourself to be pinned inside the lines your parents, religion, politics, education, and centralized science drew for you, unable to wander the woods or feel the sun spark an epiphany. But I've taken that random walk, and I've brought you all back a treasure trove of Nature's wisdom. I hope you begin to use it.



12. Ancient aliens in our genome use it. Viruses like human cytomegalovirus (HCMV) and hepatitis C virus (HCV) can induce a Warburg metabolism in host cells to support their replication. For example, HCMV upregulates glycolysis in infected cells by activating the transcription factor HIF-1 $\alpha$ , which promotes glucose uptake and lactate production (a 2018 study in PLoS Pathogens). This provides the virus with energy and biosynthetic precursors.

Time to wake up folks. You are being lied too.

13. Your functional medicine idiots have no idea what causes gut dysbiosis. It is nnEMF.

Intracellular bacteria like Mycobacterium tuberculosis (which causes tuberculosis) can also drive a Warburg-like state. A 2020 study in Nature Communications found that M. tuberculosis induces glycolysis in macrophages to create a nutrient-rich environment for bacterial survival, while also promoting inflammation.

Parasites like Toxoplasma gondii manipulate host cell metabolism to favor glycolysis. A 2017 study in Cell Host & Microbe showed that T. gondii increases glucose uptake in infected cells, supporting parasite growth while contributing to inflammation.

Here is a passage in a book written about my work:

#### Section 2: The Role of Light in Mitochondrial Health and Circadian Rhythms

Dr. Kruse's philosophy often centers on the role of light in health, particularly its impact on mitochondrial function and circadian rhythms. In a thread on the Jack Kruse Forum (2025), a user references the connection between Candida overgrowth and vitiligo, suggesting that a lack of proper light exposure might be a root cause.

This idea is supported by web search results from ProBacto (2013), which note that doctors like Dr. Carolyn DeMarco link vitiligo—an autoimmune condition causing depigmented skin patches—to Candida overgrowth, food allergies, and parasitic disorders. Unfortunately, Dr. DeMarco seems to have no understanding that nnEMF opens the LES to oxygen and this supports Candida growth.

As a functional medicine clinician she also has no idea that an open gut-brain barrier is a huge risk for the brain. The neuroimmune system defense are wiped out by the chronic stress of nnEMF. This is why so many people are told diet helps when it does nothing.

This is why to fight these diseases the skin has to be in the game of Nature. A lack of natural sunlight, which provides UV and other wavelengths, may impair mitochondrial function in skin cells, weakening the immune response and allowing Candida to proliferate.

The open gut barrier due to nnEMF exposure allows oxygen to rush into the gut which should have none. When oxygen rushes in to a hypoxic region it fuels fungi, bacteria, and parasites to grow uncontrollably via a Warburg mechanism. When an infection is present in one area without an intact barrier it is allowed to run free it will cause mtDNA failure in a person who lives in a suboptimal environment.

Silent Diseases are caused by silent weapons = no one sees the real etiology of gut dysbiosis. Blue light and nnEMF are driving a stake in the heart of many people who are blind that technology is killing them by causing a landslide of mtDNA failure inside of them every day.

The chronic stressor of nnEMF and blue light, if present in duration and intensity, could in turn, could contribute to autoimmune conditions like vitiligo, where the body attacks its own melanocytes (pigment-producing cells). Destruction of heme based proteins like catalase can allow hydrogen peroxide to bleach the skin.

## **WHY BUILD YOUR SOLAR CALLUS?**

Sunlight is the fundamental input into all life on earth for the past 3.4 billion years. Humans require full-spectrum sunlight to run the optimally run the suite biochemical and biophysical processes in our body.

#### 14. Host Defense and Metabolic Changes:

The immune system may also drive a Warburg-like metabolism as part of its defense against infection. Activated immune cells, like macrophages and T cells, shift to glycolysis to meet the rapid energy demands of an immune response. A 2019 review in *Nature Reviews Immunology* noted that this metabolic reprogramming supports the production of inflammatory cytokines, but if sustained, it can lead to chronic inflammation.

However, this defense mechanism can backfire: pathogens exploit the metabolic shift to their advantage, creating a feedback loop that sustains inflammation and tissue damage.

Warburg is not pathologic. Your freaking retina runs it. It is a sign of light signaling and oxygen that dates back to the GOE. Anyone who tells you it is a food issue is a straight idiot.

#### 15. Environmental Factors drive the Warburg shift. It is environmental factors like light exposure, lack of sun, nnEMF which makes us hypoxic at a mitochondrial level - low NAD+ as highlighted in my earlier slides play a huge role.

For example, blue light at night disrupts circadian rhythms, impairing mitochondrial function and is the etiology exacerbating a Warburg-redox shift state in cells.

The nnEMF exposure down regulates immunity and this is why so many people are harboring so many latent infections. Each one is capable of causing mtDNA mutations leading to heteroplasmy expansion - earlier aging due to high disease burdens.

Intracellular infections can contribute to a Warburg-like metabolism suggests that chronic diseases may have infectious origins that centralized medicine overlooks. Instead of addressing infections or environmental triggers, conventional treatments focus on downstream effects (e.g., chemotherapy for cancer, statins for atherosclerosis), which may not address the root cause.

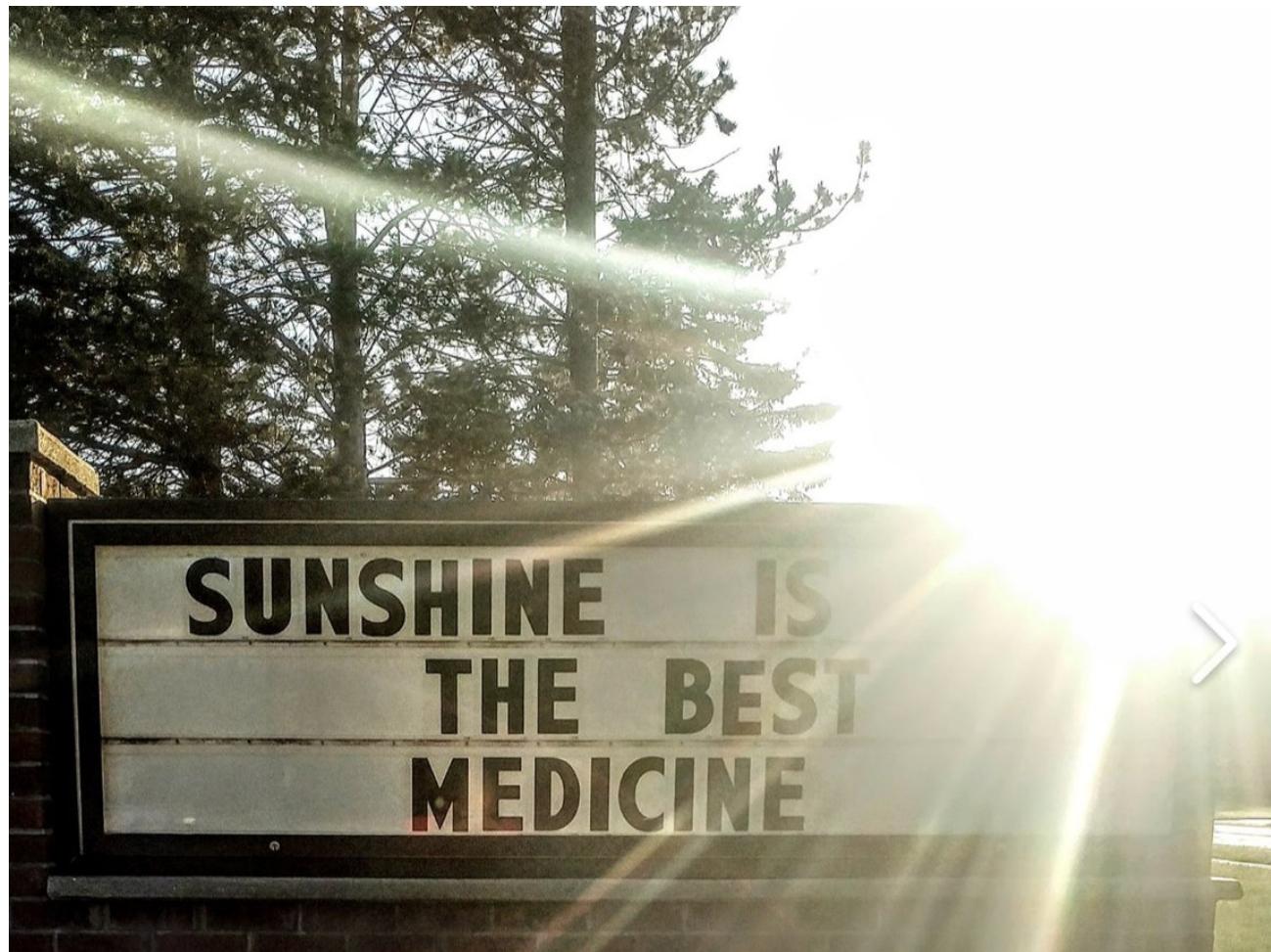
I so wish this wasn't a dumb joke.



16. The presence of pathogens in tumors, atherosclerotic plaques, and granulomas is understudied in mainstream medicine.

For example, while Helicobacter pylori is now accepted as a cause of gastric cancer, the role of other pathogens in cancer and inflammation remains controversial. A 2021 review in *Frontiers in Oncology* estimated that 20% of cancers worldwide are linked to infections, yet this is rarely the focus of treatment.

Can't interrupt the Cantillon effect of BigHarma, can we?



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Source: <https://x.com/DrJackKruse/status/1903963022445412555>

Thread: <https://twitter-thread.com/t/1903963022445412555>