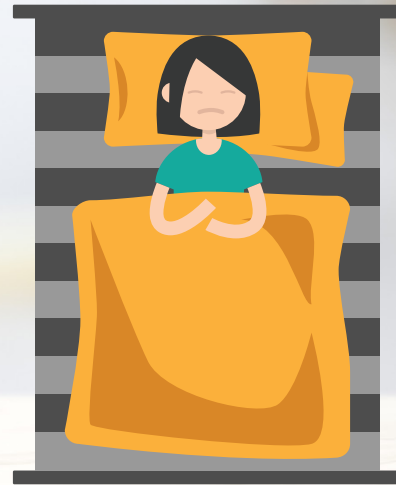
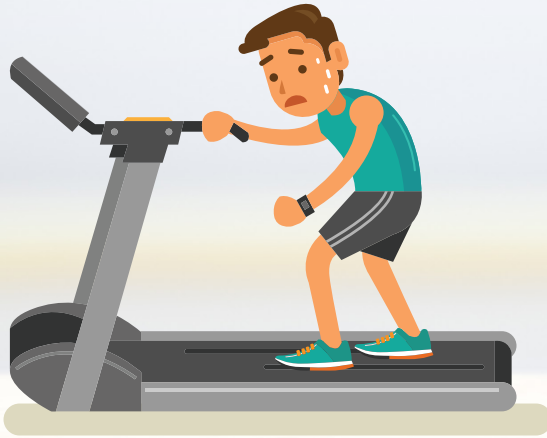


TIRED ALL THE TIME? SUPPORT YOUR MITOCHONDRIA!



How Do I Know I Have An Issue With Mitochondria?



CHRONIC FATIGUE AND TIREDNESS:

Around 90% of your energy is created by the mitochondria, small cellular structures often referred to as "powerhouses."



EXERCISE INTOLERANCE:

If working out used to energize you and now a few laps around the track means a three hour nap, your mitochondria could be to blame. Remember, it's also important to look at the root cause of WHY your mitochondria might not be functioning as well as they could be: toxins, parasites, heavy metals, viruses, and more.



POOR MUSCLE TONE AND BODY PAIN:

When mitochondria is not functioning well, muscle wasting can happen all over the body, leading to weakness, aching, and pain. The lack of muscle tone can become so severe that even swallowing is difficult or speech is slurred because of it. Sore all over when you haven't even worked out? It could be your mitochondria.



POOR GROWTH AND LEARNING DISABILITIES:

Healthy and robust mitochondria are essential for maintaining the health of your body. Mitochondrial dysfunction can stunt growth and create learning disabilities, brain fog, and even stroke-like symptoms and seizures



DISEASES LIKE ALZHEIMER'S, ANXIETY, BIPOLAR, CANCER, DIABETES, AND MORE:

Hidden problems like parasites and toxins can damage your mitochondria and disrupt their function. Beyond just creating energy, the mitochondria have a lot of functions within the body. Without mitochondria that are functioning well, the immune system suffers, the body can't repair cells as well, and chronic disease, like Parkinson's or even cancer, can begin.



WAYS TO SUPPORT THE MITOCHONDRIA:



SUPPORT DRAINAGE PATHWAYS:

Provide your body the support it needs to optimize drainage pathway functions so toxins are easily moving out of your body. This includes the liver, gallbladder, kidneys, lymphatic system, colon, and more.



MITORESTORE:

MitoRestore from Microbe Formulas can help to supercharge your energy levels and immune function by supporting your mitochondria. Harnessing the benefits of specific fulvic acid extracts, MitoRestore is formulated to enhance mitochondrial function and upregulate ATP production. While improving energy levels, MitoRestore improves your ability to detoxify to maximize your health protocols. MitoRestore promotes cellular renewal and helps mitochondria in their role of viral protection.



REMOVE INFECTION:

When there is an infection, the mitochondria help to direct and activate the immune system. Take, for example, a situation where you have a cold or the flu. There is typically a fatigue component of the infection—you're tired and want to rest. When the body is under threat of infection, the mitochondria are shifting from energy/ATP production over to an immune role where they can handle the infection. So, while they are focusing on their immune function, the mitochondria are making less ATP. Hence, the infected person is tired.



ANTI-INFLAMMATORY DIET:

Cutting out processed foods and fast food, anything packaged, and unhealthy fats is a great way to support the mitochondria in the body. While there isn't a one-size-fits-all diet, it's always a good idea to eat fresh, local, organic, and lots of healthy veggies. Adopting a nutrient-rich nutrition strategy can improve your mitochondrial function while lowering inflammation, decreasing oxidative damage, and reducing your risk of disease and chronic health problems. Be sure to drink plenty of fresh, filtered water, too. When the cellular respiratory action of the body moves to the mitochondria, all the complex chemical reactions in the energy pathway occur in water. As an added benefit, water keeps your drainage pathways flowing, too!



REMOVE TOXINS:

We live in a toxic environment, and there are chemicals and heavy metals everywhere: In our food, in the water, in the air, in makeup and personal care products, in building materials. It's nearly impossible to avoid them completely, even if you live a very clean lifestyle. It's important to not only limit your exposure to the toxins you CAN control, like using natural cleaning supplies, but also to bind the toxins out of your body. Like clearing out infection, this will help your mitochondria to function optimally.



MINERALS AND ELECTROLYTES:

Carbon-based polyelectrolytes, like those found in the BioActive Carbon products, act as conductors of electricity and allow electrons to move locations. This increases the efficiency of the electron transport chain in your mitochondria, which generates most of your ATP and helps bust through fatigue. Minerals are another helpful way to support the body, mitochondria, and overall vitality. With over 70 naturally occurring, plant-derived trace minerals and a dozen amino acids, BioActive Carbon Minerals supports your overall detox regimen while providing additional bio-available building blocks to energize your body.