Video 7/9: Autophagy

Disease Prevention, Remission & Rejuvenation

FILL OUT & CHECK THE BOXES

I have seen video 7/9 Autophagy

I understand we want to be in a state were there is a low insulin level, but a high human growth hormone level.
We want to be in an anti-inflammatory autophagy cell regenerating and muscle sparing state most of the time.

I understand being fat adapted, takes us on an average about 6 weeks on a high fat, medium protein, low carb diet and it is THE key to enter the magic of autophagy with ease.

Autophagy (between 16 and 24 hours of not consuming food) is the gateway to cell reparation, recycling and regeneration, longevity and anti-aging.

Autophagy even changes our inherited gene expression in a very powerful way too.

Autophagy while being fat adapted causes NO food cravings.

Scientific studies

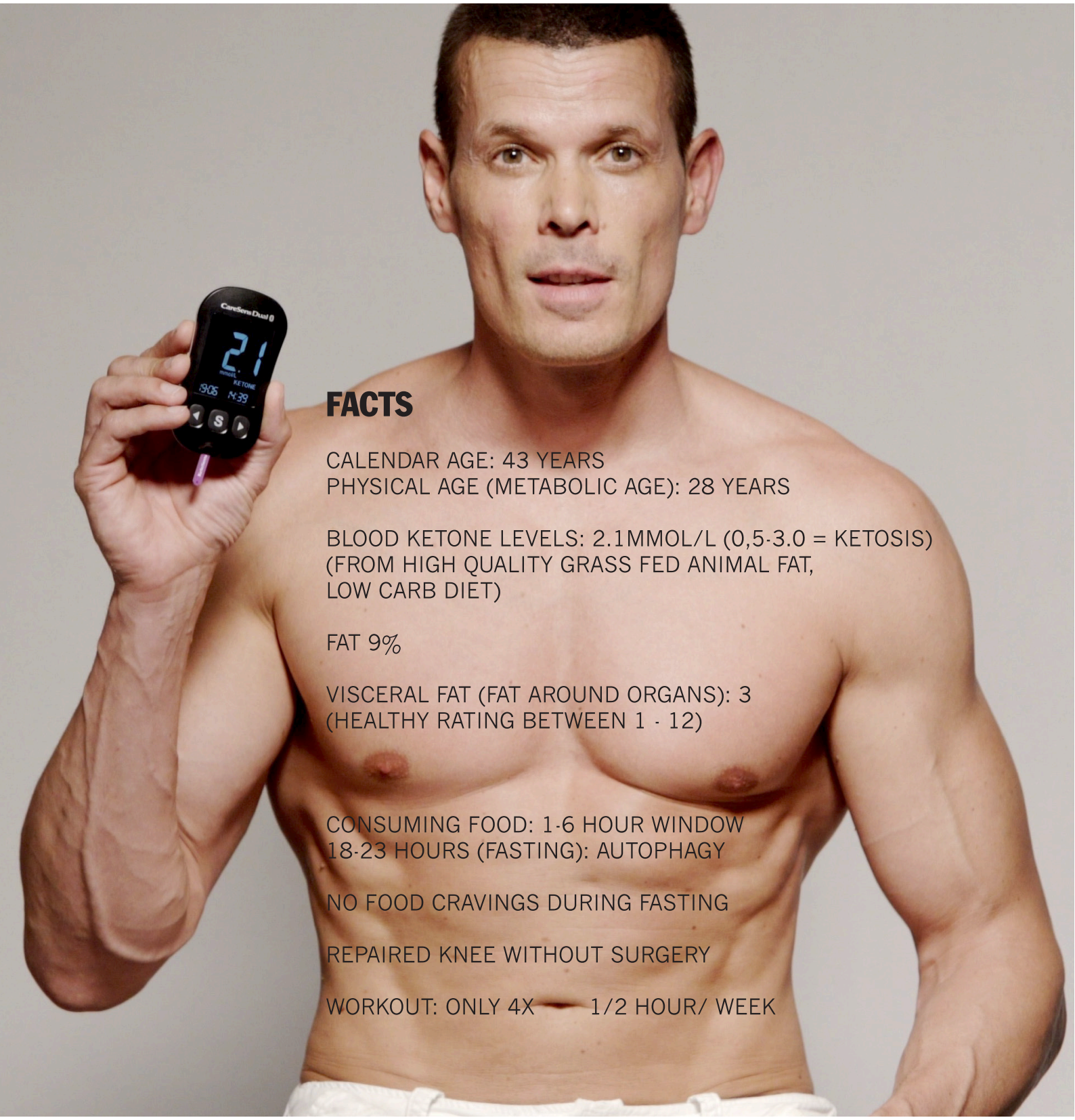
Click here

Activate autophagy for stem Cell Rejuvenation
https://www.ncbi.nlm.nih.gov/pubmed/30031008

Click here

Defect autophagy linked to age-related diseases
such as cancer, neurodegeneration and heart disease.
https://www.sciencedaily.com/releases/2017/07/170705133005.htm

Copyright © 2019-2020 Alive Academy by Awake-productions.com B.V.B.A. All rights reserved.
Don't reproduce or distribute without permission. Contact for more info: info@alive-academy.com



Next video 8/9: Anti-Cancer

In the next video, I want to share the science how nature can prevent and even reverse cancer.

I click to share this video series with my family and friends to make them also benefit from these scientific health studies.

Copyright © 2019-2020 Alive Academy by Awake-productions.com B.V.B.A. All rights reserved.
Don't reproduce or distribute without permission. Contact for more info: info@alive-academy.com