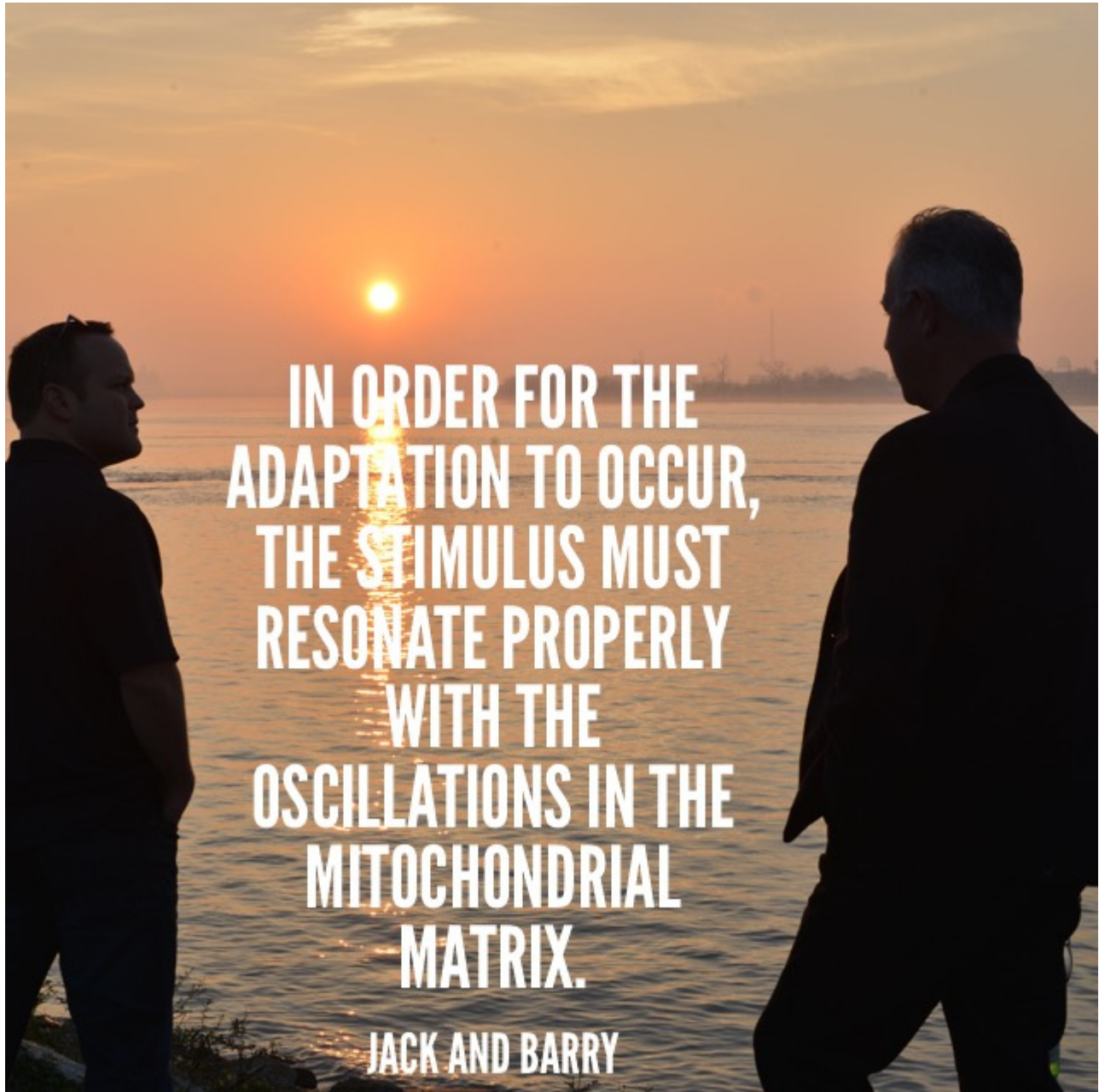


CPC #26: Ketogenic experts need to read a lot “Moore”

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

Become an [Optimal Klub Member](#) or a [Patron on Patreon.com](#) to read the full blog.