

In this episode, my guest is Dr. Jack Kruse, a respected neurosurgeon with over 10,000 surgeries and CEO of the Kruse Longevity Center. Dr. Kruse is a leading voice in the health and wellness space, known for his innovative approach to understanding human biology through the lenses of light, water, and magnetism. His work challenges conventional medical paradigms, providing a fresh perspective on how our environment shapes our health.

Today we discuss Jack's upbringing—from childhood to academia. We also cover the moment I asked Dr. Andrew Huberman, in front of thousands of people, about his takeaway from the 7-hour-long podcast he was on with Jack and Rick Rubin. We then cover specific question I had on light, water and magnetism, highlighting researchers such as Arturo Solís Herrera, Gerald Pollack, and William H. Philpott.

Rick Rubin, Jack Kruse, Andrew Huberman Podcast:

- [Dr. Jack Kruse and Andrew Huberman \(Part 1\)](#)
- [Dr. Jack Kruse and Andrew Huberman \(Part 2\)](#)

Learn More About Dr. Jack Kruse:

- [Jackkruse.com](#)
- [Who Is Jack Kruse](#)
- [Light, Melanin, POMC in Human Evolution & Disease | Dr. Max Gulhane](#)
- [Jack Kruse on MK Ultra](#)
- [Jack Kruse Danny Jones](#)

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