

FACTS

The highest concentration of mitochondria in your body can be found in healthy, strong, regularly-used skeletal muscle fibres

Mitochondria are your body's energy-producing factories, producing energy in the form of ATP

Mitochondria generate and consume your body's weight in ATP every day

If any of the mitochondria in sperm are still active when they reach the egg, the egg devours them!

Particular foods, nutrients and lifestyle approaches can help to replenish and maintain healthy mitochondria as we age

Our natural ability to keep mitochondria healthy diminishes with age

All of your mitochondria originate from your mother

Your brain is the most energy hungry organ in your body, using around 20% of your daily energy budget

Even neurons at rest in your brain's cortex (the thinking part) consume 4.7 billion ATP molecules per second

High fructose corn syrup is toxic to mitochondria



Change your diet for one that's 'keto-compatible'¹

Sleep deprivation is a key risk factor for brain degenerative diseases like Alzheimer's and dementia

If you don't want to engage in intermittent fasting, you can restrict your calories and eat less – we're built for famine and not for feast!

Intermittent fasting triggers the clearing of old, damaged mitochondria

Sleep is essential to clear old, damaged mitochondria (mitophagy) and encourage the growth of new ones (mitochondrial biogenesis)

Increase intake of plant antioxidants through your diet (eat a rainbow every day!)

Supplement with nicotinamide riboside (a form of vitamin B3) to rev up the 'power stations' (NAD⁺)² inside your mitochondria

High intensity interval training (HIIT) triggers the formation and growth of mitochondria

Combining intermittent fasting and HIIT is a winning strategy to keep your mitochondria healthy and happening!

If you really don't want to do it naturally with intermittent fasting and a more keto-compatible diet, then keep your eye out for soon-to-be-released **ketone ester supplement**³. **Find out more about the science.**⁴

Reduce free radical damage through exposure to toxins – chemical, environmental

FIXES

REFERENCES:
¹ <http://anhinternational.org/wp-content/uploads/2017/11/Food4Health-guidelines-2.jpg>
² <http://science.sciencemag.org/content/350/6265/1208.full>
³ http://www.tdeltas.com/site/how_it_works999.html
⁴ [http://www.cell.com/cell-metabolism/fulltext/S1550-4131\(16\)30355-2](http://www.cell.com/cell-metabolism/fulltext/S1550-4131(16)30355-2)