

Optimizing Light Signals and Mitochondrial Water Production for Client Healing

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As a clinician, I have observed frequently that when you support light signaling and mitochondrial water production in the body, resolution of symptoms becomes a natural occurrence. Unfortunately, modern living creates dysfunction in our mitochondria as well as our overall health. This talk presents the ways in which we can support client health through the lens of optimizing one's light inputs and how that intersects with intracellular hydration, namely EZ water, our intracellular "water battery." With the correct light signaling to the body via the eyes and skin and minimizing environmental inputs that can drive mitochondrial dysfunction, the body has adequate energy and the correct circadian signals to heal and thrive. Laying this foundation in clinical practice has been transformative for the vast majority of clients.