

Module 7 – Repair & Rebuild Mitochondria

[5 videos, 2 assignments]

Repairing, rebuilding, and making new mitochondria is an extremely important aspect of improving health, avoiding disease, and extending life. This is also a process that doesn't happen overnight. Depending on where things are at for you, it may take weeks, months, and for some, even years to overcome mitochondrial dysfunction – even with a healthy lifestyle. Our mitochondria are constantly under assault from chemicals, metals, pathogens, poor circadian timing, & more.

If you've been implementing the lessons in the previous modules, you've undoubtedly been improving mitochondrial function all along. Now, we'll introduce powerful methods to specifically target mitochondria.

Video 7.1 — Mitochondria Introduction

Video 7.2 — Red Light Therapy

Video 7.3 — Homework 20

Homework

Estimated days to complete: 3-4 days

It is estimated that this assignment will take you 3-4 days to begin to implement. However, you should move forward at your own pace. It is important that you start this assignment before moving on to the next section.

Previous Assignments

If you have not been using daily intermittent fasting or regular 1-3 day short fasting every so often, now is a great time to reengage those practices. Fasting and intermittent fasting are particularly helpful for improving mitochondrial function.

Assignment

If you're not already doing so, now is a great time to add occasional, short, strenuous exercise into your routine. This can be any type of movement that really challenges you. Everybody is in a different place so for some people, it may be a brisk walk up a hill. For others, strenuous might be 10 second sprinting. It could be going all out on a stationary bike or treadmill. You may want to do a CrossFit WOD or circuit weight training. Strenuous can mean very different things to different people. But only you know when you are really challenging yourself. Incorporate strenuous exercise 2-3 times a week.

Example Workout Methods:

- High intensity interval training (HIIT)
 - Exert yourself for 20-60 seconds as hard as you can go in any chosen activity. Then rest or walk for 1-2 minutes. Repeat 4-10 rounds. **Make sure you warm up first.
- Heavy Resistance Training
 - Use heavy resistance training or weight lifting in a way that really challenges you. Choose your workout style but use weights/resistance that push your limits while remaining safe.

Video 7.4 — Homework 21

Homework

Estimated days to complete: 5-7 days

It is estimated that this assignment will take you 5-7 days to start, based on ordering and shipping. However, you should move forward at your own pace.

Assignment

Shilajit has been used for thousands of years and is used in traditionally Ayurvedic medicine to increase the central energy. Shilajit is an organic mineral supplement that comes directly from the earth. The purified resin contains numerous minerals and trace elements, that the human body uses to function optimally, and fulvic acid which helps the body absorb these minerals at the cellular level. For added benefit, you can incorporate PQQ & CoQ10 as well. PQQ supports the growth of new mitochondria and CoQ10 is used to help make energy and neutralize oxidative stress.

- [Authentic Shilajit](#)
- [CoQ10 + PQQ + Shilajit](#)

Bonus Assignment

If it is in your budget to do so, using a red-light therapy device at home can be effective if used on a regular basis. It can be used to target specific tissues or used for the whole body. It can be completed in 10-40 min depending on your desired effect, and requires nothing more than standing, sitting, or laying down as the red light hits your skin. Specific instructions will come with the device if you decide to use this tool.

- [Red Therapy Co. Red Light Panels](#)

Video 7.5 — Course Close