

Hypothesis: **The lack of infrared light is the #1 leading cause of cancer**

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Daily infrared light is necessary for baseline metabolism and there are only ~~two~~ three sources of infrared light, sunlight and campfire:

Infrared Source 1



Infrared Source 2



Infrared Source 3



Infrared is a light beam that penetrates halfway through your body and generates friction heat as it scatters. Similar to how a microwave heats food but infrared doesn't penetrate entirely, it stops halfway and scatters. The scattering is responsible for general purpose cellular activity. If you're missing the scattering of infrared light, you'll eventually get a cancer much sooner than normal.

Mankind invented centralized heating in 1890, effectively removing campfire. Fluorescent lighting was invented in 1938 and by 1950 overtook 50% market share from incandescent, effectively removing indoor infrared. Blue LEDs and indoor computer lifestyle have allowed for massive imbalance of blue light to red light. Blue light from the sun is always accompanied by twice as much infrared, it's very unnatural to be exposed to blue light while absent of any IR.

Contributing societal factors to the lack of infrared, a recipe for cancer:

- Centralized heating (~1890)
- Fluorescent (~1950) and LED lighting (~2000)
- Indoor lifestyles (~1990)
- Blue light exposure without IR (~2010)

Furnaces and centralized *heat* ARE NOT replacements for infrared *heat*!

Both create **heat**, but they're not interchangeable. Hot air warming your skin is not the same as light beams scattering in the middle of your body.

- Fact 1: Cancer is a **metabolic** disease, not a genetic disorder. This means it's either something you're doing or eating everyday, or NOT doing or eating. In most cases, it's the lack of daily infrared. Genetics determine susceptibility but ultimately it's your daily routine.
- Fact 2: Red light and infrared light are responsible for baseline **metabolic** activity in plants
- Fact 3: Infrared light is the foundation of cell signaling and networking that promotes cellular **metabolism**.

If you add the facts...

Conclusion: Cancer prevalence is being exacerbated by the imbalance of not enough infrared and too much blue, mostly due to indoor lifestyles combined with centralized heating and LED lighting.

Solution: All land animals are supposed to be basking in the sun everyday. If your lifestyle doesn't permit that, then you have two options: 1. build a campfire or 2. Leverage electricity and supplement with infrared (IR) heat lamps. Here's a free IR heat lamp, cheers to a healthy life!