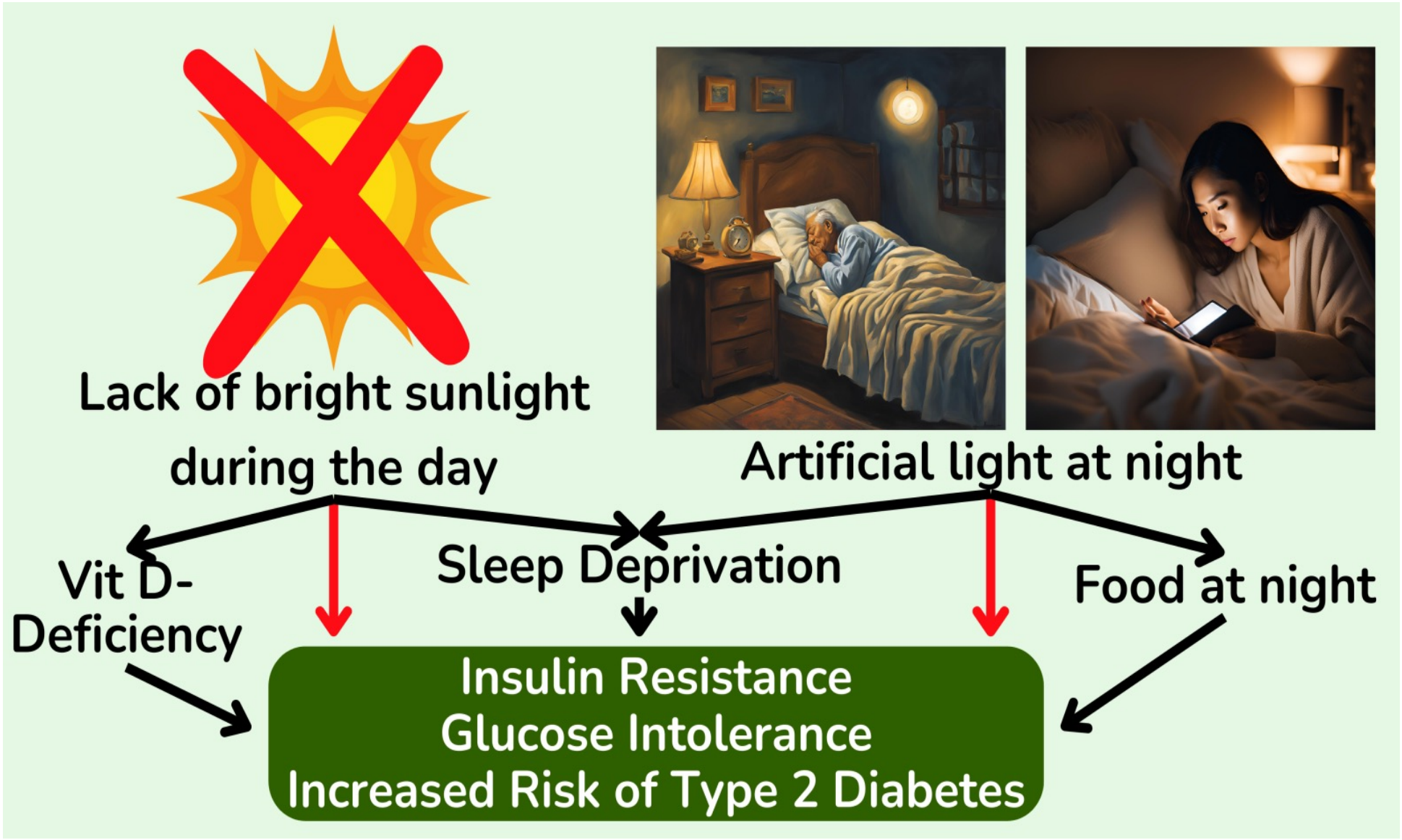
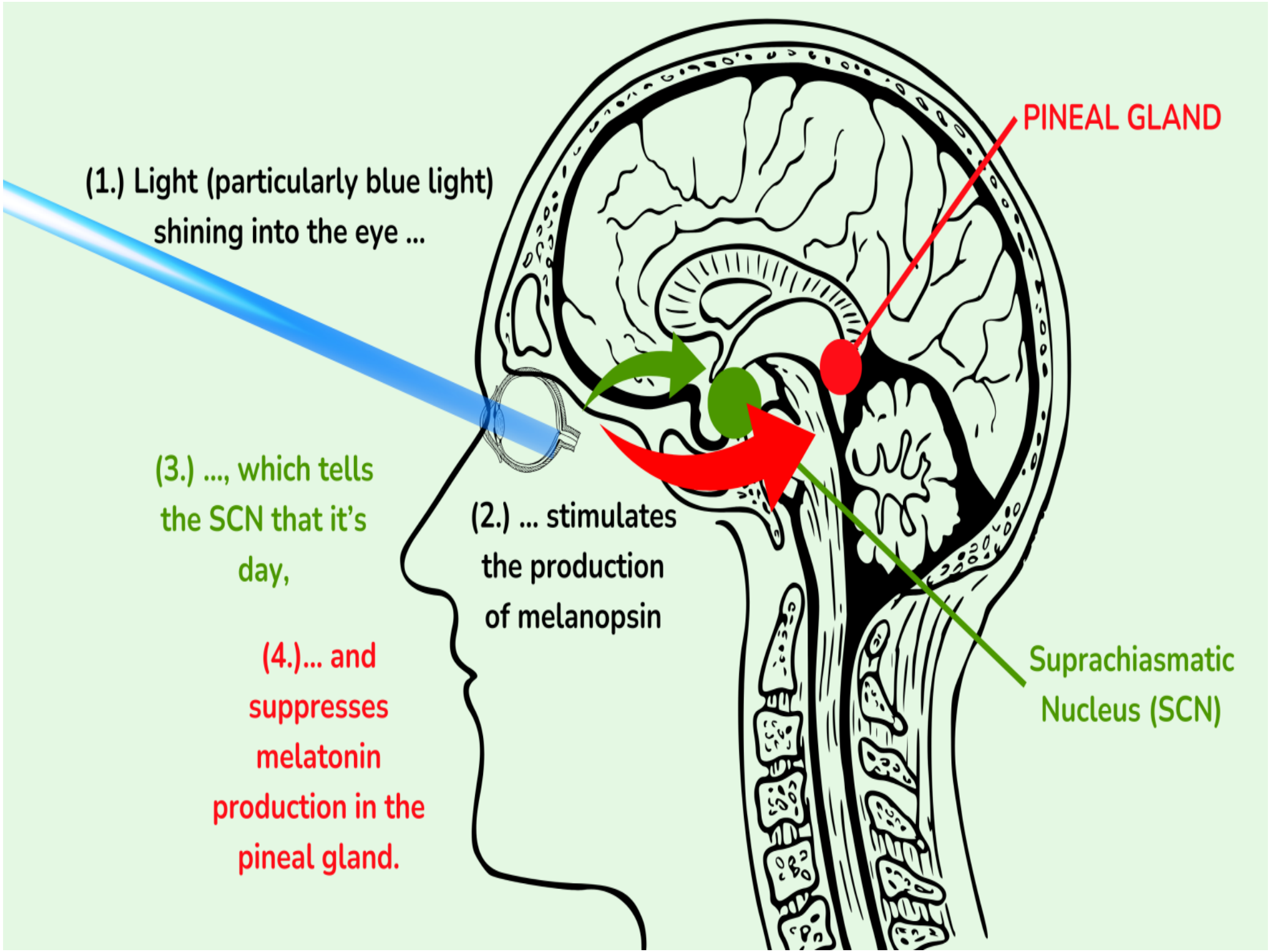
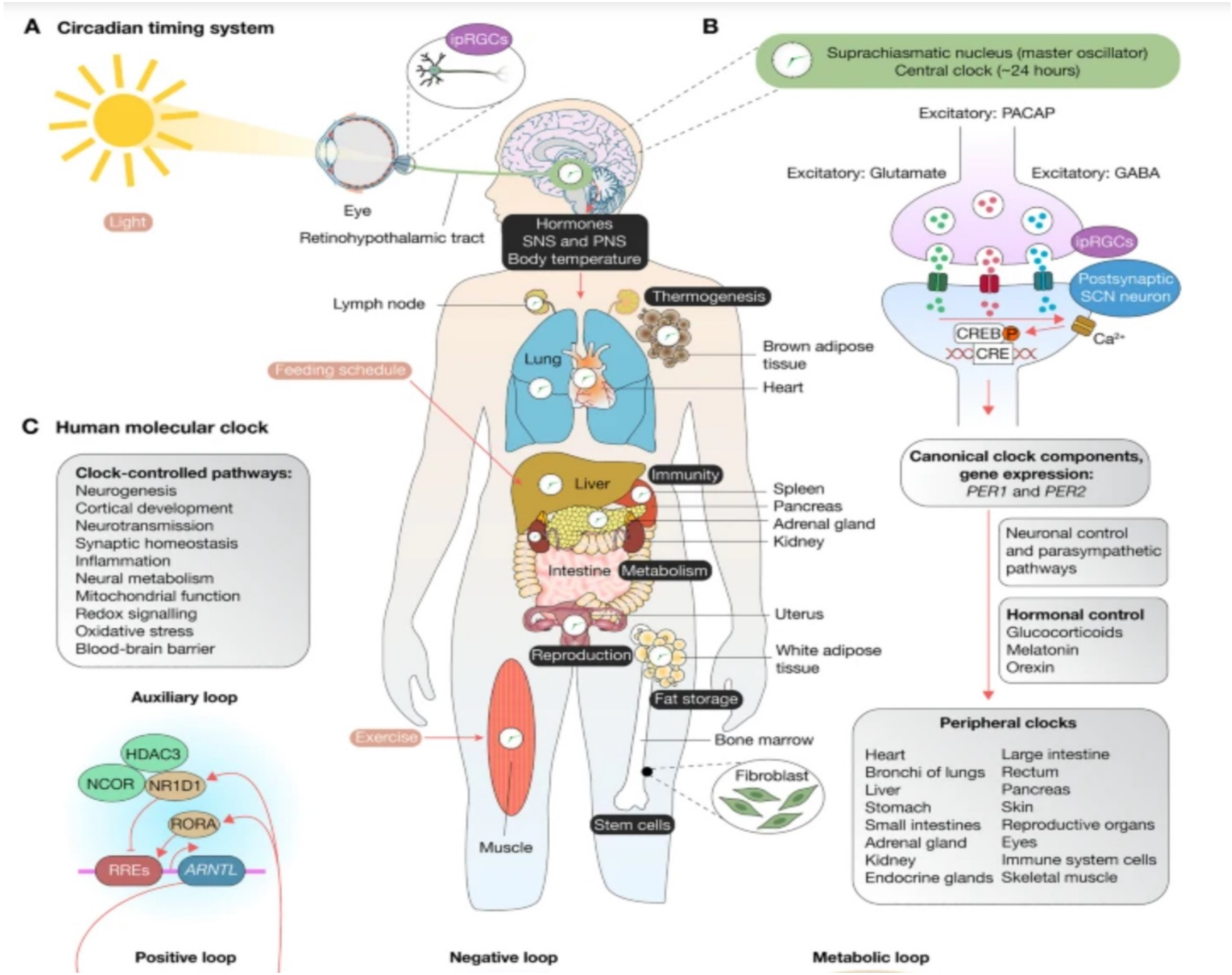
# Insulin Resistance of the Brain and Sunlight Deficit Disorder: A Perfect Neurological Storm

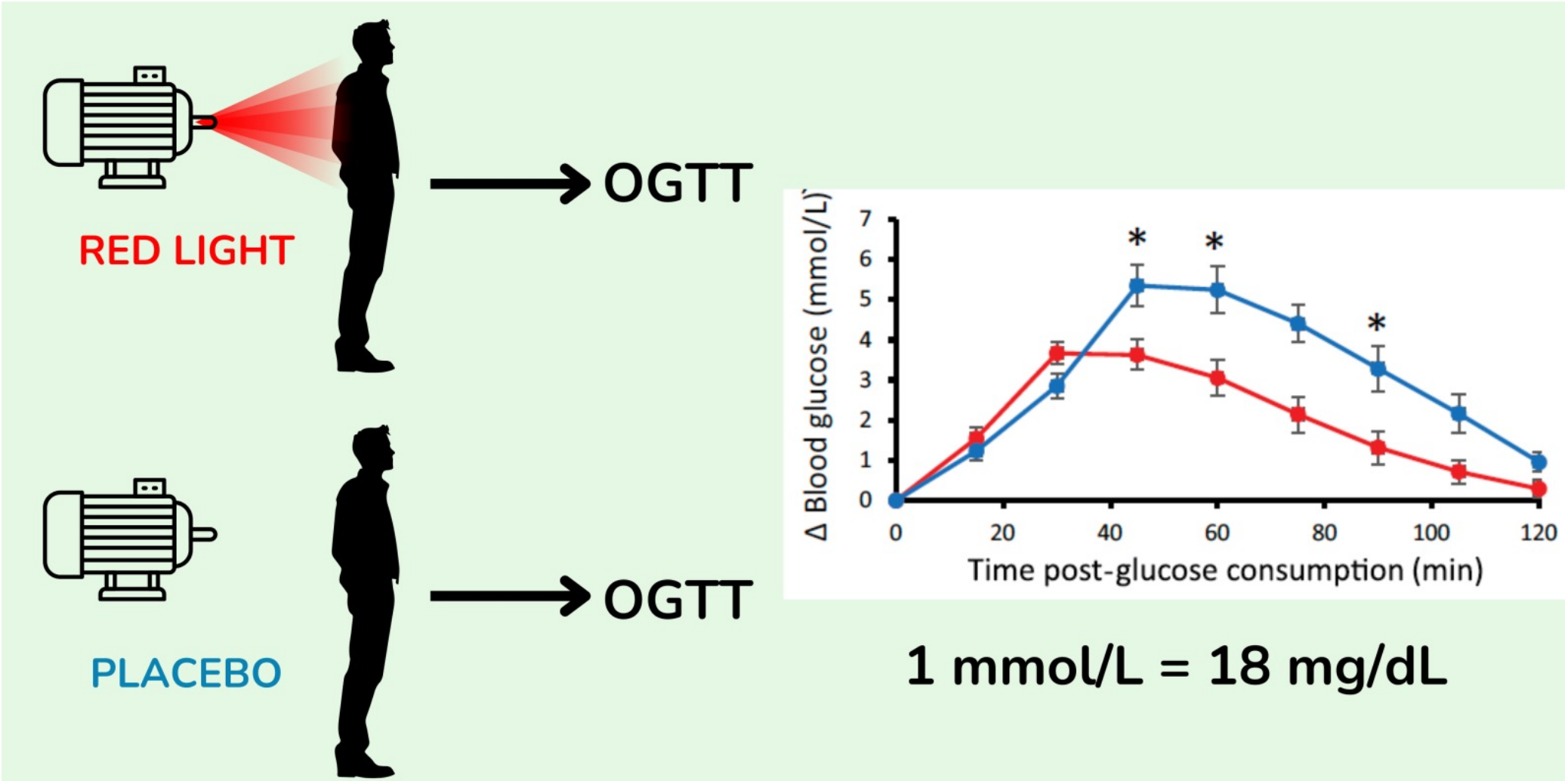



Light and Glucose Tolerance. Nourished by Science. December 2024


(1.) Light (particularly blue light) shining into the eye ...
PINEAL GLAND
(2.) ... stimulates the production of melanopsin
(3.) ..., which tells the SCN that it's day,
(4.)... and suppresses melatonin production in the pineal gland.
Suprachiasmatic Nucleus (SCN)

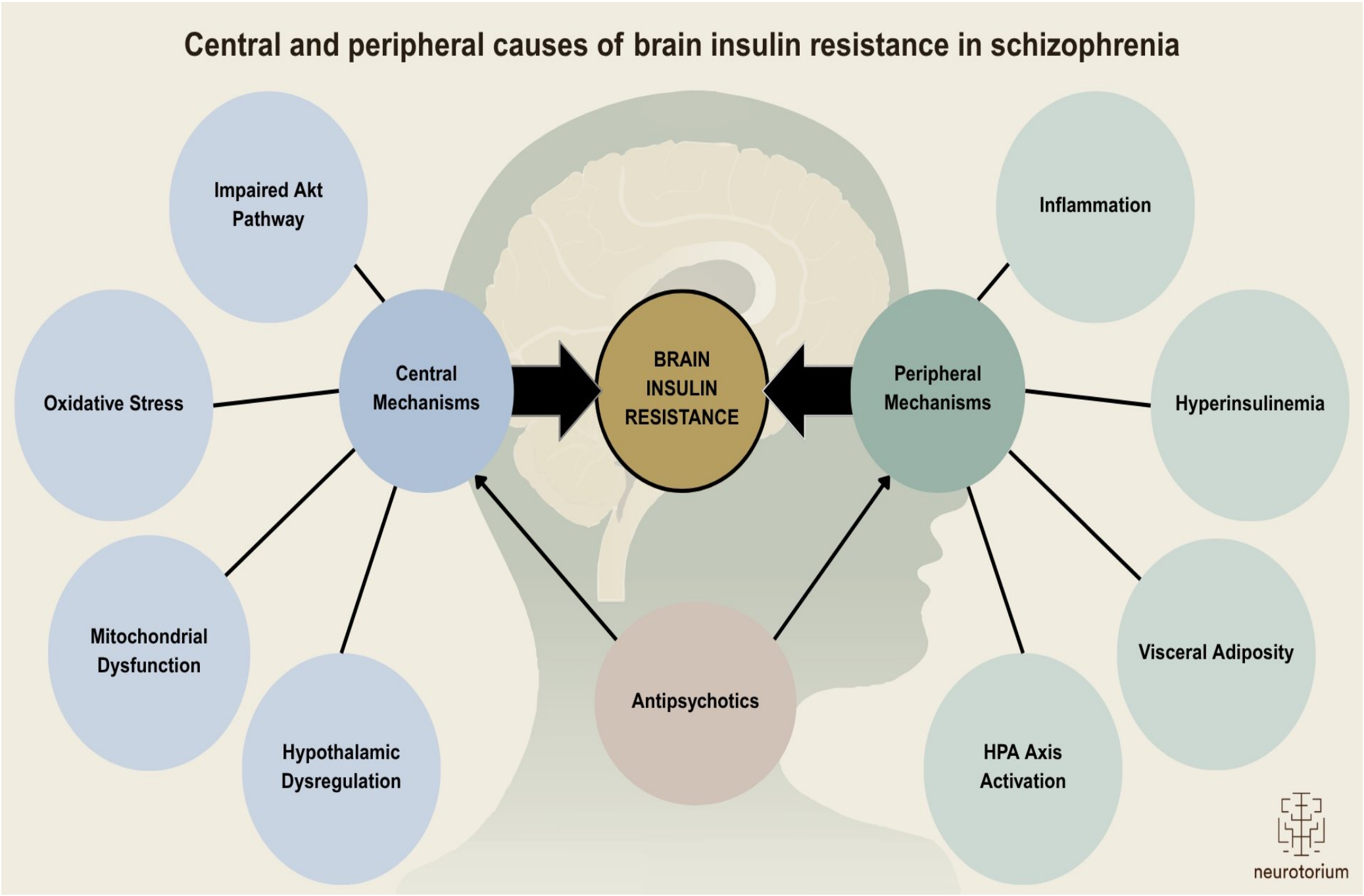



Stogios N, Agarwal SM. Brain Insulin Action and Metabolic Dysregulation in Schizophrenia: From Mechanistic Insights to Novel Interventions. Neurotorium. Published October 24, 2025.

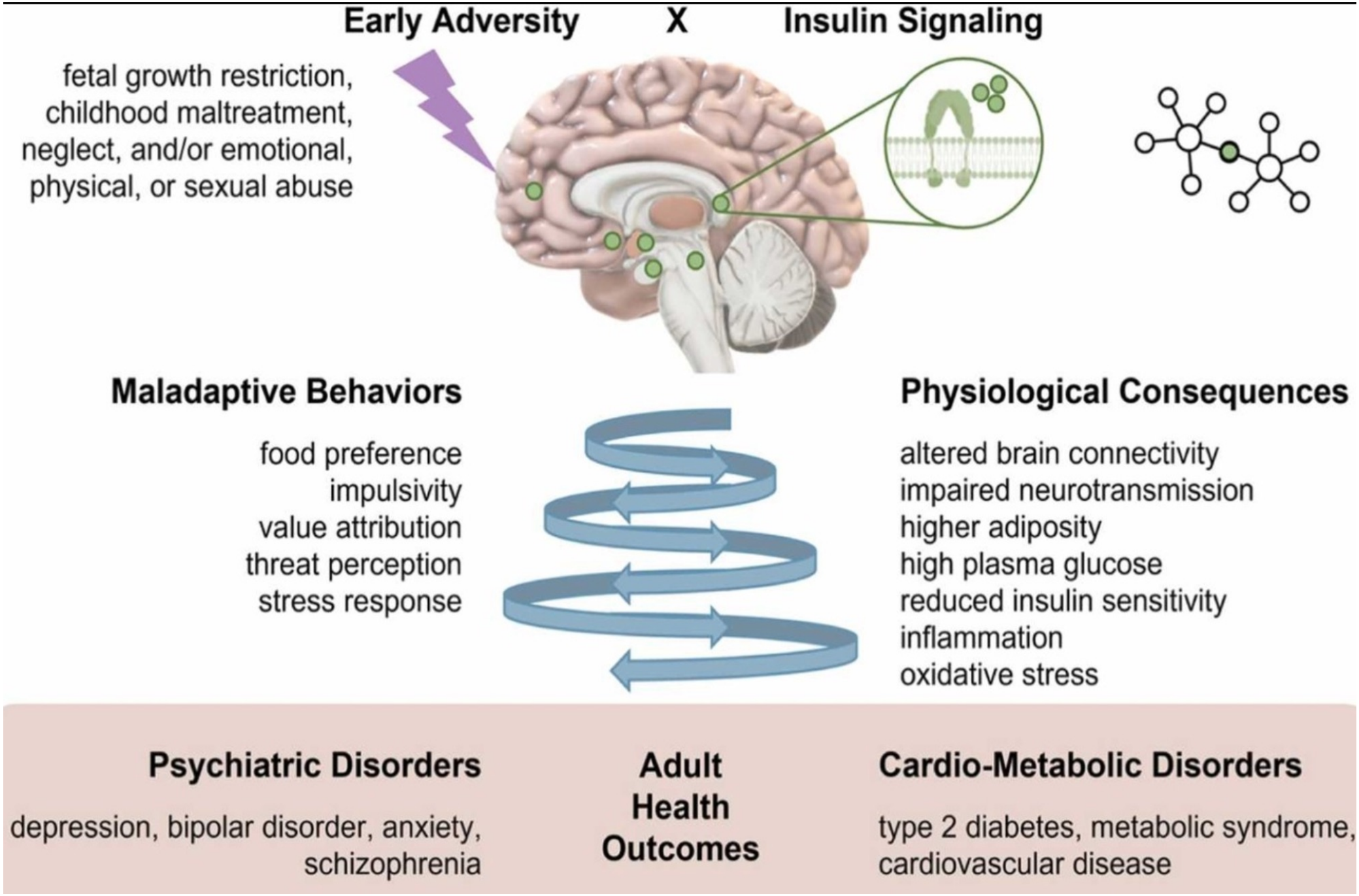



**Powner and Jeffery. Light stimulation of mitochondria reduces blood glucose levels. Journal of Biophotonics 2024; 17: e202300521.**

*The acute impact of red light exposure on oral glucose tolerance in a 75g oral glucose tolerance test, OGTT.*




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Bonnie Alberry, Patricia Pelufo Silveira. Brain insulin signaling as a potential mediator of early life adversity effects on physical and mental health. Neuroscience & Biobehavioral Reviews. Volume 153, 2023. 105350 ISSN 0149-7634.