

Pearls of Light

1. Get a minimum of 7 hours of sleep. You should be in bed by 11pm at the latest.
2. Expose yourself to natural daylight at various times of the day without using sunblock, and definitely get sunlight at sunrise if possible.
3. Shut off all blue light exposure and unnecessary light after 9pm.
4. Use “Blue Blockers” post-sunset or in harsh sources of office blue light. Try a company called swanwicksleep.com.
5. For mobile phones, tablets, and computer screens, get apps such as f.lux to mix in red light with blue light for eye protection.
6. Get cold exposure whenever you can by sweating outdoors, doing cryotherapy, or dipping in a cold pool. It helps increase electrons (aka energy).
7. Get 12-14 hours of fasting every night. This helps mitochondrial regeneration.
8. Be like the sphinx-face and see the rising sun, and ground yourself daily by walking barefoot or wearing leather-soled shoes, which allows you to ground your electric bodies into the earth. This creates the perfect battery.
9. Avoid wearing electronic devices that emit wi-fi signals – Fitbits, Apple Watches, cell phones – on your person. They disrupt your body’s electric signals.
10. Do not sleep with your mobile phone next to your head. Keep your bed a foot away from all electrical outlets.
11. Drink enough clean water during the day.
12. Maintain DHA levels or take a good fish oil (Omega Monopure), or cod liver oil.
13. If you are traveling frequently or experiencing difficulty sleeping, consider the Biofeedback Rebalance session, which uses light (photons) to enhance your natural ability to function properly.