

# Reality #19: Proton Recycling = Longevity

*This blog is the written version of Dr. Kruse's [Optimal Klub Members](#) November 2017 Webinar: A Breakdown of The Proton Side*

**THE TAKE HOME:** Metabolism has two key purposes in life: One is to make water in the mitochondrial and the other is to recycle hydrogen protons to protium form. The goal is to make you realize why life is the way it is. You might think life is about any which way, but quantum mechanics puts some brakes on that idea. Before going any further watch the ENTIRE VIDEO.



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