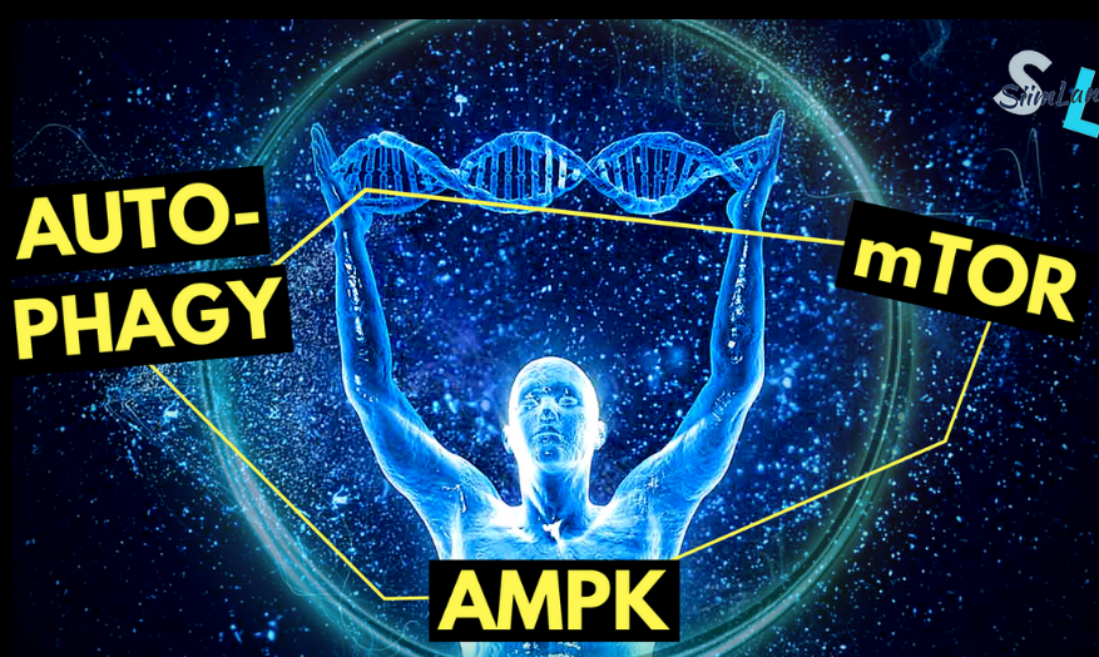


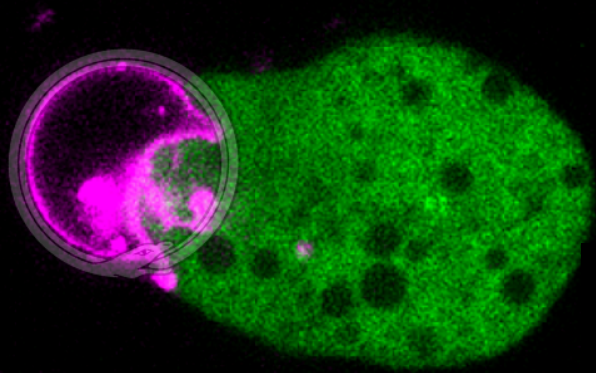
AUTOPHAGY ACTIVATION CHEAT SHEET

By
Siim Land

AUTOPHAGY ACTIVATION CHEAT SHEET



Part One: Autophagy Overview



Autophagy means Self-Eating

**It's the process
by which cells consume and eliminate
their old and diseased parts**

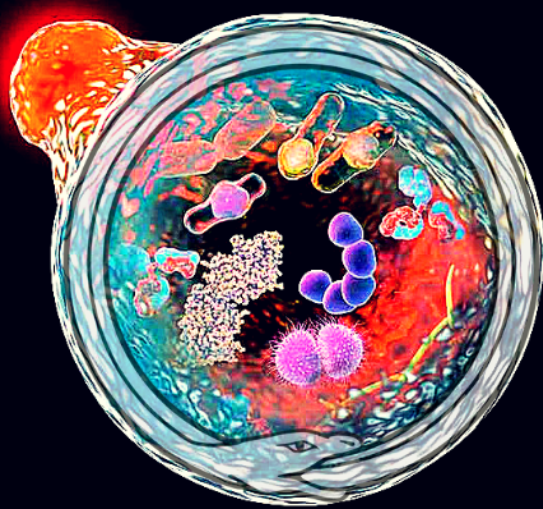
Promotes longevity and survival

As you get older, your mitochondria become more damaged



Autophagy keeps the mitochondria healthy and removes the old ones

BENEFITS OF AUTOPHAGY



**Reduced
Inflammation**

**Stronger
Immune System**

**Anti-Aging
And Longevity**

**Anti-Cancer
And Anti-Tumors**

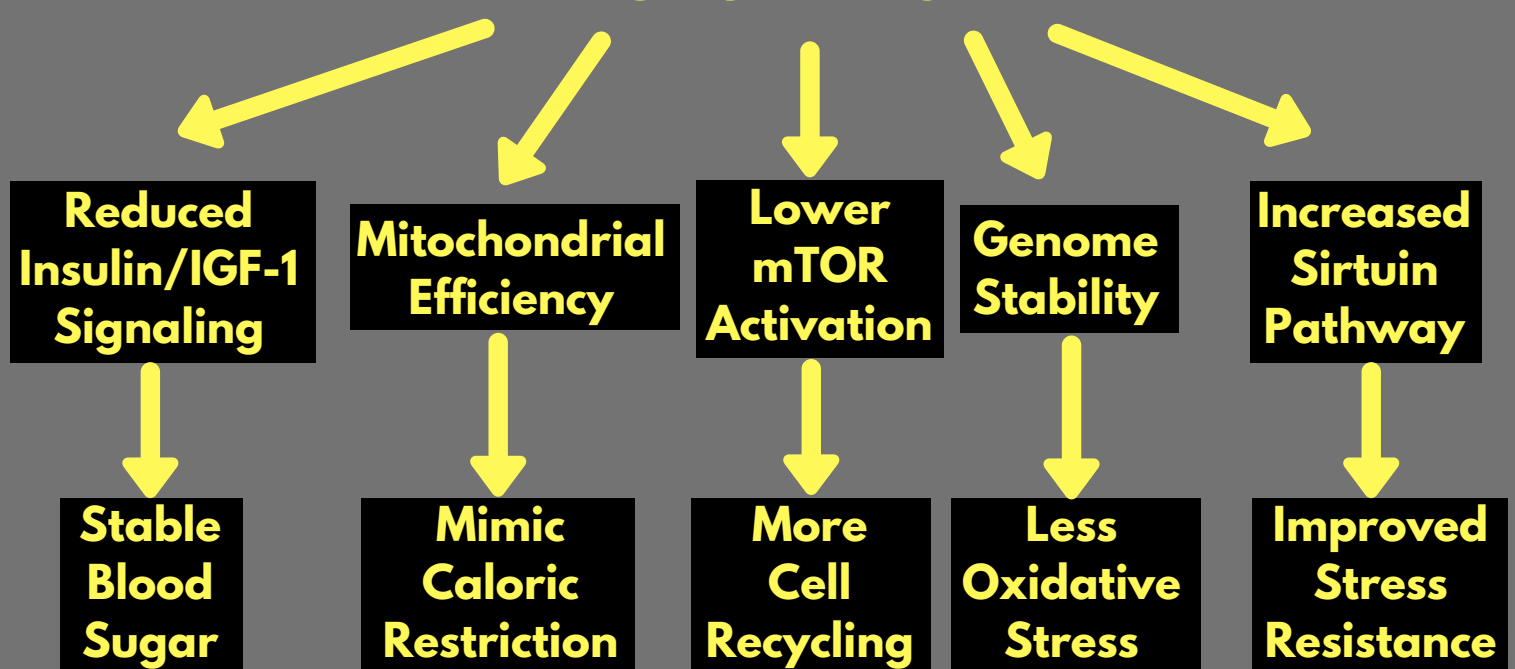
**Healing Of
Disease and Sickness**

**Recycling Of
Old and Weak Cells**

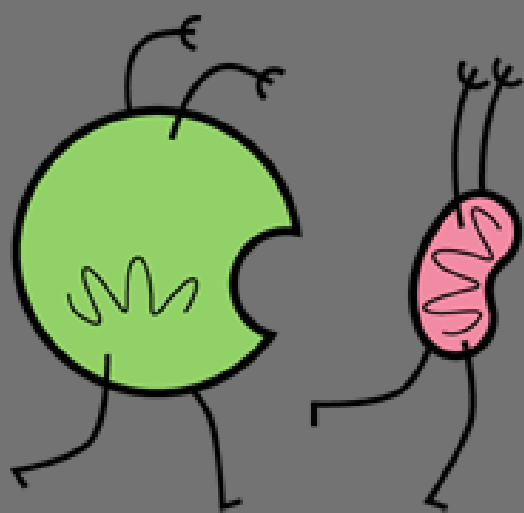
**Elimination
Of Pathogens**

Mechanisms how autophagy promotes longevity and lifespan

AUTOPHAGY

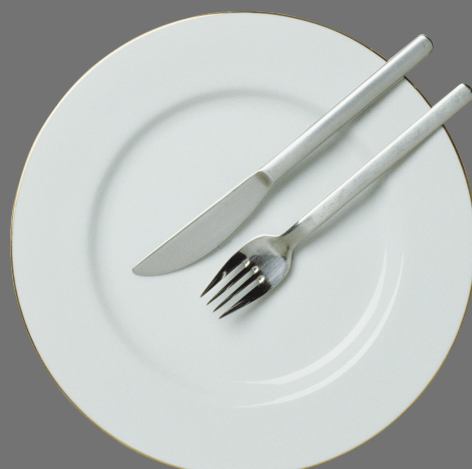
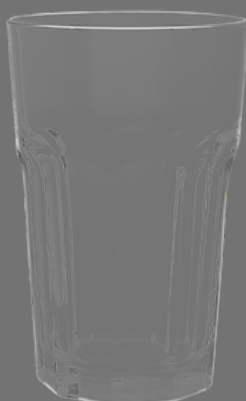


Part Two: How to Activate Autophagy

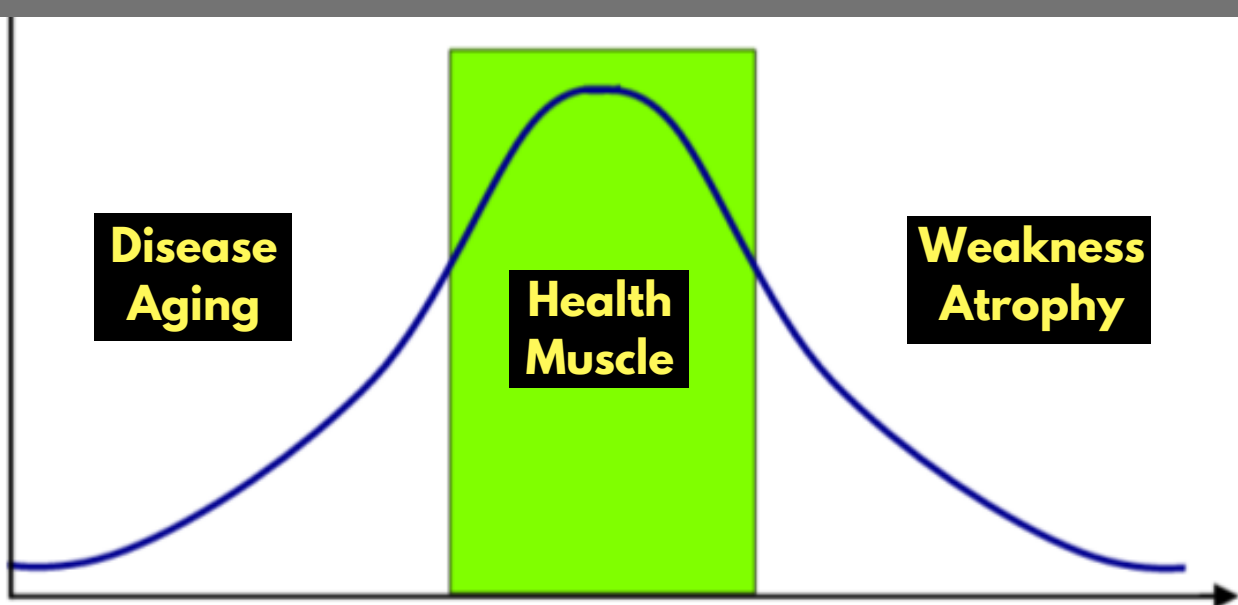


- Extended Fasting
- Physical Exercise
- Caloric Restriction
- Energy Deprivation
- Low Levels of Insulin
- Amino Acid Deficiency
- Autophagy Foods

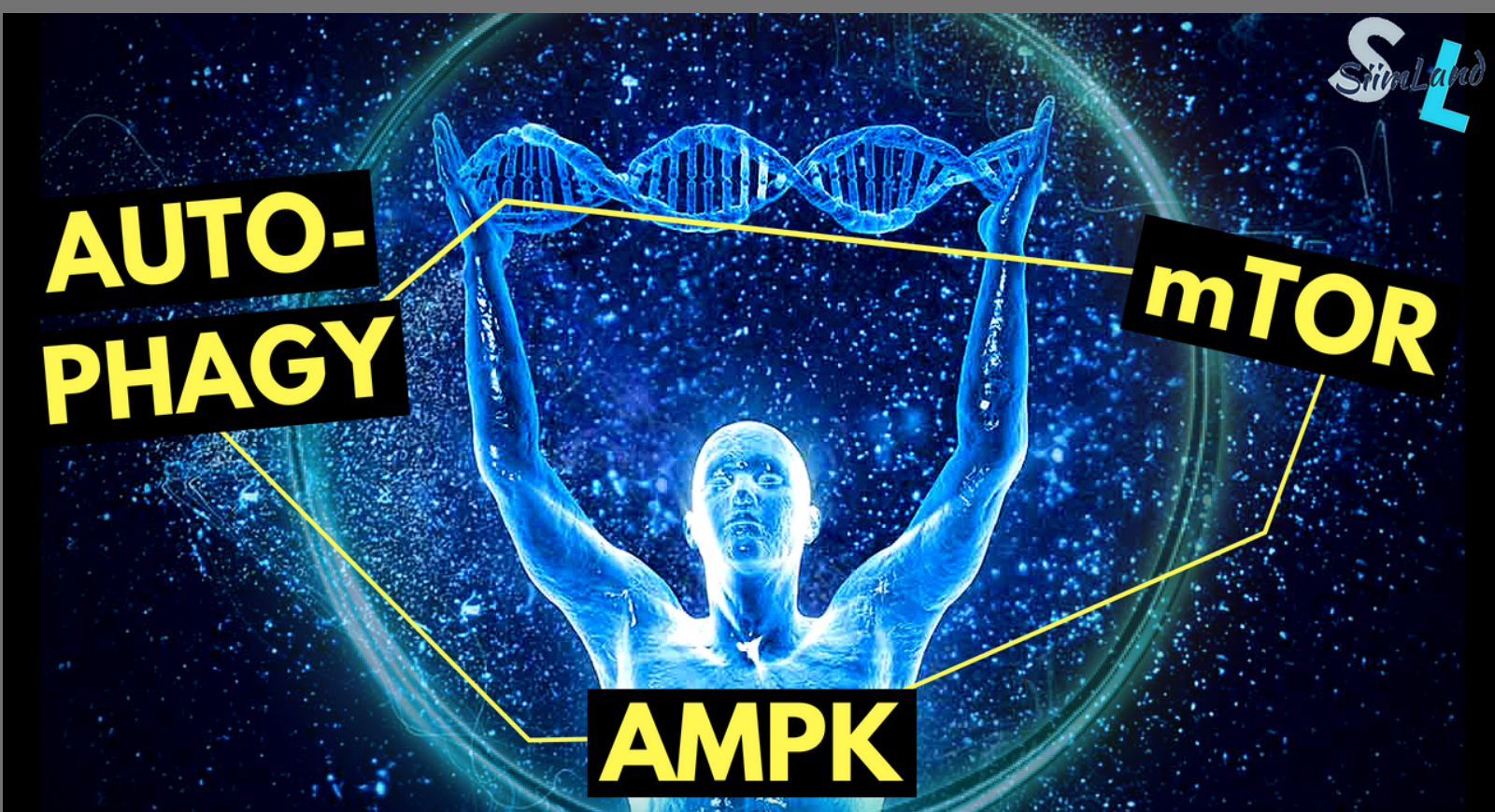
The most effective way to activate autophagy is to avoid all calories and fast for an extended period of time.



Too little autophagy and too much autophagy is bad



The goal is to practice fasting but also maintain healthy muscle



- Fast 16-24 hours a day
- Have 3-5 day fasts a few times a year
- Control carbohydrate intake
- Don't overeat protein
- Mild caloric restriction
- Do Resistance training
- Consume autophagic foods
- Focus on nutrient density

Part Three: Autophagy Foods

Foods That Promote Autophagy



CAYENNE
PEPPER



MEDICINAL
MUSHROOMS



APPLE CIDER
VINEGAR



HERBAL
TEAS



BLACK
COFFEE



CRUCIFEROUS
VEGETABLES



ELDERBERRIES /
BLUEBERRIES

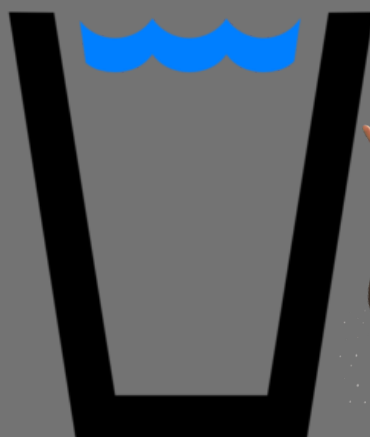


TURMERIC /
BERBERINE

What Can You Drink While Fasting



Black
Coffee



Salted
Water



Herbal
Teas

NUTRIENT DENSITY

VS

CALORIE DENSITY



More Nutrients Fewer Calories

More Calories Fewer Nutrients

Eat More
Nutrient Dense Foods
with High Satiety

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Eat Less
Nutrient Poor Foods
with Low Satiety

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