

REAL HEALTH

What Happens When Humans Disconnect From Natural Light?

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

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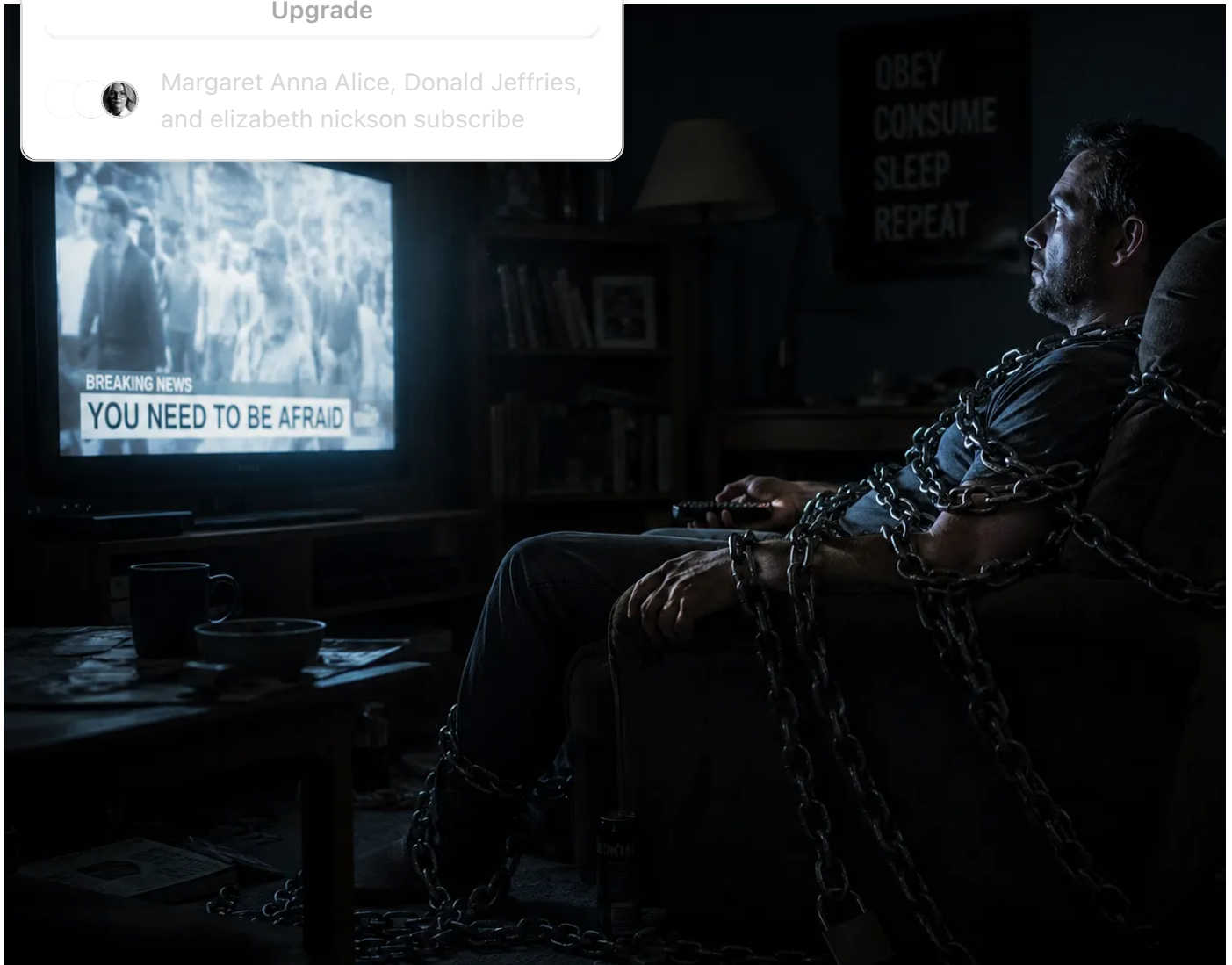
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The following information is based on a report originally published by [A Midwestern](#). Key details have been streamlined and editorialized for clarity and impact. [Read the report here.](#)

The world's second most published critical care doctor says they've been lying about the sun for decades.

Dr. Paul Marik says there's no reason to fear the sun; you should embrace it.

Because when you get adequate levels of vitamin D, your risk of cancer goes down, depression symptoms alleviate, and your immune system functions far better.

What about sunscreens? Dr. Marik advises against it because "it defeats the purpose."

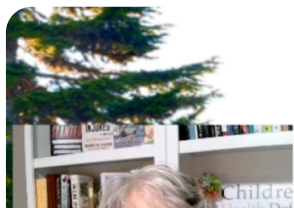
"There's some data that sunscreens increase your risk of melanoma — paradoxical."

Similar to how Big Pharma doesn't like the "I drug" (Ivermectin) for treating COVID-19, Dr. Marik explained they also don't like Vitamin D for general health and well-being.

Why? Because if you are in good health and devoid of chronic disease, there's no money to be made.

Big Pharma played us. They propagandized the masses into fearing an essential component of human life.

Here's what they don't want you to know about the sun vs. artificial light—and what happens when your body is cut off from natural light.



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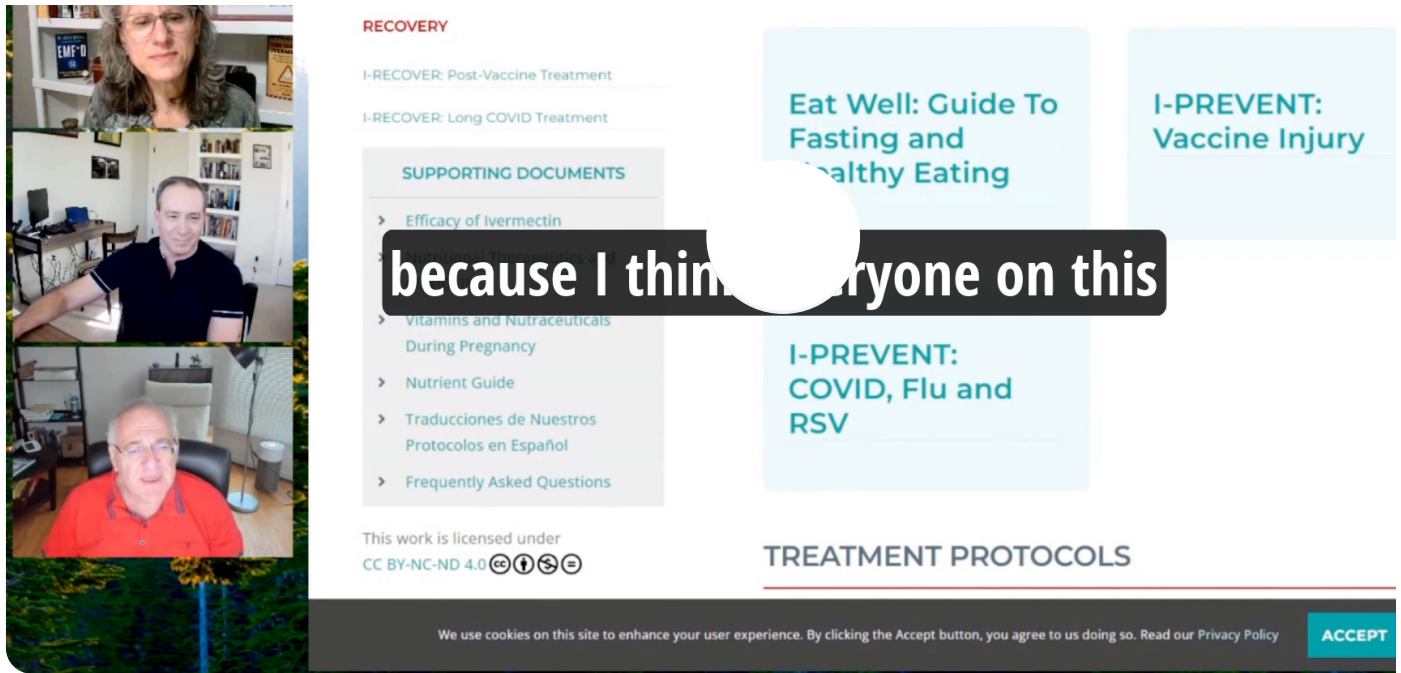
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The further north humans migrated away from the equator—and away from the sun—the lighter their skin became.

That's not cosmetic. It's a survival adaptation.

The human body, recognizing it wasn't capturing enough light, made itself more transparent to capture whatever remained.

We evolved to need light the way we need food.

But in our modern lives, we commute in sealed cars, work 8 hour shifts under fluorescent lights, and go home to screens in the comfort of our artificially lit environments.

And we wonder why we're sick.

In a 20-year study following 29,518 women, researchers found that those who spent more time in the sun were 60% more likely to die—with heart disease showing the greatest mortality difference.

A separate large study found that **high solar UVB exposure** halved one's risk of breast and prostate cancer.

The data is there. And it's been available for decades. But almost no one talks

Why? Because no one profits from sunlight.

Dermatology was once **one of the least desirable specialties** in medicine.

Then it rebranded itself as a cancer-fighting field, convinced the public that all skin exposure was dangerous, and turned routine skin lesion removal—often treating benign conditions that would never kill anyone—into one of medicine's most profitable procedures.

Billions are now spent every year on skin cancer.

But the death rate has barely moved.

Meanwhile, it's actually **a lack of sunlight** that causes the fatal skin cancers we

This information comes from the work of medical researcher [A Midwestern U](#)
For all the sources and details, read the [full report](#) below.

Natural Light is An Essential Nutrient

Decades of Forgotten Research Show How Much Modern Lighting Has Harmed
Human Health

Vitamin D is where most people's understanding of sunlight begins and ends.

But that's not even close to the full story.

Let's dig in and open our eyes.

Inside every living cell, something remarkable is happening.

Cells emit extremely faint photons—light, essentially, in the ultraviolet range—they use to communicate with neighboring cells, coordinate growth, and regulate behavior throughout the body.

It's incredible.

Alexander Gurwitsch discovered this in 1923 and called it “**mitogenic radiation**”

Here's the part that matters: **carcinogenic compounds**, when tested, significantly disrupt these biophoton emissions. Compounds that don't disrupt them aren't

carcinogenic.

That means disrupting your internal light communication is a working definition of disease.

Gurwitsch took it even further.

He discovered that blood normally emits mitogenic radiation—but in cancer patients **it goes silent.**

Using this principle, the hospital where he worked could accurately detect cancer patients **simply by measuring whether their blood had lost its light emission**

A blood test for cancer. Powered by light.

In the 1930s!

In 1927, a young man named John Nash Ott began experimenting with time-lapse photography. And he got very good at it. So good, in fact, that Disney hired him.

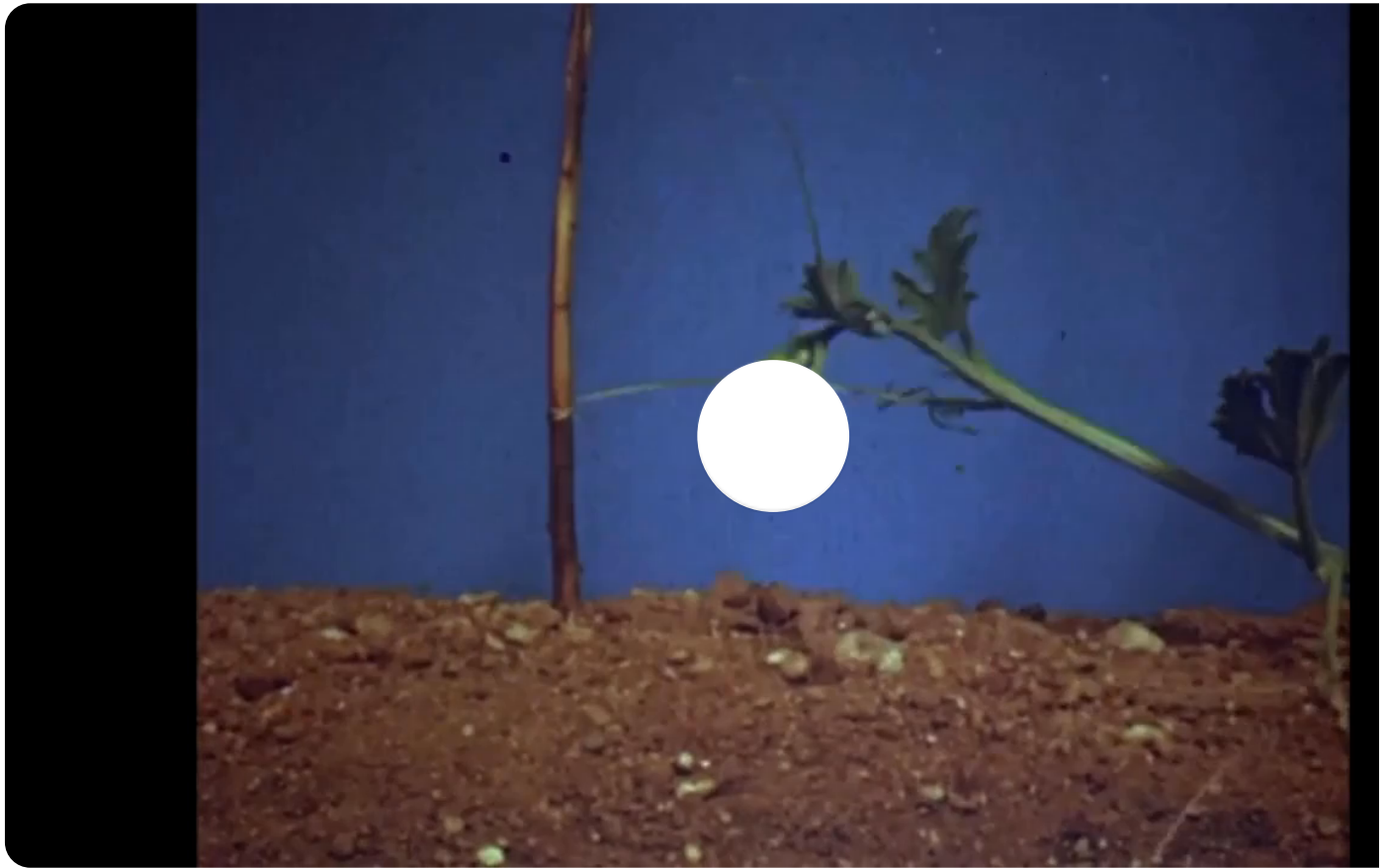
Ott's footage appeared in major motion pictures. He was in high demand for commercial work—in part because so few others could pull off what he could do.

But something kept distracting him from his commercial work.

The plants he was filming under controlled artificial lighting for months at a time were **behaving strangely**.

And the **patterns** were too consistent to be coincidence.

Ott would follow that thread for the rest of his life.



Ott discovered that standard glass filters out the UV light many plants **depend**

When he **amplified** UV instead—placing aluminum foil beneath squash plant reflect it back upward—their yield increased fivefold. Both viral and insect infestations disappeared.

He found that **light color** controlled whether a pumpkin grew male or female :

Pink fluorescent: all male flowers. Daylight-white fluorescent: all female.

Same seeds. Same soil. Same plant.

Different light.



He then turned to **animals**.

Under natural UV light, 97% of mice survived to maturity. Under standard fluorescent lighting: 88%. Under pink fluorescent: 61%.

But the **behavioral findings** were harder to dismiss than survival rates.

Minks kept in a pink environment became progressively **aggressive**, difficult to manage, and in many cases outright vicious.

The same minks, moved to a blue environment, became **docile and friendly**. Within days, handlers could pick them up bare-handed like house pets.

Not a different animal. **Different light**.

There's a lot more to this—including a school with 5x the national average for childhood leukemia that traced the entire cluster to **two classrooms**.

If you spend most of your time indoors, you need to check out the [full article](#) from [A Midwestern Doctor](#).

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When Ott placed a cathode-ray color television near his animal breeding program, **something alarming** happened.

Rats went from producing 8–12 pups per litter to 1–2—**most of whom didn't survive**.

It took 6 months for normal breeding to resume after the TV was removed.

When he measured the **x-rays being emitted** from the ends of fluorescent lights and from the backs of TVs—the implications were unavoidable.

In 1964, a nationwide news story covered 30 children who had developed conditions including fatigue, nervousness, headaches, disrupted sleep, and vomiting.

Doctors ran every test available. No infections. No contaminated food or water.

The only commonality: **all 30 were watching 3–6 hours of television on weekdays and 6–10 hours on weekends.**

The 12 who stopped entirely recovered in 2–3 weeks.

The 11 who later returned to normal TV viewing **had their symptoms return.**

That's huge.

In 1973, Ott ran a formal study in a Chicago school.

Two of four classrooms had their standard fluorescent lights replaced with full spectrum bulbs—shielded at the ends to stop x-ray emissions, and grounded to stop radio wave transmission. The other two classrooms were unchanged.

Students were monitored with randomized time-lapse photography, specifically so that teachers wouldn't know when to prompt good behavior.

Under ordinary lighting, first graders showed nervous fatigue, constant fidgeting, jumping from their seats, flailing arms, attention lapses, and hyperactivity.

Within one week of the new lighting being installed: settled, calmer, focused

One boy who had been in constant motion—unable to concentrate on anything for months—**taught himself to read during the study.**

Those same students were later discovered by their dentists to have had **one-third the cavities** of the control group.

One school had five times the national average for **childhood leukemia.**

Every single case traced to only two classrooms.

In both rooms, teachers had **closed the curtains** to block glare from a nearby l —and switched to warm, orange-pink **fluorescent lights** as their primary source of illumination.

When those teachers eventually left and were replaced, the curtains reopened and the bulbs were changed.

The leukemia cases disappeared entirely.

It was officially labeled an unsolved mystery.

After spending years **working under artificial lighting**, Ott developed severe cataracts.

in his hip and could barely walk.

He tried everything.

His glasses broke. He couldn't find his replacement pair quickly, so he went without them for a few days.

The arthritis began improving—immediately and progressively. Before long he was better than he had in four years.

His improvement was later confirmed by hip x-ray and a doctor's physical examination.

That accident opened a door he hadn't known was closed.

The realization that followed was counterintuitive.

Ott had been sunbathing to treat his arthritis. It made him worse.

Only when he **stopped blocking light through his UV-filtering glasses**—and unfiltered natural light reach his eyes—did he recover.

From this he concluded: **the eyes are the primary gateway** through which sun enters and nourishes the body.

The skin matters. But the eyes are the circuit.

And most people in the modern world are running that circuit through UV-blocking glass **all day long**.

Dermatology tells you to protect your eyes from the sun with sunglasses.

Based on decades of this research, that advice has **real consequences**—and that's the ones you've been told to worry about.

After Ott began connecting these dots, the cases found him.

At a hospital in Africa, a community with essentially **no prior history of cancer** developed a surge. No environmental changes had occurred.

But it turns out **sunglasses** had recently become a status symbol in the area.

He then worked with 15 cancer patients who agreed to follow a full-spectrum regimen.

In 14 of the 15, **cancer progression stopped**. Several showed improvement.

The one who didn't respond had continued wearing **regular glasses** throughout

This just scratches the surface of what [A Midwestern Doctor](#) compiled from decades of buried research on what light does—and doesn't do—inside the body.

The [full article](#) is worth reading.

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Here's where the mechanism gets structural.

Physicist Gerald Pollack discovered what he calls the **“fourth phase” of water**. the right conditions—a polar surface and an energy source—water transforms gel-like crystalline lattice that generates its own charge gradient and drives spontaneous fluid flow—**without any pump**.

This is the mechanism behind blood moving through capillaries too small and numerous for the heart's pressure alone to explain.

And **sunlight** is one of the primary energy sources that builds and powers it.

Think about what happens when you step into the sun.

The veins at the surface of your skin dilate.

That isn't just heat response. **It's the body pulling blood toward the surface to**

light.

The body was architecturally designed to capture sunlight.

After observing this framework for years, [A Midwestern Doctor](#) began working on a therapy where blood is drawn from the body, exposed to UV light externally, and then returned.

During treatment sessions, something didn't seem to fit conventional models.

The moment a continuous circuit of blood existed from the external UV source to the IV entry point—but not a moment before, not while saline was still clearing the

patients had **an immediate systemic response**.

Within seconds.

Not minutes.

Turning the light on and off repeatedly generated the same immediate response.

The interpretation? Blood conducts light through the body the way fiber optic cables conduct data.

Illuminate one part of the circuit, **and you illuminate all of it**.

Which also explains why, for decades, light-based therapies have often produced effects that seem too rapid and too systemic for conventional models to account for.

So why doesn't everyone know about this?

Let's look at the molecular structures of hemoglobin and chlorophyll.

They're nearly identical—both porphyrins, ring-shaped molecules built to trap electrons.

Chlorophyll captures sunlight and converts it to chemical energy for plants.
Hemoglobin, in iron where chlorophyll uses magnesium, may do something functionally similar for animals.

Not just a vehicle for oxygen.

A vehicle for light.

The eyes are the most transparent part of the human body.

When early researchers wanted to study the behavior of blood cells directly, they looked through the vessels in the eyes—**the only place in the body where they see blood flowing freely under a microscope.**

This transparency isn't incidental.

The eyes appear to function as **the primary entry point for sunlight** to travel into the bloodstream and circulate through tissue that skin exposure would never reach.

Every UV-blocking lens between your eyes and natural light **interrupts that circulation.**

Most people in the modern world are wearing one—right now.

In 2020, Donald Trump stood at a press conference and said:

“Supposing you **brought the light inside the body**, which you can do either through the skin or in some other way...”

The media spent the next two years repeating that Trump had told the public **bleach**.

He was almost certainly describing a **real device**—then in clinical testing—that emitted UV light inside the lungs to kill SARS-CoV-2 without harming surrounding tissue.

The “bleach injection” framing accomplished something beyond embarrassing. It made the entire concept of putting light inside the body sound absurd—and that idea several more years of public invisibility.

There’s a groundbreaking therapy that actually brings light **inside the body**. You never believe how far the medical industry went to make sure it never reached

The full article is worth reading.

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Consider what our modern lives actually looks like, laid out honestly.

We wake to **LED lights**. We drive around little **UV-blocking** boxes. We spend workday under **fluorescent tubes**. We wear **UV-filtering** sunglasses on the rare occasions we go outside. We come home to **screens**, walls, and UV-blocking w

Every one of those **choices**—invisible, unremarkable, built into the infrastructure of daily life—is, from the perspective of a century of buried research, a **systematic withdrawal from a biological resource that evolution spent millions of years optimizing**.

Light isn't vitamin D with extra steps.

Light is how the body communicates, repairs itself, moves fluid through its sin
vessels, regulates behavior, and suppresses disease.

Light is everything.

Gurwitsch mapped the biophoton signal in 1923. Ott spent five decades watch
fail in real time. Pollack found the mechanical infrastructure that makes it pos
And physicians using this forgotten therapy are still watching it work in patie
have nothing else left to try.

The research never disappeared.

It simply was never permitted to reach you.

It's time to change that.

Thanks for reading! This information was based on a report originally published by [Midwestern Doctor](#). Key details were streamlined and editorialized for clarity and impact. [Read the original report here.](#)

[Natural Light is An Essential Nutrient](#)

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For a deeper dive into what modern medicine has overlooked—or intentionall—check out these other eye-opening reports by [A Midwestern Doctor](#):

[The FDA's 50-Year War on the Safest Painkiller Ever Discovered](#)

[The Hidden Dangers of Hospital Births & How to Protect Your Family](#)

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While you're at it, give [A Midwestern Doctor](#) a follow. No one brings more res clinical insight, or historical context when it comes to exposing the health my all been fed. This is easily one of the most valuable accounts you'll ever follow.

The Forgotten Side of Medicine

The Forgotten Side of Medicine exposes pharmaceutical corruption and remarkable therapies lost to time for the health of humanity.

By A Midwestern Doctor

derekbishop@hushmail.com

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Writer, video clipper, and pro-freedom citizen journalist with 12 years of healthcare experience. Tyranny is not possible without compliance.

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