
1. Three Key Pathways to Mitochondrial Health

This chart describes the three key pathways that influence mitochondrial health and healthy aging and the chapters in this book where you can find strategies to support them. These pathways are processes that work together to protect, fine-tune, and expand the capacity of your cellular energy system.

When you choose strategies for your own Mito Journey, you will want to balance them across all three pathways, starting with Safekeepers, because you cannot Optimize or Build your mitochondria unless the Safekeepers are in place.

THE SAFEKEEPERS (Protection)

Safekeeper processes help protect your mitochondria from chronic stress. Your mitochondria have a "safety switch." If they sense constant stress, they slow down to protect your cells. Tools like quality sleep, breathwork and yoga and gratitude flip the switch from protection to all clear. This is an often-overlooked mechanism in the puzzle (Naviaux 2014). Safekeeper strategies are the focus of Chapters 4-8.

THE OPTIMIZERS (Fine-Tuning)

Optimizer processes help improve how your mitochondria function day-to-day: They ensure your internal "matrix" is hydrated, nourished, and free of the "cellular soot" (oxidative stress) that makes engines sputter (Picard and McEwen 2018). Optimizer strategies are the focus of Chapters 9-17.

THE BUILDERS (Expanding Capacity)

Builder processes encourage your body to build new mitochondria and new mitochondrial capacity over time. Like a business buying new equipment, you can provide a "positive challenge" (like brisk walking) that tells your cells to expand. This creates new powerhouses through mitochondrial biogenesis (Vafai and Mootha 2012). Passive Builder strategies are the focus of Chapters 18-22. Active Builder strategies are the focus of Chapters 23-26.

From: ***The Power to Age Well: An Action Guide to Mitochondria & Healthy Longevity***

A full-sized, printable copy of this resource is available at:

IntelligentLivingForever.com/Worksheets. Look for the title of this worksheet.
