

RESEARCH PROFILE

Dr. Jack Kruse

Neurosurgeon, Alternative Health Educator, and Quantum Biology Advocate

Compiled from publicly available sources, including news media, podcast transcripts, professional directories, and independent commentary. This report distinguishes verifiable biographical and professional facts from Dr. Kruse's own theoretical claims, and notes where those claims have drawn scrutiny or criticism from the broader medical and scientific community.

1. Overview

Jack Kruse is an American board-certified neurosurgeon and self-described “quantum health” educator who has built a large public following around unconventional theories connecting light, water, magnetism, and mitochondrial function to human disease. He practices clinically in the New Orleans area while running health-education businesses, publishing extensively online, and appearing frequently on podcasts and at conferences focused on biohacking, longevity, and, increasingly, Bitcoin-adjacent “decentralized medicine” circles.

His public identity rests on two distinct pillars that are often presented together but should be evaluated separately: (1) his credentialed, conventional career as a neurosurgeon, and (2) his independent, largely self-published body of theory on “quantum biology,” which falls outside mainstream scientific consensus and has been characterized by critics as pseudoscience.

2. Background and Medical Career

2.1 Education and Training

- **Undergraduate:** Psychology degree from St. John's University in New York.
- **Dental degree:** Doctor of Dental Medicine (DMD) from the University of Connecticut.
- **Medical degree:** Doctor of Medicine (MD) from Louisiana State University School of Medicine in New Orleans, reportedly awarded in 1993.
- **Residencies:** Maxillofacial surgery at Charity Hospital in New Orleans, followed by a neurological surgery residency at LSU School of Medicine, New Orleans (circa 1994–1999).
- **Certification:** Board-certified by the American Board of Neurological Surgery; professional memberships include the American Medical Association, the Congress of Neurologic Surgeons, and the North American Spine Society.

2.2 Clinical Practice

Kruse's clinical career has spanned multiple states. Public reporting places him practicing neurosurgery in Nashville, Tennessee around 2012, and by October 2017 he had joined Our Lady of the Lake Physician Group in Slidell, Louisiana — confirmed directly by the Healthcare Journal of New Orleans, which described him treating head, neck, back, spine, and peripheral-nerve conditions including carpal tunnel syndrome, ruptured discs, and osteoporotic fractures.

He is listed in physician directories (Healthgrades, Doximity, U.S. News) as a practicing neurosurgeon in the Slidell, Louisiana area under the name “John Kruse, MD.”

3. Personal Health Transformation

Kruse's public narrative centers on a personal health crisis around 2007: at roughly 6'2" and reportedly 357 pounds, he suffered a torn meniscus that limited his mobility. He describes this as an “awakening” that led him to abandon confidence in conventional metabolic medicine and instead study physics, light, electromagnetism, and evolutionary biology intensively over the following months — by his own account reading several thousand journal articles.

He attributes a subsequent weight loss of roughly 130 to 150 pounds (accounts vary; some put the figure at 133 pounds in 11 months) to a self-devised program combining light exposure timing, cold exposure, and dietary changes, which he later formalized as the “Leptin Reset” protocol. These figures are self-reported and have not been independently verified through medical records.

4. Companies and Publishing

- **Kruse Longevity Center:** Kruse serves as CEO of this longevity- and anti-aging-focused venture, with locations reported in Destin, Florida; El Salvador; and New Orleans.
- **Optimized Life:** An earlier wellness venture founded around 2010, also under Kruse's leadership.
- **Epi-Paleo Rx (2013):** His principal book, “Epi-paleo Rx: The Prescription for Disease Reversal and Optimal Health,” applies his light/cold/epigenetics framework to obesity, diabetes, heart disease, osteoporosis, autoimmunity, and aging, and is positioned within the broader Paleo diet literature.
- **jackkruse.com:** Launched in 2011, his blog is the primary archive of his “Quantum Biology” and “Cold Thermogenesis” article series, alongside paid offerings such as an “EMF Bootcamp” and webinars. He also maintains a public “Practitioner Directory” of clinicians who apply his frameworks.
- **Patreon and social media:** He publishes further material via Patreon (subscription-based) and has built a following exceeding 100,000 on X/Twitter, alongside an active Facebook presence.

5. Core Theories and Public Claims

Kruse's framework is broad and self-described as a unifying “theory of everything” for human health, built around what he calls “Light, Water, and Magnetism” (LWM). The theories below are presented as Kruse's own claims, not as established science.

5.1 Circadian and Light Biology

Kruse's most widely circulated claim is that environmental light — natural sunlight versus artificial and blue-spectrum light — is a primary driver of mitochondrial function, hormone signaling, and chronic disease. He argues that melanin acts as a light-absorbing “quantum interface,” that UV-A light drives nitric-oxide-mediated regulation of the mitochondrial electron transport chain, and that morning sunlight exposure and nighttime darkness are essential to metabolic health. This is the throughline connecting his leptin work, his views on obesity, and his more recent claims about autism and neurodevelopmental conditions.

5.2 Quantum Health and Electromagnetic Fields (EMF)

Kruse contends that modern medicine over-relies on biochemistry and pharmacology while neglecting quantum physics, water structuring (citing Gerald Pollack's “fourth phase of water” / exclusion-zone water), and bioelectricity (citing Robert Becker's work on regeneration). He asserts that “non-native electromagnetic fields” (nnEMF) from WiFi, cellular networks, and consumer electronics disrupt mitochondrial coherence and drive chronic illness, and he recommends grounding/earthing, minimizing wireless exposure, and devices such as sleep pads marketed for magnetic-field mitigation.

5.3 The Leptin Reset

Popularized in the early 2010s, the Leptin Reset is an eating and lifestyle framework aimed at reversing leptin resistance without conventional calorie restriction, built around meal timing, food choice, and circadian alignment rather than counting calories.

5.4 Deuterium Depletion and Cold Thermogenesis

Kruse promotes deuterium-depleted water and endogenous “DDW” production (which he links to light exposure) as tools to improve mitochondrial efficiency, alongside cold thermogenesis — progressive cold exposure protocols (face dunking, ice packs, cold immersion) that he says activate brown fat and an ancestral “hibernation” metabolic pathway, tied to his speculative “Factor X” hypothesis about post-extinction mammalian evolution.

5.5 Recent Commentary: GLP-1 Drugs and Autism

More recently, Kruse has been an outspoken critic of GLP-1 receptor agonists such as semaglutide and tirzepatide, arguing they cause long-term harm to mitochondrial and cardiac health that he terms “Ozempic heart,” and describing weight loss under these drugs as a form of accelerated biological aging (“time theft”). He has also promoted the idea that autism and related neurodevelopmental conditions stem substantially from disrupted light environments rather than primarily genetic or biochemical causes, a claim that has drawn direct pushback (see Section 6.3).

6. Controversies and Criticism

6.1 The 2012 Cruise Ship Incident

In May 2012, Kruse was removed from Jimmy Moore's Low-Carb Cruise aboard the Carnival Magic shortly before departure, after a threatening tweet — falsely claiming he intended to bring a biohazard aboard — was posted from a parody account impersonating him. The FBI, Department of Homeland Security, and U.S. Coast Guard investigated; the tweet was quickly confirmed to be a hoax, and Kruse was not implicated in creating it, but Carnival removed him from the ship on safety grounds. He characterized the episode publicly as an act of sabotage against him.

6.2 Disputes Within the Paleo/Low-Carb Community

Independent of the cruise incident, Kruse became a controversial figure within the Paleo and low-carb communities in the early 2010s. Critics accused him of misrepresenting scientific studies to support his claims, using a stock photo to misrepresent his own “before” transformation image, and charging high fees for consultations while positioning himself as an outsider to “Ivory Tower” science. These criticisms circulated primarily on blogs and forums rather than in peer-reviewed venues.

6.3 Mainstream Scientific and Medical Reception

Kruse's quantum-biology claims — particularly around EMF harm and light-driven disease causation — have drawn sustained criticism from mainstream medical and scientific commentators as lacking robust empirical support and veering into pseudoscience. A WIRED investigation into philanthropist Nicole Shanahan's funding of alternative autism research noted that Kruse's claims linking autism to vaccines and artificial light have circulated in alternative-health circles but are viewed skeptically by autism researchers. Alycia Halladay, chief science officer of the Autism Science Foundation, was reported describing a related \$3.7 million clinical trial (for a light-based/photobiomodulation therapy influenced by this circle of ideas) as methodologically flawed — citing a vague trial design, an overly broad participant age range, reliance on subjective parent-reported outcomes, and a failure to target specific, measurable autism symptoms.

Kruse has also drawn criticism on ME/CFS and chronic-illness forums, where some patients report benefit from his recommendations while others describe his communication style as dismissive of people who question him, and his theoretical claims as difficult to falsify or verify.

6.4 Notable Supporters

Despite this criticism, Kruse has attracted supporters in alternative-health and biohacking circles, including reported endorsement from Nicole Shanahan regarding sunlight-exposure practices for her family, and appearances alongside high-profile figures such as neuroscientist Andrew Huberman (Huberman Lab podcast, April 2023) and Robert F. Kennedy Jr. (Tetragrammaton podcast, November 2023).

A note on sourcing

Much of the biographical detail on Kruse's education, career timeline, and theoretical claims circulates through his own podcast appearances, blog, and AI-assisted or crowd-edited reference sites, which are not equivalent to peer-reviewed or independently fact-checked sources.

Where this report relies on such sources, that is noted; the clinical practice details in Sections 2 and confirmed physician-directory listings are corroborated by independent, dated sources (Healthcare Journal of New Orleans; Healthgrades; Doximity; U.S. News).

Self-reported figures (weight loss totals, timelines) should be read as Kruse's own account rather than independently verified data.

7. Public Profile and Media Appearances

- Huberman Lab podcast with Andrew Huberman (two-part episode, April 2023) — light exposure, mitochondrial function, and circadian biology.
- Tetragrammaton with Rick Rubin (March 2024, and a November 2023 episode with Robert F. Kennedy Jr.) — decentralized medicine and environmental health.
- Assembly 2023 conference, Austin, TX (December 2023) — “Decentralized Medicine.”
- Adopting Bitcoin conferences, El Salvador (2024 and 2025) — “Decentralized Health” and health-sovereignty themes linked to Bitcoin culture.
- BTC Prague 2025 (June 2025) — keynote on circadian biology and “health and freedom.”
- Danny Jones Podcast (September 2024) — wide-ranging interview covering his EMF and light theories alongside more speculative claims.

- Frequent long-form podcast circuit appearances (Undoctrinate Yourself, Shaun Newman Podcast, Abel James, and others) discussing quantum biology, decentralized medicine, and health freedom themes.

8. Summary Assessment

Dr. Jack Kruse's biography splits cleanly into two threads that are worth keeping distinct when evaluating him. First, the documented, verifiable record: a board-certified neurosurgeon with a conventional medical and surgical training pathway (LSU School of Medicine, Charity Hospital, LSU neurosurgery residency) and an active clinical practice in the New Orleans area. Second, an extensive independent body of “quantum biology” theory — spanning light, EMF, deuterium, and mitochondrial claims — that he has built largely outside peer review, popularized through his blog, books, and a large podcast/social-media following, and that has drawn substantial criticism from mainstream scientific and medical commentators, particularly regarding his more recent claims connecting light exposure to autism.

Readers evaluating his health claims specifically should weigh that his theoretical work has not undergone the peer-review and replication processes typically required for clinical acceptance, and that specific protocols (e.g., deuterium-depleted water, EMF-mitigation devices, autism-related light interventions) are marketed commercially, which is a relevant conflict of interest to consider alongside the scientific critiques above.

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