

What Happens When Humans Disconnect From...

THE VIGILANT FOX MAY 14  215  11  45

God created the sun. Man created the light bulb. Sunlight heals. What does artificial light do?

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11 Comments

1



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Wendy Boode Wendy's Newsletter May 14

This was a fantastic article. I have know about how important light is inside the body and need the sunlight, but this really drives it home. I do not wear sunscreen anymore, nor do sunglasses. Sun gazing is the first thing I do in the morning and I know it is healthy, but the gain is that I feel HAPPY! Educating people is SO important. I have been arguing with my : slathers on the sunscreen and has had 2 melanoma's on her chest. She is programmed by medical industry, I don't think I'll ever reach her, but I do hope to educate others and I will article widely. Thank you!



LIKE (8)



REPLY (1)



jsinton  jsinton May 15

I got one of them sisters too. Her skin looks like someone beat her with a baseball bat bruises too easy. But do you think she will listen to me?



LIKE (1)



REPLY (1)



Wendy Boode Wendy's Newsletter May 16

I'm guessing NOPE. It's hard to stand by and watch but it's all we can do someti



LIKE (1)



REPLY



Roger Beal  Roger Beal May 14

Fascinating and useful info! An eyeglass wearer since age 5, I might start taking my daily without them on.

But one question: Many of the older studies reported health gains when blue light replaced warmtone light. Yet we hear that blue light (from screens) is harmful. What's the truth here?

 LIKE (7)  REPLY (1)



jsinton  jsinton May 15

It's because you don't get the full spectrum from artificial light, and may be tuned to harmful. Natural sunlight is full spectrum.

 LIKE (3)  REPLY



DrLatusDextro Loitering On The Edge May 14 *Edited*

Useful commentary about the necessity of full spectrum sunlight for physiological well being. Recognizing that it appears to serve as a manufactured 'distraction' providing reinforcement for the fraudulent covid-19 pandemic narrative.

(Endotracheal application of UV light. Rezaie A, et al. 2021)

 LIKE (3)  REPLY



Silent scorn May 14 *Edited*

This was fascinating! I've been reading about an adjacent idea, that seed oils cause sunburn. If you clear your body of them, you can build up tolerance to sun without sunscreen and without burning. I tried it last summer and it worked well when done gradually. I've always hated seed oils because for some odd reason they make me sleepy especially when I'm driving. I wonder if contact lenses disturb this process? There's a picture in this article suggesting they do.

 LIKE (2)  REPLY (1)



jsinton  jsinton May 15

Seems logical to assume contact lenses would have a similar effect. That's where the light shines through.

 LIKE  REPLY



John Roberts John Roberts May 15

In my whole life I have never put on sunscreen or suntan lotion. Never wore sunglasses ar
been out in the sun just about everyday of my life since I was a child.

A very good friend of mine puts on sunscreen and wares sunglasses every single time he
outside being so afraid of getting skin cancer and tells me I am crazy for not doing the sa
I bet, out of the two of us, you can't guess who has had skin cancer three times and had 1
surgery and cancer treatments ???



LIKE (1)



REPLY



elcienemgalindo@gmail.com elcienemgalindo@gmail.com May 14

Excelente artigo! Importante e verdadeiras informações. Um alerta!!! Gratidão!



LIKE (1)



REPLY



SHug SHug May 17

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LIKE



REPLY