The Importance of Light and Sun Exposure

I don't think that we really place enough emphasis on the quality of light and how it impacts us. So think about it. People aren't getting vitamin D because they're not outside.

Exactly. So light is tough. But honestly, I've seen it bring back someone's cycle. You know, seeing it be the game changer for weight loss. And it's free and eating in the sun.

Having your food get the sunlight on it quite literally changes the chemicals and how it breaks down in the body. It really does give you a lot more information.

Then again we we. And so it's something so simple. And so even going back to that like protein powder it has all of the different vitamins and minerals and things that you need in order to again, if this checkpoint is not working well guess what?

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