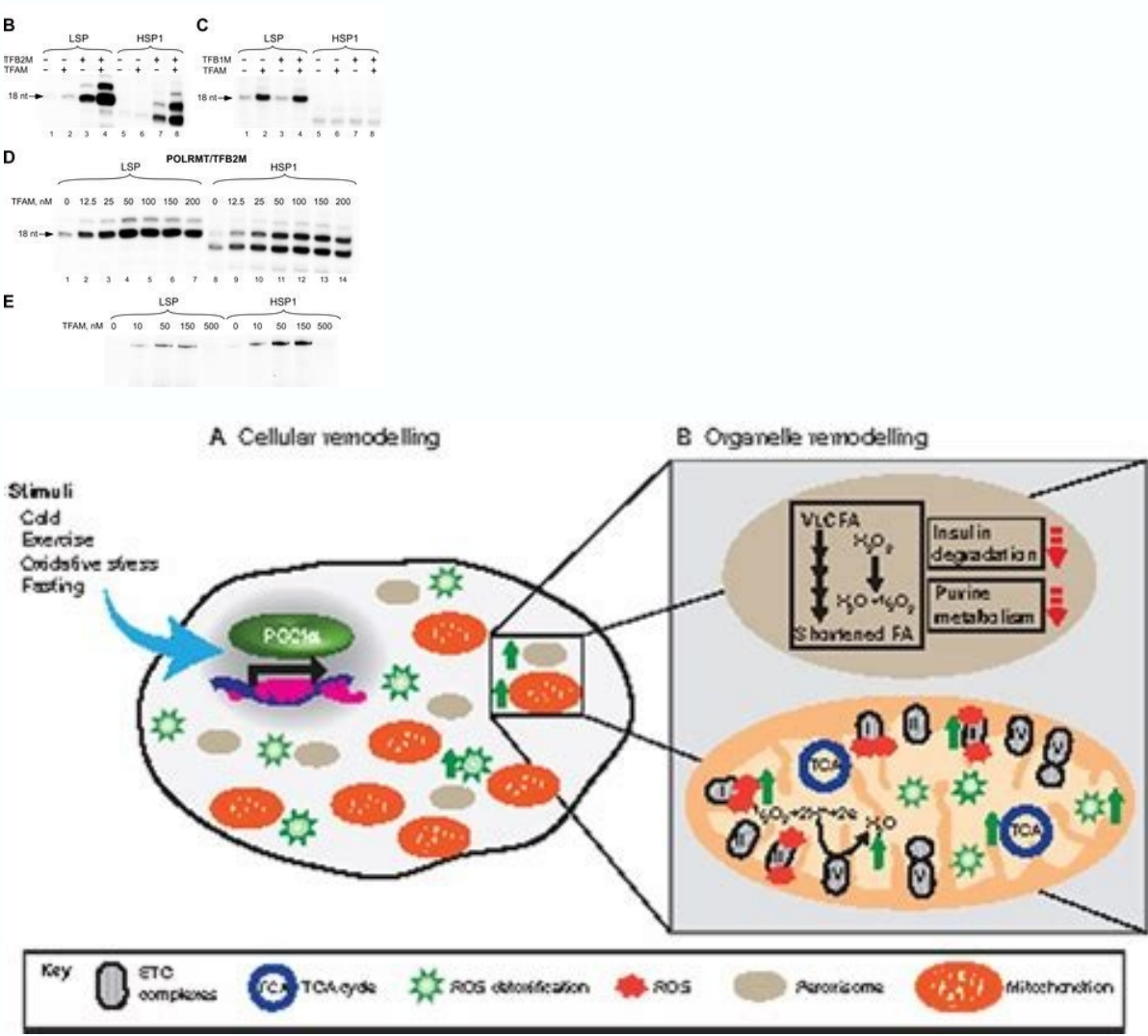
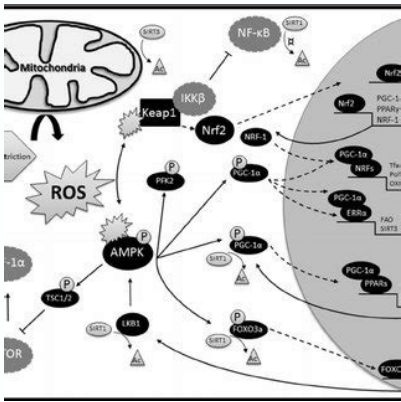
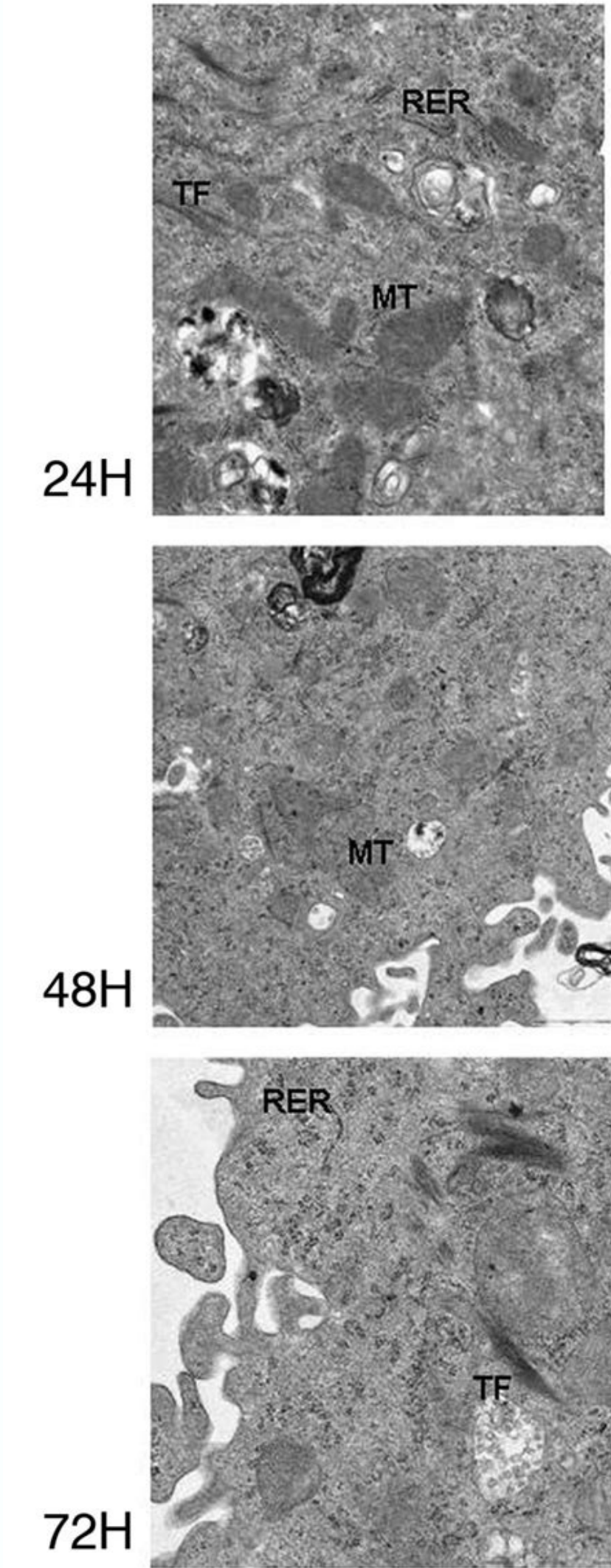


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Mitochondrial Biogenesis

Salvage 1- The Harmful Effects of too much Sugar

Managing Your Mitochondria, By Mark Sisson October 20, 2011
The single most fundamental – and simple – way to improve mitochondrial function

is to turn away from relying on sugar-burning and transform yourself into a fat-burning beast.

See, mitochondria burn fatty acids cleaner than they burn carbohydrates. Generating ATP via fats/ketones produces less ROS, because it's more efficient, whereas generating ATP via carbs produces more. As a result, glutathione can do its job and our ketone-burning mitochondria have to divert less attention to cleaning up free radicals. This doesn't just make mitochondrial ATP production from ketones more efficient; it has the potential to render it downright anti-inflammatory, too. When we dip into a full-fledged ketogenic diet, cut back on bad carbs, or intermittently fast, we are switching over to fat-burning. When we switch over to fat-burning, our mitochondria do the same. Heck, that's what we mean by "fat-burning." There's even evidence that ketosis can spur mitochondrial biogenesis, albeit thus far only in rats.

In my new book I present my Primal prescription for becoming a fat-burning beast. In fact, one of the reasons I wrote the *21-Day Total Body Transformation* is because untold millions of people are languishing in sugar-burning land and their mitochondria aren't burning quite as cleanly as they could. The "transformative" aspect of the *21-Day Total Body Transformation* is the epigenetic switch from sugar-burning to fat-burning. And improving mitochondrial function and (if that rat study pans out in humans) increasing mitochondrial biogenesis are at the heart of this switch.

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2021-12-7 · **Englisch: mitochondrial biogenesis.** 1 Definition. Als mitochondriale Biogenese bezeichnet man den biologischen Prozess, durch den in der Zelle neue Mitochondrien gebildet werden. 2 Hintergrund. Die mitochondriale Biogenese basiert auf der erfolgreichen Transkription nukleärer und mitochondrialer Gene und der dadurch angestoßenen Proteinsynthese.Das ... La biogenèse mitochondriale est le processus par lequel les cellules augmentent le nombre de mitochondries.Il a été décrit pour la première fois par John Holloszy dans les années 1960, lorsqu'il a été découvert que l'entraînement d'endurance physique induisait des niveaux de contenu mitochondrial plus élevés, entraînant une plus grande absorption de glucose par les ... 2021-5-11 · Quando falamos em biogênese mitocondrial, temos que entrar no mundo celular, onde está inserida uma organela (estrutura dentro de uma célula que desempenha funções especializadas) que gera a maior parte do suprimento celular, que é usado como fonte de energia química, o ATP (trifosfato de adenosina), sendo apelidada como a "potência da célula", ... Biogênese mitocondrial envolve a expressão coordenada do genoma mitocondrial (mtDNA) e nuclear (nDNA) que produzem proteínas dessa organela. Entretanto, mitocôndrias não são ressintetizadas. No processo de sua replicação, novas proteínas são recrutadas e, posteriormente, adicionadas a compartimentos pré-existentes ou complexos de ... 2021-5-11 · Quando falamos em biogênese mitocondrial, temos que entrar no mundo celular, onde está inserida uma organela (estrutura dentro de uma célula que desempenha funções especializadas) que gera a maior parte do suprimento celular, que é usado como fonte de energia química, o ATP (trifosfato de adenosina), sendo apelidada como a "potência da célula", ... La biogenèse mitochondriale est le processus par lequel les cellules augmentent le nombre de mitochondries.Il a été décrit pour la première fois par John Holloszy dans les années 1960, lorsqu'il a été découvert que l'entraînement d'endurance physique induisait des niveaux de contenu mitochondrial plus élevés, entraînant une plus grande absorption de glucose par les ... 2019-9-9 · Mecanismo mitocondrial de produção de energia. A via pela qual as mitocôndrias e, até mesmo bactérias, mobilizam energia para seus propósitos biológicos, é dirigida pelo processo de acoplamento quimiosmótico em que, se utiliza a energia proveniente dos nutrientes para acionar bombas de prótons em uma movimentação entre as membranas ... La biogenèse mitochondriale est le processus par lequel les cellules augmentent le nombre de mitochondries.Il a été décrit pour la première fois par John Holloszy dans les années 1960, lorsqu'il a été découvert que l'entraînement d'endurance physique induisait des niveaux de contenu mitochondrial plus élevés, entraînant une plus grande absorption de glucose par les ... 2021-12-7 · **Englisch: mitochondrial biogenesis.** 1 Definition. Als mitochondriale Biogenese bezeichnet man den biologischen Prozess, durch den in der Zelle neue Mitochondrien gebildet werden. 2 Hintergrund. Die mitochondriale Biogenese basiert auf der erfolgreichen Transkription nukleärer und mitochondrialer Gene und der dadurch angestoßenen Proteinsynthese.Das ... 2019-9-9 · Mecanismo mitocondrial de produção de energia. A via pela qual as mitocôndrias e, até mesmo bactérias, mobilizam energia para seus propósitos biológicos, é dirigida pelo processo de acoplamento quimiosmótico em que, se utiliza a energia proveniente dos nutrientes para acionar bombas de prótons em uma movimentação entre as membranas ... 2021-5-11 · Quando falamos em biogênese mitocondrial, temos que entrar no mundo celular, onde está inserida uma organela (estrutura dentro de uma célula que desempenha funções especializadas) que gera a maior parte do suprimento celular, que é usado como fonte de energia química, o ATP (trifosfato de adenosina), sendo apelidada como a "potência da célula", ... 2021-12-7 · **Englisch: mitochondrial biogenesis.** 1 Definition. Als mitochondriale Biogenese bezeichnet man den biologischen Prozess, durch den in der Zelle neue Mitochondrien gebildet werden. 2 Hintergrund. Die mitochondriale Biogenese basiert auf der erfolgreichen Transkription nukleärer und mitochondrialer Gene und der dadurch angestoßenen Proteinsynthese.Das ... 2019-9-9 · Mecanismo mitocondrial de produção de energia. A via pela qual as mitocôndrias e, até mesmo bactérias, mobilizam energia para seus propósitos biológicos, é dirigida pelo processo de acoplamento quimiosmótico em que, se utiliza a energia proveniente dos nutrientes para acionar bombas de prótons em uma movimentação entre as membranas ...

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