



THE FASTING PODCAST WOW: EPISODE 37 – MITOCHONDRIA, GLYCATION, & FASTING

EPISODE 37: MITOCHONDRIA & FASTING

The Fasting Podcast WOW (Wellness & Optimal Weight)



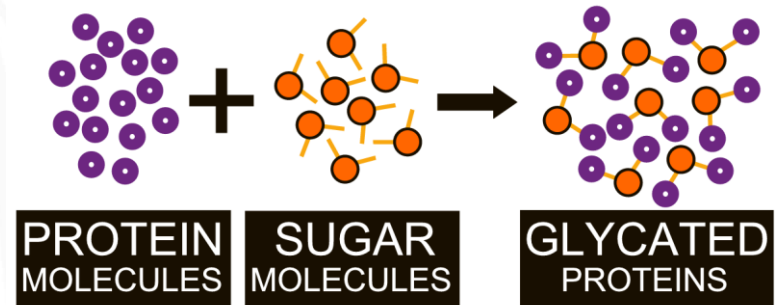
Host: Julie Phillips, CNHP





Our Cellular Batteries Are Damaged & Low in Power

- ❌ The Standard American Diet (SAD) Does Not Provide the Proper Nutrition for Our Cells
- ❌ Too Much Simple Sugar Makes Our Cells “Insulin Resistant,” Making it More Difficult to Get the Food (e.g. Good Sugar) Inside
- ❌ The Cellular Batteries (Mitochondria) are Powering Down, Resulting in Less Energy, Less Repair and More Health Issues
- ❌ Next episode - glycation

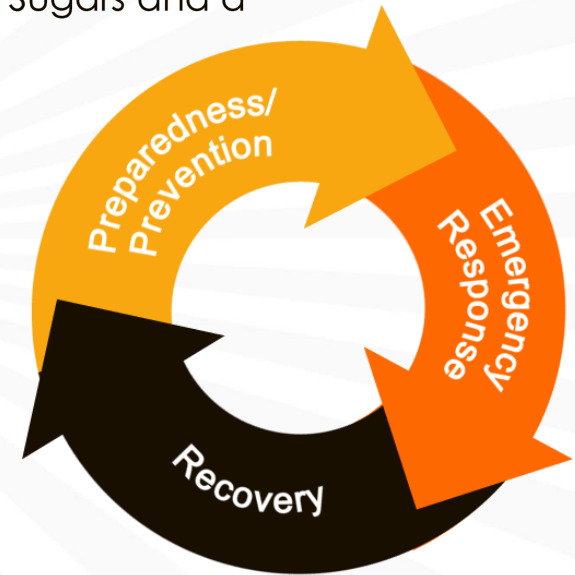




Glycemic & Mitochondria Diseases

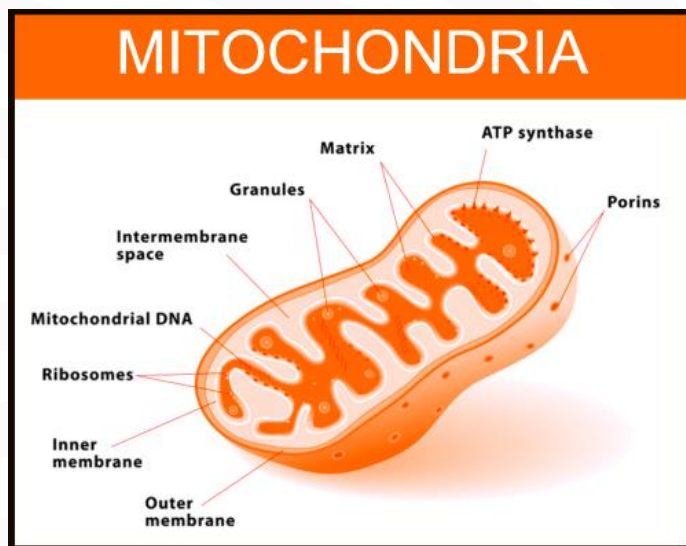
Many Diseases are Caused or Worsened by Excess Simple Sugars and a Lack of Cellular (Mitochondrial) Nutrition and Energy:

- 🚫 Type 2 Diabetes
- 🚫 Alzheimer's & Parkinson's
- 🚫 Autism
- 🚫 Certain Cancers
- 🚫 Autoimmune Disease
- 🚫 Congestive Heart Failure
- 🚫 Fibromyalgia & Chronic Fatigue Syndrome
- 🚫 Premature Aging of the Skin & Body





Mitochondria: The Body's Energy Powerhouse



- ❊ The Mitochondria Generate Usable Energy in the Cells Called Adenosine Tri-Phosphate (ATP)
- ❊ That Powerful Cellular Energy Fuels Our Body
- ❊ That is Why the Quality of Our Mitochondria Determines the Quality of Our Health
- ❊ The Quantity of Mitochondria are Also Important Since They are Depleted as We Age
- ❊ The Mitochondria Control Cell Signaling/ Communication, Cell Growth and Cell Death
- ❊ Proper Nutrients (Saccharides/Peptides/Phenols/ Oxygen) Allow Creation of ATP & New Mitochondria



Mitochondria Nutrients (WOW Lifeboat Tool) Podcast Bonus Episode 2: PBP Power Blast Program

- ❶ A Multi-Million Dollar Milling Machine Extracts 60-100 Pounds of Organic Rice into 1 Pound of Pure Purple or Brown Rice Powder
- ❷ The Nutrients are in the Rare “Alpha” Molecular Format, Requiring Virtually No Digestion and Able to Cross the Blood Brain Barrier
- ❸ Provides Vital Mitochondrial Nutrients Including:
 - ❶ Saccharides (“Good” Sugars for ATP)
 - ❷ Phenols (Plant-Based Antioxidants for ATP)
 - ❸ Peptides (Protein Building Blocks for ATP & Repair of the Body)
- ❹ Next episode – how they affect glycation
- ❺ The Concentrated Water Catalyst Provides Oxygen for ATP, Helps Hydration and Helps to Balance pH
- ❻ NIH-Tested Humic/Fulvic Inhibitor for Virus, Bacteria, Toxins, Metals, ...



**PBP Organic Mitochondria Nutrients
(Powder, S squirt, & Coffee with
Mitochondria Powder & Weight Loss
Ingredients – May Help with
Autophagy, Energy, Appetite)**



Day 2



Day 10



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Fasting Perspective



- ❋ Fasting may give more time and quality of digestion and assimilation of nutrients that can better feed the mitochondria
- ❋ Fasting can offer more time for the mitochondria to get their energy from the body burns toxin laden fat that results in ketones – the alternative fuel source designed for periods of starvation
- ❋ Fasting people may be making better choices of food/drink than the typical consumer, resulting in better fueling of the mitochondria & perhaps more new mitochondria
- ❋ Mitochondria nutrients require no digestion, and will definitely NOT break a fast while adding super fuel for health goals
- ❋ Peptides in mitochondria nutrients not a hinder to autophagy
- ❋ Next episode – big link with fasting & glycation/premature aging



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POSSIBLE NEXT STEPS



Watch our next episode, refer others, & check out our website:
www.TheFastingPodcastWOW.com

Watch WOW (Wellness & Optimal Weight) video: www.LifeboatDoctors.com

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Stay Positive, Focused, & Determined Because
Where the Mind Goes, **Energy Flows...** *Ernest Holmes*

