

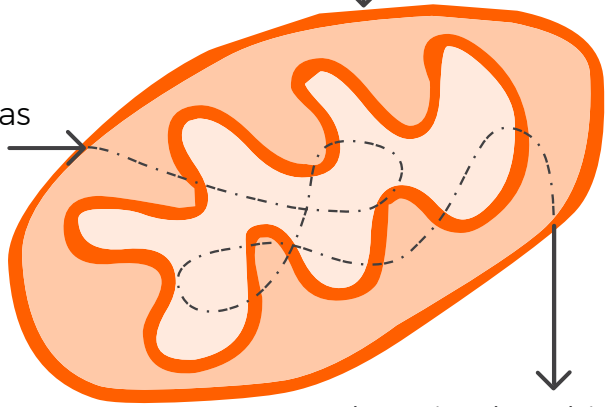
Your body is filled with cells



Each cell has its own mitochondria

HEALTHY:

Cell fuel enters as fat, protein and carbohydrates



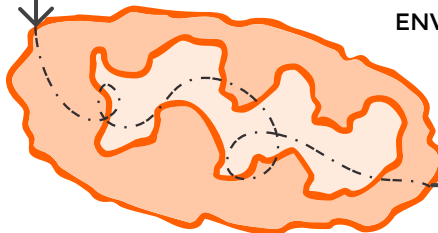
The mitochondria create energy in the form of ATP

DAMAGED:

Many things can damage mitochondria

Damage results in reduced cell fuel

- AGING
- DISEASES
- EXTREME SPORTS
- DRUGS
- ENVIROMENTAL TOXINS
- GENETICS
- FREE RADICALS



Reduced cell energy

The creation and progression of diseases

Cell Damage

