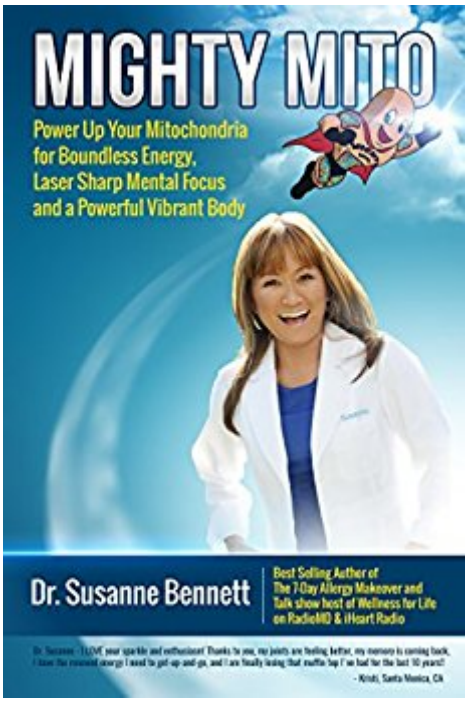
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Mighty Mito: Power Up Your Mitochondria For Boundless Energy, Laser Sharp Mental Focus And A Powerful Vibrant Body



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Synopsis

Ever wonder why toddlers and preschoolers run around with endless energy, and youÃ¢â ¬â„¢re ready to fall asleep just watching them? Finally, Dr. Susanne Bennett, DC, CCSP, has the answer! And it all has to do with the mighty mitochondriaÃ¢â ¬â •that subcellular organelle that is responsible for your bodyÃ¢â ¬â„¢s energy production.Through Mighty Mito, Dr. Susanne explains why we lose energy as we get older and how each one of us can regain that energy by providing what our mitochondria thrive on. Healthy mitochondria equal better energy production in our cells. Better energy production equals more energyÃ¢â ¬â •and youÃ¢â ¬â„¢ll feel years, or even decades, younger. Mighty Mito contains step-by-step instructions on what mitochondria need to be healthy, including diet, exercise, and your environment.Power up your mitochondria for boundless energy, laser sharp mental focus, and a powerful vibrant bodyÃ¢â ¬â •itÃ¢â ¬â„¢s that simple.Praise for Mighty Mito:Ã¢â ¬Å“If you feel like youÃ¢â ¬â„¢ve lost your edge, the problem could be your mitochondriaÃ¢â ¬â • ground zero for energy production in the human body. In this terrific book, Dr. Susanne Bennett, in a wickedly readable style, tells you exactly how to keep your mitochondria healthy and churning out energy. DonÃ¢â ¬â„¢t miss this one!Ã¢â ¬Â•Ã¢â ¬â •Ã¢â ¬â •Jonny Bowden, PhD, CNS, co-author (with Steven Masley, MD) of Smart Fat: Eat More Fat, Lose More Weight, Get Healthy NowÃ¢â ¬Å“Mighty Mito is a fantastic resource for anyone who has struggled with constant fatigue, brain fog and inflammation. Dr. Susanne Bennett provides a scientific and proven plan to increase your bodyÃ¢â ¬â„¢s energy levels naturally. Written in an authoritative but supportive and encouraging voice, Dr. Susanne provides wisdom, and the ability to develop energy and vibrance in a natural, healthy and sustainable way.Ã¢â ¬Â•Ã¢â ¬â •Hyla Cass, MD, author of 8 Weeks to Vibrant Health and The Addicted Brain and How to Break Free Ã¢â ¬Å“I'm a huge fan of Dr. Susanne Bennett. She has done it again with her new book the Mighty Mito, readers will be thrilled with the practical, easy-to-follow road map for increasing their energy and keeping it high through the day. She leads you on a journey to create more energetic life. Mighty Mito is packed with creative, unique, healthy, and lasting methods to maximize the health of your mitochondria and boosting your energy. I think this will be the book that gives the mitochondria the place it deserves in the publics' minds.Ã¢â ¬Â•Ã¢â ¬â •Alan Christianson, NMD. NY Times bestselling author of The Adrenal Reset DietÃ¢â ¬Å“Low energy levels become a real drag! In her new book Mighty Mito, Dr. Susanne Bennett provides a practical, easy-to-apply plan that optimizes energy levels to create the vibrant, radiant life you deserve. A must-read, especially if you often crash with that running-on-empty feeling.Ã¢â ¬Â•Ã¢â ¬â •JJ Virgin, CNS., CHFS. Celebrity Nutrition & Fitness Expert, Author of the

NYT bestsellers, The Virgin Diet and Sugar Impact DietDr. Bennett has put forth an amazing book on regaining vitality, energy, and health. She sheds light on a topic that needs more attention, but until now has been too complex for most people to understand. Her new book bridges that gap of knowledge and complexity into easy to understand points and action steps people can take to regain health and wellness. A must read!Ã¢â ¬â •Dr. Peter Osborne, Best selling author of No Grain, No Pain"Dr. Susanne Bennett nails it--increasing your energy isn't a fantasy, it's about improving your mitochondrial health. In a thoroughly researched, insightful, and comprehensive program, she explains step by step how to have more energy than you've had in years!" Ã¢â ¬â •Dr. Robyn Benson, DOM. Best selling author of The Healthy Conscious Traveler and founder of The Self-Care RevolutionDr. SusanneÃ¢â ¬â„¢s Mighty Mito book and program is the solution whether you are someone who struggles with chronic pain or if you want to optimize your athletic performance!Ã¢â ¬â •Dr. Joe Tatta, DPT, CCN

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Customer Reviews

An easy-to-read intro level book to improving mitochondrial quality and quantity. Her personal experience of pan-hypo-pit was brief and interesting. I'd have liked it to be expanded to include her blood and other test markers.Her mention of several genetic SNPs and their impact on her was not something I've read before. For possible toxins the reader is largely referred to her previous allergy book.The dosage in the vitamin D section has two significant typos with mg written when IU was likely intended and in the recommended blood test's name.If a reader wants a detailed and clinically published approach get MD Terry Wahls' book "The Wahls Protocol". She is conducting the clinical trials, seeing patients, and getting the concepts into the peer reviewed literature (e.g. she is fighting the good fight).If the reader is seeking the current cutting edge, see MD Bredesen's protocol. His work has not been released in detail. His first paper has a table of test markers used and has some case histories. It complements Dr. Wahl's approach with significant overlap and both are headed to a similar functional medicine solution.If the reader has gut issues as their #1 problem, Chris Kresser (and the SCD Guys) have solid info. This book has scant coverage of digestive issues. She implies FODMAPs as the basis on her food exclusion list. Mr. Kresser has gone quite a ways beyond that.

If a book gets to scientific I start to fade away. She does a great job of explaining details while keeping you interested. I bookmarked lots of pages in it. Mitochondria can explain so many things, so many illnesses. They are responsible for how your body uses oxygen and digests food, especially fats and sugars. I'm sick now because AL the antibiotics I was given I'm sure decimated the mitochondria, now I have to get them back, or at least strengthen the ones I have. A god list of supplements insude, maybe more then I wanted to know. Just wish I had a doctor that knew this stuff to help me implement it.

"Mighty" is easy to read and understand. I have a passion for staying healthy, and do research to make this happen. "Mighty" summarizes months of research in one place, and I learned many new health facts and tips. Better sleep, weight loss, increased energy, increased motivation to move my body, and better mood are some of the benefits to me. I miss dairy foods, but am willing to give them up in exchange for better health. I look forward to living this way. I am leaving for exercise class now.

I thoroughly enjoyed it. Very informative and inspiring - especially the science behind laughter therapy - and why sleep is so important.

Wow, Dr. Bennett is very thorough!! Anything and everything you could possible want to know (and some stuff you wish you didn't) will be found in this book on gut health. I'm not very knowledgable about medical terminology, but Dr. Bennett explained in easy to understand terms how the body functions, why we encounter digestive discomfort and upset tummy's, and what to do about these issues. The insight into understanding our guts are the root cause of most all disease is eye opening. I feel more hopeful and optimistic that balancing my internal digestive systems will bring better health and function to my body as a whole. She gives a simple easy to follow plan to regain health and wellness, and has fun in the process.

I just finished reading this book. Very easy to read for those of us who know nothing about mitochondria. I could tell Dr. Bennett did a great deal of research to explain the science behind her recommendations. For me, I need the "why." Otherwise, I tell myself "it's ok." I have to admit I have a lot of habits that hurt my Mighty Mitos. I'm happy to learn that there are many simple solutions to repairing the damage and getting tons of energy. I also purchased her Mighty Mitos Tool Kit. I love it. I'm feeling higher levels of energy already by adding just a few new practices into my day. I think she has found the secret to ultimate health and great energy. It makes a lot of sense. I look forward to her next book.

As a retired Biology and Anatomy & Physiology teacher, I really appreciate the science behind the recommendations made in this book. Will definitely try to incorporate them into my daily life.

A perspective shifting book that clearly explains what happens inside our bodies and how we can begin improving our health with some simple and easy steps.

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