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The Amazing Power of Mitochondria

Activate Your Cells, Improve Your Health and Energy

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Obesity, depression, diabetes, skin disease: everything plays out in mitochondria, the engines of your cells!

Mitochondria, the cells' "energy plants," play a key role in maintaining health. They produce energy, regulate cellular life, influence aging, and are linked to several diseases. A better understanding of how they work, adopting a more suitable diet, avoiding certain toxins, and sticking to targetened programs helps us protect them more effectively. Sample chapters include:

- How do mitochondria work?
 - Caring for them through diet
 - What toxins must be avoided at all costs?
 - Targeted protection programs
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