

# Restarting Your Cellular Engines: A Guide to More Energy

## What is Mitochondrial Health?

Inside almost every cell in your body are tiny "power plants" called mitochondria. Their job is to take the food you eat and the air you breathe and turn them into the energy (ATP) your body uses to think, move, and heal. When these power plants get tired or damaged, you feel it as "brain fog," deep fatigue, and a slow recovery from daily life.

## Why This Matters For You

- **Clearer Thinking:** When your brain's power plants are working well, the "mental fog" lifts, making it easier to focus and follow conversations.
- **Waking Up Refreshed:** Instead of feeling exhausted after 9 hours of sleep, healthy mitochondria help you wake up feeling ready for the day.
- **Better Physical Stamina:** Improving your cellular energy gives you the "get up and go" needed for exercise and playing with your family without crashing afterward.

## What You Can Do Today

1. **The "Active" Choice:** If you are over 40, your body has a harder time using standard supplements. When looking for CoQ10, look for the **Ubiquinol** form. It is the "ready-to-use" version that helps your cellular conveyor belt move faster.
2. **Think "Stages," Not "All at Once":** Don't try to jumpstart your system overnight. We will work together to first **protect** your cells from stress, then **increase** energy production, and finally use tools like PQQ to help your body grow **brand-new** power plants.
3. **Check Your "Ferries":** Your body needs "shuttles" to get fuel into the power plants. Nutrients like L-Carnitine act like a ferry boat for your fuel. Make sure you are eating enough high-quality protein or talk to me about targeted support.

## Questions to Discuss with Your Practitioner

- "Based on my history, am I in the 'Protection' stage or the 'Production' stage of energy repair?"
- "I am taking a statin (cholesterol medication); how does this affect my CoQ10 levels?"

- "If I feel anxious or jittery when starting new energy supplements, what does that tell us about my B-vitamin needs?"
  - "What is the best way to time my movement or exercise to help my body build *new* mitochondria?"
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