

# **Chiro-Hacking:** Enhancing Chiropractic Care with Bio-Hacking Techniques

**(Best Diet for All Humans)**

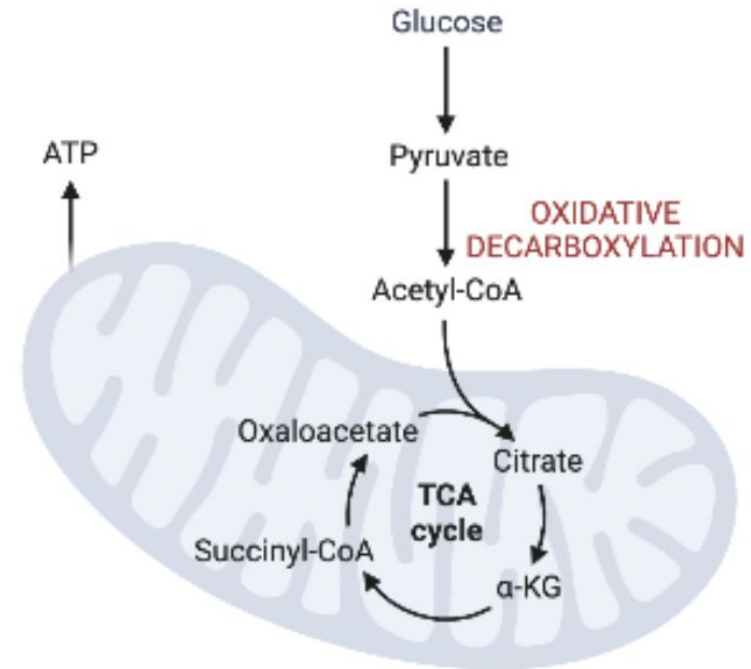


# Mitochondria:

# Powerhouse of the Cell

# Mitochondria / Krebs Cycle

ATP: The source of **ENERGY** for use in storage at the cellular level



Smeralda, Dottoressa Giusy. "Functional Integrity of the Krebs Cycle and Health." *EINUMM*, 13 Nov. 2023. [einumm.org/functional-integrity-of-the-krebs-cycle-and-health/](https://einumm.org/functional-integrity-of-the-krebs-cycle-and-health/).

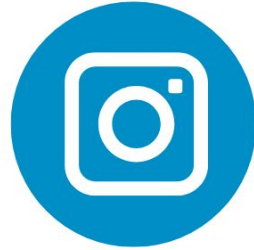
Bomer, N., Pavez-Giani, M. G., Grote Beverborg, N., Cleland, J. G. F., van Veldhuisen, D. J., & van der Meer, P. (2022). Micronutrient deficiencies in heart failure: Mitochondrial dysfunction as a common pathophysiological mechanism?. *Journal of internal medicine*, 291(6), 713–731. <https://doi.org/10.1111/joim.13456>

Anderson, A. J., Jackson, T. D., Stroud, D. A., & Stojanovski, D. (2019). Mitochondria-hubs for regulating cellular biochemistry: emerging concepts and networks. *Open biology*, 9(8), 190126. <https://doi.org/10.1098/rsob.190126>

# Sources of mitochondrial dysfunction

- Excess sugar and processed carbohydrates - creates too much oxidative stress which damages mitochondria
- Overeating - it's like flooding the engine
- Unhealthy fats - like trans fats
- Alcohol
- Micronutrient deficiencies
- Environmental toxins - like pesticides, organochlorines, organophosphates, BPA, mercury, lead, POP's, etc

# **FIND DR. BART!**



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PODCAST**



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# Saturday

**Leaky Gut: The 4 Rs to  
Healing your Gut  
1-2:40pm in Celebration 3**

**Adrenal Dilemma:  
Dysfunction or Fatigue  
3:20-5pm in Celebration 3**





# Different is OK!

## Be Fearless - Be Bold

