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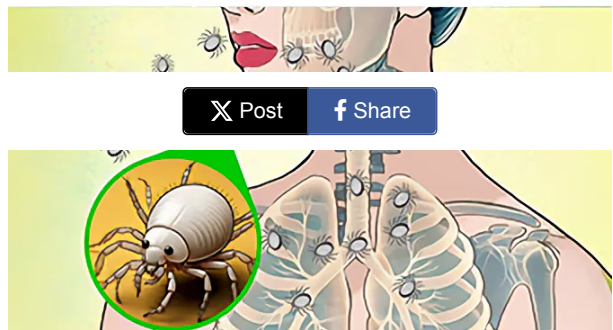
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TODAY'S LESSON ON [SUNGLASSES](#). UV LIGHT, POMC, and HOW THEY ALL LINK TOGETHER. Ciliary ganglion controls how much light gets into the pupil and it controls the [lens](#) ability to refract and target light on certain parts of the retina. This is why a ciliary ganglionectomy has massive effects on melanin production in humans. Wearing sunglasses is a temporary way to give yourself a ciliary ganglionectomy. This is why sunglasses wearing leads to more sunburns. The ciliary ganglion contains postganglionic parasympathetic neurons that supply the ciliary muscle and the pupillary sphincter muscle. Because of the much larger size of the ciliary muscle, 95% of the neurons in the ciliary ganglion innervate it compared to the pupillary sphincter.

Below see the detailed view of nerves of lateral orbit showing the ciliary ganglion immediately behind the globe of the eye.

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2. Decentralized medicine has a lot to say about how our tissues deal with light and water. The ciliary ganglion is a bundle of nerves, parasympathetic ganglion located just behind the eye in the posterior orbit. It is 1–2 mm in diameter and in humans contains approximately 2,500 neurons. The ganglion contains postganglionic parasympathetic neurons. These neurons supply the pupillary sphincter muscle, which constricts the pupil, and the ciliary muscle which contracts to make the lens more convex. This changes the target of light on the retina and this implies different tracts which begin in the retina are targeted based upon the light you chose to live under. Both of these muscles are involuntary since they are controlled by the parasympathetic division of the autonomic nervous system.

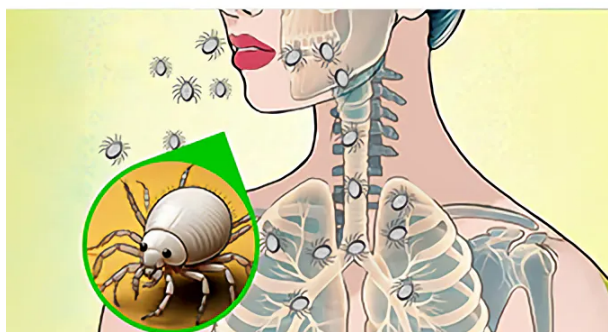
The ciliary ganglion is one of four parasympathetic ganglia of the head. The others are the submandibular ganglion, pterygopalatine ganglion, and otic ganglion.

Three types of axons enter the ciliary ganglion but only the preganglionic parasympathetic axons synapse there. The entering axons are arranged into three roots which join enter the posterior surface of the ganglion:

1. The sensory root branches from the nasociliary nerve and travels through the ganglion forming part of the short ciliary nerves. These sensory axons supply the cornea, ciliary body and iris.
2. The sympathetic root originates from the internal carotid plexus with cell bodies in the superior cervical ganglion. I'll have a lot to say on this nerve below in the thread. These axons pass through the ganglion and enter the eye without synapsing into the short ciliary nerves. The sympathetic root contains the postganglionic sympathetic axons that provide sympathetic supply to the blood vessels of the eye that come from the internal carotid artery loaded with melanopsin chromophores. Sometimes, they also supply the pupillary dilator muscle, however these axons usually travel from the nasociliary nerve to the long ciliary nerves to enter the eye.
3. The parasympathetic root branches from the inferior division of the oculomotor nerve and carries the preganglionic parasympathetic axons from the Edinger-Westphal nucleus to the ciliary ganglion. Within the ganglion the axons synapse onto the postganglionic parasympathetic neurons. These neurons project axons through the short ciliary nerves to innervate the ciliary muscle and pupillary sphincter muscle.

Most centralized people do not truly understand what they eye really does for the decentralized organization of the human brain. Let's examine the implications.

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4. Why does chronic or short term damage to the ciliary ganglia cause problems related to tanning and solar charge connection? They eye not only sees the light, it refracts it and targets the retinohypothalamic tract that is begins in the inferior nasal part of the retina. Early morning sunlight hits this target as the sun rises higher in the sky. Early in the morning in most places UV light i snot present. UV-A and IR- A show up first and this stimulated the production of nitric oxide in the eye and in the head and neck of humans. This step is important in human melanation. These are DECENTRALIZED things your dermatologist does not even know, but is published in the literature, but your decentralized neurosurgeon does know and teaches you. Be careful who packs your parachute. @JuicefBukele

5. See AM sunlight is the first step in Human melanin renovation. Ultraviolet B irradiation of the eye begins later in the AM and this light energy is transmitted in a nitric oxide-dependent manner through the ciliary ganglia involving the first branch of the trigeminal nerve to the hypothalamopituitary proopiomelanocortin system. If you do not get the upregulation of NO from AM light loaded with UV-A and IR-A light, UVB light becomes less useful to you and in some haplotypes can harm you. Yes, you paleo humans I am speaking to you. The disruption of this set of decentralized circumstances has huge implications. It results in diurnal upregulation of alpha-melanocyte-stimulating hormone secretion every day in controlled fashion and consequent stimulation of melanocytes in the skin. This is really why [🔍 sunglasses](#) are killers. It also implies why sunscreen is a centralized idea of the profiteers.

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6. Now about that superior cervical ganglion and how it links to the blue light non visual photoreceptor, melanopsin.....

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7. What connects your inner light creation to your filaments in cells? Is your life electric because your mitochondria in cells make a plasma called water? You do know that your mitochondrial also creates light via metabolism huh? Have you read the [🔍 book](#) below that shares that data? I know your dermatologist has not read it.

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8. Is your filament, called your gut, connected properly to your brain by sunlight and water? Are your brain and gut set up via coherent coupling of cycles between food and light of the day in your retina and brain? You do know food is an electromagnetic bar code of photosynthesis right? The vagus nerve does maintain this "watery connection" between the brain and gut over a water electric network. These two systems are CIRCADIAN harmonic oscillators that need to be properly coupled to work together. Do your centralized experts know this? What connects these two oscillators in our body? Water networks connect them both organs. Why do not centralized experts realize these connections exist in all of us?

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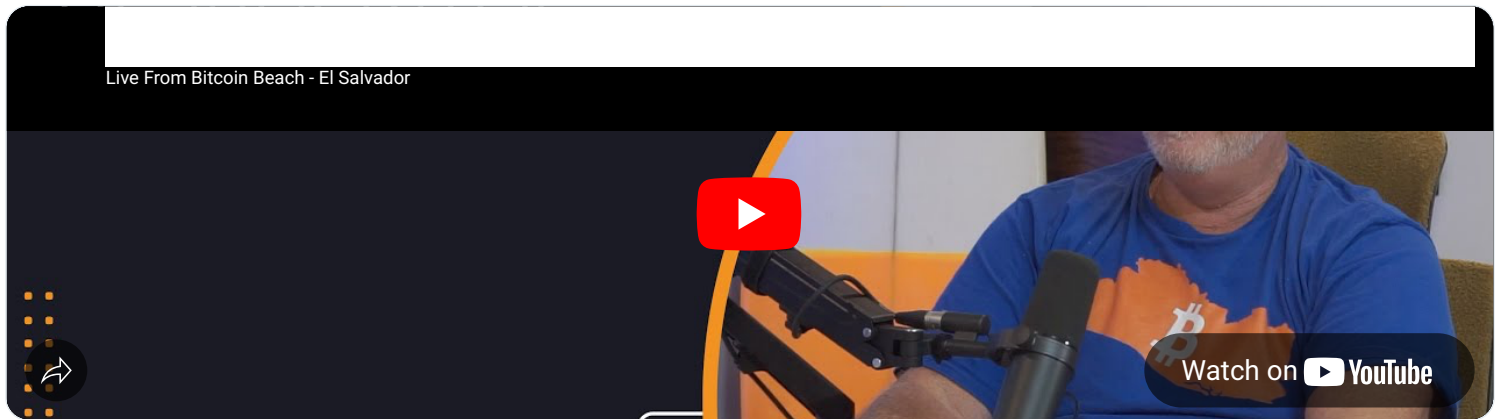
9. Sunlight makes the water in our cells a liquid crystalline PLASMA. It increases the amount of electrons in it. Water without deuterium has a high dielectric constant. DDW in the mitochondria is at 160. Water from your tap has a dielectric constant of 78. That means tap water with 150-155 ppm of deuterium in it does not have as many electrons as mitochondrial water and without those electrons sunlight cannot be absorbed as well. This makes water made in you a BETTER electromagnetic capacitor = BATTERY. That is the battery all cells run on. Your brain has more mitochondria so it makes the water it needs to operate with the sun.....now do you get enough sun to run your epigenetic programs?

10. That water cells need must be created by our colonies of mitochondria and this is how eukaryotes bring the sea onto a land-based existence. Liquid crystalline = coherent water = a sea of electrons for redox chemistry to exist. Liquid crystalline water possesses long-range orientational order by pointing all the molecules by pointing in the same direction. This is an electric or magnetic polarization effect. It also allows for a translational order that allows them to keep their position as they move = topology effect. Liquid crystals are mobile and flexible and highly responsive to electromagnetic radiation in our environment. This allows them to undergo rapid changes in orientation or phase transitions when energy is added or subtracted from the water. This is why cell water responds vigorously to exogenous electric or magnetic fields.

11. It is why water responds vigorously to temperature, pressure, pH, hydration, and concentrations of inorganic ions like phosphorus. I think the Universe is powered by water electricity and I believe every cell is powered in the same way. CSF comes from the water in blood plasma and then its chemistry is changed by the choroid plexus of the brain by iodine and salt. Salt levels control the physics of the coherent domains of CSF. In my opinion, It is the single most key mechanism in the brain from a quantum perspective. It changes the redox potential of the entire organ. Water is the energy that life runs on. Water is the universal electron and proton donor. When you understand these concepts, you begin to see that proton and electron currents in water made by sunlight create currents inside of cells and over extracellular distances that are capable of delivering physical and chemical messages concerning the redox status of all parts of the cell.

12. I met two guys in August named Dave & Mike recently who did not believe that what is posted in the above slide in

yellow was true. This means they do not understand decentralized networks or decentralized medicine.



13. Water networks communicate this information by way of the vagus nerve. The water in blood plasma is a non-homogenous mix of water that has low UV absorption rate that can be changed as its dielectric constant changes with the addition of salt, anions, and iodine. Once the water in blood plasma becomes partially structured, this fraction of cellular water has better UV light assimilation as its viscosity and refraction are altered. Just adding a bit of salt to this water does this. Your body does this and so does a coconut. This is a clue for those who still remain vitamin D3 deficient despite getting "adequate" sunlight and/or use tanning beds that some other process in them remains lacking. If you do not believe it, you need to read some more. I know your centralized experts aren't on your behalf.

14. Water is redox in humans. Water molecules are more than just made up of hydrogen and oxygen ions. These ions have electric charges and form dipoles. Water is not inert, its ions are dynamic, always rotating and vibrating. Due to the various bonds and kinks that form among water molecules, clusters of water can emit a multitude of electromagnetic frequencies depending on the number of water molecules and their bonds in the clusters. With different structures of water clusters, different electromagnetic frequencies are produced. This means that water can resonate at any virtually any frequency. How does it do this? Water must first absorb ambient electromagnetic radiation to re-emit it. Sunlight can activate oxygen's outer electrons to higher energy levels and in 0.0000001 seconds, returns to ground level, emitting photons with a frequency of about 1,000,000,000,000,000 Hertz. Water is, in fact, a repository for electromagnetic radiation of all types. The human optical windows, however, operate precisely between 250nm-780nm. Proteins can utilize 200nm -900nm light. Water consists almost entirely of a type of elementary particle called a photon (a photon is a boson and bosons are the glue that holds matter together) and only a very small amount of water is actual matter and it is hypothesized that water is 974,600,000,000 parts photons to 1 part matter (hydrogen and oxygen). Water is mostly photons and photons are the force carrier (messengers of information) of the electromagnetic field. This explains how electromagnetic information is propagated at the molecular level, via water.

15. All biomolecules are dependent on water. We are made up mostly of water, specifically structured, liquid crystalline water, which is imbued with a multitude of electromagnetic frequencies. We are always immersed in a plethora of natural and unnatural electromagnetic radiation in our environments, some beneficial, others harmful and it is constantly changing the liquid crystalline water in our bodies faster than we can think. The ambient electromagnetic environment is literally changing the way living water behaves in our bodies to create health or to fuel disease. This has tremendous implications for biology and medicine. This sets in motion the requisite core of chemical reactions that restore the local and global energy balance of all living things. The vagus nerve is our electric filament, the spark of life, found between seas of water in us. It is that nerve that connects two organs photoelectrically using water as its plasma to make free electrons/protons. Water is present on either end of this nerve. You must become a water muse, first and foremost. The vagus nerve controls the parasympathetic portion of the autonomic nervous system as the picture below shows. It begins in the area postrema of the 4th ventricle. The vagus is part of the parasympathetic system that lowers the stress response. Its activity drops chronically when the sympathetic system is constantly turned on. Your vagus nerve, ciliary ganglion and the superior cervical ganglion all connect via water networks in your brain and none of your centralized specialists know it. Uncle Jack decentralized courses he teaches do.

16. The sympathetic system outflow of the stress stimulus begins in the paraventricular nucleus (PVN). The vagus nerve is the calming portion of the ANS and antagonizes the PVN to lower stress and INFLAMMATION. The vagus nerve is also key in allowing mitochondria to oscillate at 100 Hz to fat burn. Balancing both arms is critical in avoiding diseases, and creating allostasis. Autonomic nervous system (ANS) regulation is a function of light and water properly activating one another to control magnetic flux in the spinning ATPase on the 5th cytochrome. The vagus nerve connects dissimilar "bodies of water" within the human body to make them work coherently. They use the light in that environment to make a connection or allow a mitochondrial disconnection which disrupts energy flows. The stimulus of light on our skin and retina changes the water domains in CSF in the brain and in the gut. 99.8% of CSF is made up of cell water. This is how the "central digital" circadian system from the RPE of the eye, the skin, and gut are linked to the SCN which sits in a cistern of CSF above your optic nerves in your skull. Light waves are transformed to phonon vibrations in the water. When this occurs water becomes coherent and becomes a sea of electrons to run redox pathways in biochemistry properly and coherently. This allows all mitochondria to vibrate as one. The "analog circadian system" of the gut is linked to solar light exposure from food electrons and to the timing of food grown in the environment that cells get in our mitochondria so that the signals can be yoked via the area postrema (AP) and the median eminence (ME) in the brain. These two areas in the brain have no blood-brain barrier. They allow water and light communication to occur, so the electron density in the CSF is accurately tied to the local environment these neurons can sense. Electron density and coolness are linked in water. This is true in the ocean and in our cells and CSF cavities. For example, when we eat, 60% of blood flow is shunted from the peripheral blood to the gut's mesenteric system by the autonomic nervous system. The brain senses and pays attention to these shifts, using the vagus nerve, as its main information highway. When the sun hits our skin (UVA and IRA light), nitric acid (NO) is released and 40-60% of blood flow raises to the skin surface to become radiated by solar radiation. This energy transfer is sensed by the vagus nerve in our superior cervical ganglion and sent to the brain to lower our stress response in the PVN. This stimulates melatonin cycles to work properly. So if your lifestyle buries the sun, you create a stress response and if you do it long enough you might end up with a disease.

17. Oh and if you think there is not good data on that vagus nerve water connection.....

Vagus Nerve Stimulation Dramatically Reduces Inflammation

There is growing evidence that stimulating the vagus nerve can improve well-being in many ways, including the reduction of chronic

<https://www.psychologytoday.com/intl/blog/the-athletes-way/201607/vagus-nerve-stimulation-dramatically-reduces-inflammation>

18. Cells are designed to be a repository of collectible wisdom from nature's energy and information buried in sunlight and geomagnetic pulsations of Earth. That energy and data come to cells as waveforms and their energy and data are stored in water. The energy is coupled in cycles and not thermalized. This is how cells remain far from equilibrium. Given our cellular design to capture and collected and decipher waves, no human being itself should be considered impaired innately, instead, there are environmental shortcomings that cause the impairment. Thus, it is incumbent on the on the clinician to recommend treatment of the environment their patient is in. People react to an inferior environment, way before their genome is altered. We time stamp our DNA after it is translated using sunlight that controls circadian biology. This is why altering you rgenome is a losing centralized idea. That is what the science of epigenetics and ubiquitin biology are telegraphing us, but the modern paradigm is not listening to this data. You must begin to listen to the wisdom built into YOUR nature.

19. Light controls the two decentrlaized networks in the world.....never forget it. See above pic for reenforcement.

20. What is the cornerstone blueprint of the human brain? Light, water, and the electromagnetic fields in Nature have built a Superconducting Quantum Interference Device (SQUID) on the surface of your brain that allows us to be human. SQUID'S are important in the mammalian neocortex because they are able to switch signals from one neural circuit to another, at extremely high speeds, while storing massive amounts of information, all while using very low power (20 volts). We are part of an electric universe.

This all can be done in the tightest of quarters in our skull. This works at nanoscopic levels on semiconductor chips in your laptop and in the subarachnoid space of your brain. This is precisely what happens on the human neocortex and explains how the cortex actually can do the things it does. This occurs using quantum principles called the Josephson effect. The 1971 Nobel Prize was given for the discovery of this effect to Brian Josephson. Moreover, the Josephson effect provides the biologic and technologic basis for the development of an ultra-sensitive magnetometer called a SQUID. A SQUID instrument (or biologic tissue) is capable of detecting the magnetic fields produced in spaces in or around the body. Your mitochondrial redox links directly to the signal a MEG records the power density in the fields our mitochondria create.

21. THE DECENTRALIZED LESSON IS OVER. Tag your friends and upgrade their game. It is time we all ADD PROOF OF WORK to our game in life. @hubermanlab @RickRubin @jack @jackmallers @JuicefBukele




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Apr 27

1. A child born with jaundice exhibits an atavistic state, reflecting GOE-era stressors where porphyrins (and bilirubin) acted as oxygen sensors, generating ROS/UPEs under light stress. Parents and pediatricians do not understand what jaundice really means. It is a child born under mtDNA duress. They need more sun and less centralized doctoring, otherwise they become more injury prone to any mtDNA toxin. These are things MAHA won't find by September.
2. Neonatal Jaundice: Blue Light Therapy is a Human Disease Incubator Neonatal jaundice treatment shifted from full-spectrum light to blue light (425–475 nm) in the last 35 years, ignoring quantum biology. Centralized medicine, blind to neuropsin (UVA receptor)

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Apr 24

Interesting talk. I wonder if Friston talks to Nick Lane. If not he should. Friston's surprise ($F(s, \mu) = -\ln p(s|m)$) mirrors Shannon's entropy ($H = -\sum p(x) \log p(x)$), where minimizing surprise (prediction error) reduces uncertainty, akin to maximizing information content. This connection is crucial for my photoe-bioelectric thesis, as it ties bioenergetic processes (light-driven UPE) to information processing. Obviously this is a core theme in my decentralized narrative for medicine.

2. Markov Blankets and Edges as Quantum Computers: My concept of the edges of biology (skin, gut, eyes) as quantum computers making bioelectric bets aligns with Friston's view on Markov blankets. The skin (with VDR), eyes (with rhodopsin, melanopsin), and gut (with bacterial UPE) form statistical boundaries, separating internal states (e.g., mitochondrial matrix, neural networks) from

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Apr 21

1. What do your photoreceptors have in common with your red blood cells? The outersegments of photoreceptors have no mitochondria. Neither do adult RBCs. Why? What does it mean? Shannon's theory on information transfer tells us for a message to high fidelity, the message has to be unusually. The message built into certain cells in our biology is whispering some of Nature secrets to us. Are we listening?

2. When a cell does not have mitochondria it means that the TCA metabolic efficiency is very low. It means that these tissue are

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Apr 20

Since today is resurrection day what would tell a guy standing outside a cave with healed wounds? I know most of you would say get some sun. But I am thinking about his future longevity? I would tell them the truth about the biggest scam in the longevity world. Everyone knows that exercise is good. Do you know that exercise has a dose-response curve? Did you know weight lifting is beneficial in lowering all-cause of mortality in CVD and cancer until you hit approximately 140 minutes a week...So exercise/weight training has a context. Did your doctor tell you this? More than 140 minutes a week, then your risk of death actually increases. So if you do not want to revisit the cave and the shrouds you had on you might want to take a look at those slides because the food guru biochemists won't tell you this. Their knowledge is all from the DoD, DoE and DARPA. Do you believe the phrase, "Praise be to Orwell because he gave humanity the antidote to the mind poison of tyranny." Big Pharma money produces the centralized science it wants.

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Apr 19

yes I can.

1. To address how a dose of LSD, known for its effects on absorption and emission spectra and the release of massive ultraweak photon emission (UPE), impacts myelin, we need to consider the biophysics of LSD's interaction with neural tissues, the role of myelin in neuronal function, and the potential effects of UPE on cellular structures. This response will integrate insights from neurobiology, biophysics, and photobiology, while aligning with the photo-bioelectronic framework of my decentralized medicine thesis. So if you have not read my work or the [book](#) below, you'll be shit out of luck. But I have the goods. Given the complexity of LSD's effects and the link of UPE's impact on myelin biology decentralized medicine can explain this picture of LSD retinal toxicity.

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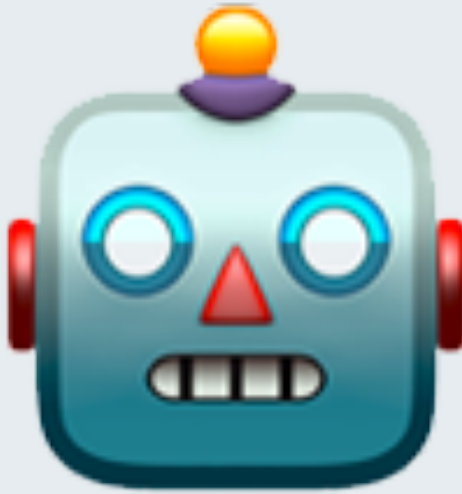
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Apr 19

Why will prion disease be a collateral effect if you do not develop the turbocancer first? @Kevin_McKernan TIME TO LEARN SOME BIOPHYSICS FOLKS BECAUSE YOUR BIOCHEMISTRY EXPERTS ARE IGNORANT. Throughout 4.5 billion years of molecular evolution, proteins have evolved in order to maintain the spatial proximity between aromatic residues (Trp, Tyr and Phe) and disulfide bridges (SS) (Petersen et al, 1999). There is a very special spatial geometric relationship that exists because the process is quantized to light frequencies that our star releases to us on Earth wirelessly. This has not been well appreciated by modern healthcare. This is also why the sun reduces all-cause mortality and why it can never be replaced in healthcare. To suggest this is lunacy when you understand biophysics well. The interaction of the most powerful part of the solar spectrum of light (UVA/B/C) measures the collisions in the aromatic amino acids and in the disulfide bridges. The aromatic amino acids location becomes the first

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