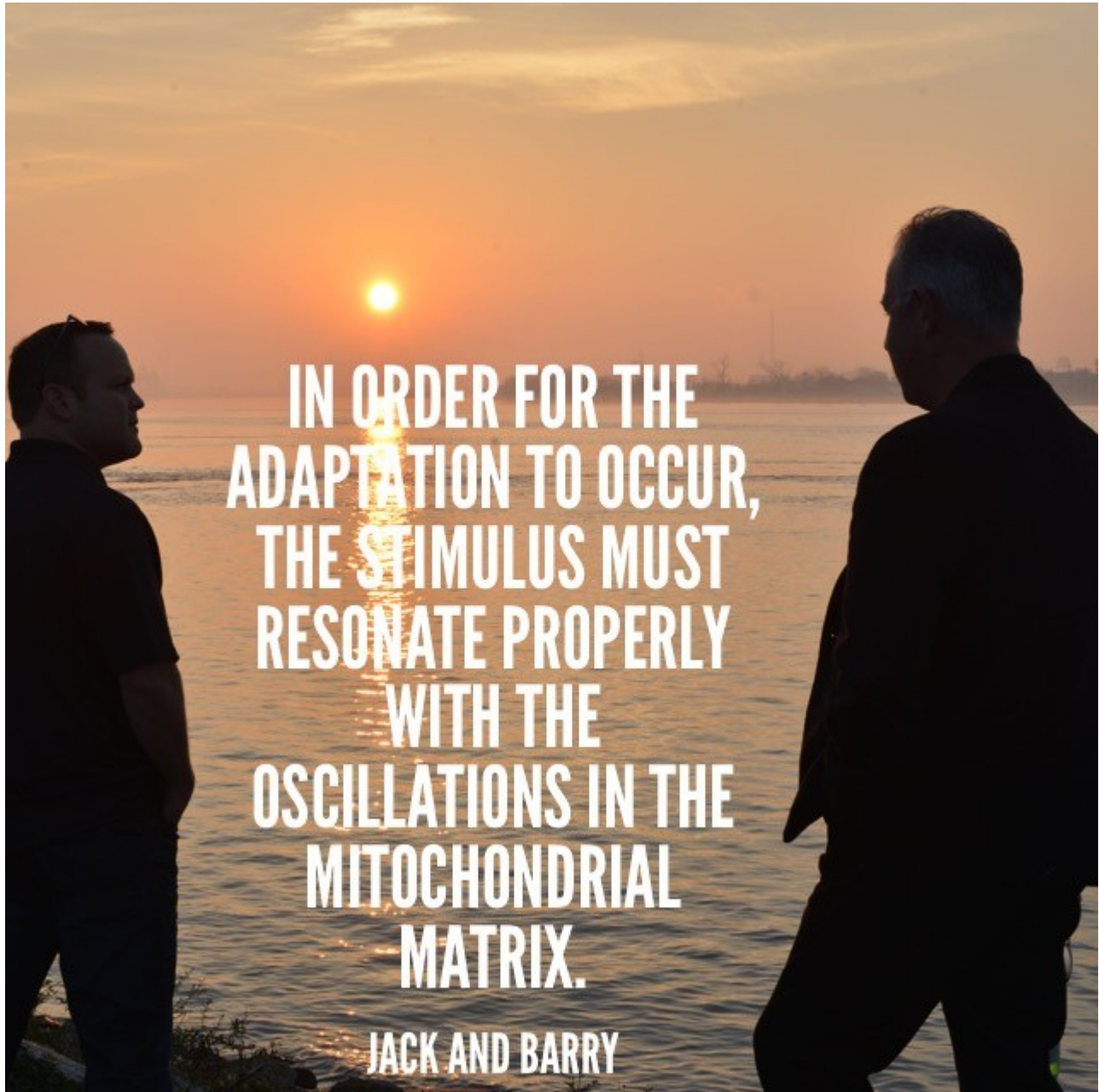


# **CPC #26: Ketogenic experts need to read a lot “Moore”**

The title is provocative because contrary to popular belief a high fat diet can make you quite obese when a couple of variables are present that our modern environment favors today.

This blog fully explains why I knew I had to quit being on call and why I had to regain my time at night and weekends to remain well as I age and am afflicted by mitochondrial damage built into us by nature. If I did not test my own biases I would have been facing different challenges than I do today.



**IN ORDER FOR THE  
ADAPTATION TO OCCUR,  
THE STIMULUS MUST  
RESONATE PROPERLY  
WITH THE  
OSCILLATIONS IN THE  
MITOCHONDRIAL  
MATRIX.**

**JACK AND BARRY**

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