

Important Facts and Research in under 60 seconds

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## Chronic Illnesses and the the Link From Metabolic Dysfunction

Recent studies have shown that 93.2% of American adults have a metabolic problem. This means that in the overwhelming majority of adults, the process in which we convert food energy to cellular energy is not optimal.

This under-powering of our cells, like a pattering car, creates stress on these cells. This stress results in a protective response from our bodies in the form of chronic inflammation, leading to chronic illnesses.

### Mitochondrial Dysfunction

Mitochondria, often referred to as the powerhouses of the cell, play a pivotal role in generating energy for cellular functions. However, when these tiny organelles malfunction, it can lead to a cascade of health issues. Mitochondrial dysfunction occurs when mitochondria fail to produce adequate energy or when they produce excessive amounts of reactive oxygen species (ROS), leading to oxidative stress and cellular damage.

### Link to Metabolic Dysfunction

Metabolism, the process by which our bodies convert food into energy, is intricately linked with mitochondrial function. When mitochondria falter, cellular energy production declines, disrupting metabolic processes. This dysfunction can manifest in various ways, including many chronic illnesses depending on the specific cells involved.

A new book, 'Good Energy', by Dr. Casey Means, describes these conditions in detail as well as strategies to optimize mitochondrial health and quality of life.

Check out our weekly podcast hosted by Brian Harmon, PT, MBA and Jo Alch, RN with Joy Care Management.



A show on all things Senior Care with important topics and guests to help improve the health and quality of life of seniors.

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