

THE IMPORTANCE OF BLOCKING BLUE LIGHT AND PROTECTING OUR EYES!

(ie. WEAR BLUE LIGHT BLOCKING GLASSES!)

Blue light decreases REM sleep, increases blood sugar, decreases brain firing, lowers your DHA, and lowers hormone production.

Our eyes decide our metabolism—not our genes. The eye is the most important environmental organ. Through it, light timing determines which biochemical signals our body produces.

What is the suprachiasmatic nucleus (SCN)?

- “Supra” = above
- “Chiasmatic” = the optic chiasm (where optic nerves cross)
- “Nucleus” = like a control center made of neurons

It is a small cluster of neurons located above the optic chiasm in the hypothalamus. The hypothalamus helps control: sleep/wake cycles, heart rate, blood pressure, digestion, hunger, temperature, hormones...

The SCN is the master clock of our biology.

Mitochondria are the powerhouses of your cells. You are only as healthy as your mitochondria. Mitochondrial survival depends on FOUR environmental surfaces:

- Eyes
- Skin
- Gut Lining
- Lung Surfaces

These are the only interfaces where the external environment directly programs internal biology. **Among them, the EYES dominate.**

The eye is not a camera. It is a **TIME-setting device**. Inside the retina are neuropsin and melanopsin-containing retinal ganglion cells. These cells detect light wavelength and timing—not images. They send signals directly to the SCN without interpretation, emotion, or thinking. Just raw environmental truth setting the clock that controls hormones, metabolism, immunity, and mitochondrial energy.

This pathway is called the **Central Retinal Pathway**. It’s raw environmental truth deciding what chemicals get released—and whether our biology repairs or degenerates.

It tells the brain:

- Is it day or night?
- Is it summer or winter?
- Is energy abundant or scarce?

Leptin is NOT a fat hormone—it is a TIMING hormone. It tells the brain:

- Is it day or night?
- Is it summer or winter?
- Is energy abundant or scarce?

But leptin only works if the clock is correct. Nature places the SCN between the eye (light input) and the hypothalamus (metabolic control). The SCN acts like a customs officer:

Does this leptin signal match the light environment? YES = leptin sensitivity NO = leptin resistance

ON vs OFF—timing is everything. The SCN controls:

- Cortisol (morning ON)
- Melatonin (night OFF)
- Insulin sensitivity / Blood Sugar
- Thyroid signaling
- Sex hormones
- Autophagy (cell cleaning)
- DNA repair...

It flips the switch based on: wavelength, intensity, timing.

Morning sunlight (red, IR, blue) → SCN = ON → Cortisol rises → Metabolism activated → Mitochondria make clean energy

Night darkness (NO BLUE LIGHT) → SCN = OFF → Melatonin rises → Repair + autophagy + Immune surveillance

Artificial blue light at night = False sunrise signal

- Night hormones shut down

- Repair stops
- Inflammation rises...

This is not harmless! It's catastrophic over time! It leads to: Disease, Obesity, Neurological Degeneration, Cardiac Issues, and everything in between.

Modern life is lethal because:

- Indoor living (no healing UV, red or infrared light and blue light at night)
- Screens at night (increased blue light)
- Sunglasses outside (blocks UV light to the retinal receptors)
- EMFs everywhere

Result:

- SCN never turns OFF
- Melatonin suppressed
- Leptin resistance
- Hunger increases
- Fat gain
- Immune failure
- Cancer risk rises...

As quoted on X – Light Me Away 12/15/25: “Disease is a circadian mismatch.”

When the SCN is broken:

- Immune timing fails
- Inflammation stays high
- Healing slows
- Drugs work worse, with more side effects...

That's why environmental correction beats pharmacology long-term—and food.

Straight from the source: “The eye is the most important metabolic organ you own.” “You don't fix mitochondria with food, you fix them with TIME.”

And that is why our eyes determine the fate of our biology, long before genes ever do.

(Source: X – Light Me Away 12/15/25)

What can you do to help yourself?

- **Order blue light blocking glasses** from the link below **AND wear them!**
- Wear them when the sun goes down until you go to bed.
- Wear them when you watch TV. (All TVs are LED Blue Light)
- Wear them when you go to the grocery store, big box store or any store because they all contain high levels of LED blue light.
- **STOP wearing sunglasses** which block the retinal receptors.
- Get up and watch the morning sunrise with as few clothes on as possible so you get as much UV light as possible!
 - UVA = increases nitric oxide which opens up blood vessels so nutrients can flow.
 - UVB increases melanin to increase melatonin. (see “Melatonin Benefits” resource)

LUCIA EYES LINK FOR THE BEST BLUE LIGHT BLOCKING GLASSES... With blue light blocking glasses, you get what you pay for—so...

Lucia Eyes are the only blue light blocking glasses that I use and recommend. Here is my affiliate link: <https://luciaeyes.com/?aff=21>

I have 3 pair of Lucia Eyes prescription blue light blocking glasses and two pair of Lucia Eyes non-prescription blue light blocking glasses for reading. I wear them all of the time!

Watch this TikTok video that I posted a while back... **“The #1 Factor in Health, Healing and Happiness!”**

<https://www.tiktok.com/@drmichaelljohnson1/video/7574495928761978142>