

The background of the entire image is a high-magnification micrograph of biological tissue, likely showing various types of cells and their internal structures. The colors are primarily shades of brown, tan, and black, creating a complex, organic pattern. Overlaid on this background is a large, semi-transparent brown rectangle that serves as a backdrop for the text. Within this rectangle, the word "AUTOPHAGY" is written in a large, bold, white serif font. Above it, the words "KEY CELLULAR NUTRITION" are written in a smaller, white, all-caps sans-serif font. Below the main title, the subtitle "How to Revitalize Your Cells and Heal Your Body From the Inside Out" is written in a smaller, italicized, white serif font. The overall design is clean and professional, emphasizing the scientific nature of the topic.

KEY CELLULAR NUTRITION

AUTOPHAGY

*How to Revitalize Your Cells and Heal Your
Body From the Inside Out*

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WANT TO DIVE DEEPER?

Autophagy: The Ultimate Secret Weapon

I think one of the most amazing processes in the body has to be autophagy. If you've never heard the term before, autophagy literally means “self eating” — it's when our bodies identify old or damaged cell material to either destroy or recycle for cellular repair.

Think of it as one of those junk removal services that will come to your house and haul away anything that's no longer serving its purpose. When autophagy is activated, our bodies clean out the cellular components that have become “junk,” either eliminating them all together or breaking them down and recycling them into new components that the cell can reuse for repair or energy purposes.

It's cleaning and recycling all wrapped into one tidy package!

The Benefits of Autophagy

Autophagy not only improves cellular function, it protects and regenerates cells, and encourages the formation of new stem cells — which is one of the most powerful anti-aging tools around.

Research is finding that people who spend significant amounts of time in autophagy have a lower risk of chronic diseases, too, particularly neurodegenerative diseases, like Parkinson's and Alzheimer's, and heart disease. And it can eliminate harmful bacteria and infection in the body as well.

The #1 benefit of autophagy in my book, however, is the role it can play in reducing a person's risk for cancer.

There's been a lot of incredible research happening around this potential, especially by Dr. Valter Longo — I would highly recommend looking into it! To put it simply, cancer cells have damaged mitochondria (the “powerhouses” of our cells) — the cellular respiration system in a cancer cell is broken. And because autophagy works to clean up damaged mitochondria and restore it to proper function, it stands to reason that inducing autophagy could have massive implications for cancer prevention.

If your mitochondrial respiratory system stays intact and functioning as it should, you're not likely to develop cancer.

Fascinating, isn't it?



How to Promote Autophagy

We know that all disease and dysfunction begins at the cell level...which is why I focus my work on helping people repair their cellular health. And actively inducing autophagy is an important piece of that puzzle!

Because autophagy is triggered when glucose and insulin levels in the body drop, fasting and ketogenic eating are the most effective ways to jump start it.

Gratitude for Dr. Cole

I've learned so many excellent tips from you! Thank you so very much for making my life healthier.

-TAMMY A.

Thank you for all the fabulous total health tips and recommendations!

-RUBY S.

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NUTRITION

Click the link below to find out more about the Cellular Health Accelerator program and how to regain control of your health.

[Learn More](#)

FASTING

There's some evidence that autophagy may begin as soon as 18 or 19 hours into a fast, but maximum benefits are likely achieved after three or four days.

We always recommend starting off slow and working your way up to a full water fast, to give your body time to adjust. Intermittent fasting (known as IF) is the perfect jumping off point — you cycle through periods of eating and fasting, most easily done by closing your window to eat a few hours before bedtime, then waiting to eat your first meal of the day for a few hours after waking up. Aim for a 12 hour fast to start, then you can work your way up to 14 or even 16 hours as you progress. You may also choose to eat only one meal a day, or strictly limit your calorie intake one or more days per week, known as “partial fasting.”

When you feel ready, a full water fast is the ultimate reset for your body, and “packs the greatest punch” from an autophagy standpoint. A water fast is best done with no supplements, no coffee, no teas — nothing but water, or water with sea salt that will help maintain your electrolytes. Water fasts can go from 24 hours to multiple days in a row. But, as I mentioned, it's important to start with intermittent or partial fasting and work your way up to water fasting to prepare your body.

As always, check with your doctor first before beginning any kind of fast or dramatic lifestyle change to make sure it's safe for you, especially if you have a chronic disease or are taking medications.

There's no doubt about it — fasting can be difficult in the beginning! But like anything in life, it gets easier the more you practice...I promise!



KETOGENIC EATING

“Keto” diets have become somewhat of a fad in the last few years, and people often utilize them to lose weight quickly. The truth is, though, that there’s not one specific “keto diet” you have to follow to achieve ketosis, which is when your body starts burning stored fat for energy instead of using carbs to do the job. You achieve ketosis by consuming a certain percentage of carbs, fats, and proteins each day.



To achieve ketosis, aim for daily macronutrient ratios of 65–70% fat, 20–25% protein, and 5–10% carbohydrates. Eat 50 net carbs or less each day (net carbs = a food’s total carbs minus dietary fiber). If you find you’re still struggling to get into ketosis at that level, try dropping it to 30 net carbs per day. You can use the Carb Manager app to track these ratios with ease — it’s a wonderful tool that will calculate how many grams of fat, protein, and carbs you need for the day. And be sure you’re taking blood measurements to confirm whether or not you’re actually in ketosis — don’t rely on guessing! I don’t recommend using urine strips to test — instead, use a blood meter like Keto Mojo to test your ketone and glucose levels.

*Sidenote: If you don’t have a gallbladder, have a history of gallstones, or have difficulty digesting fats, you will need an enzyme-based digestive aid with ox bile and lipase to break down the fats you eat.



“*Another win is whenever I help my spouse cut the lawn, I have to stop and rest 4 or 5 times before I’m finished. Today I completed the entire yard before I realized that I had not stopped once to rest! I am bouncing with energy I have not had in a very long time. CHA you rock!*
-Tricia A.

OTHER METHODS



Outside of fasting or eating a ketogenic diet, the following can also help promote autophagy:

- Getting restorative sleep
- Engaging in hot/cold therapy (for example cold showers, cryotherapy, etc.)
- Eating certain food & drinks that are high in polyphenols that reduce oxidative stress like:
 - Cruciferous vegetables such as broccoli and kale
 - Mushrooms
 - Extra Virgin Olive Oil
 - Green Tea
 - Organic Coffee (I recommend Purity Coffee)
 - Red Wine (I recommend Dry Farm Wines)

Engaging in these recommendations will promote enough autophagy over time that a person will still get very significant benefits even if they never fast...but I still recommend fasting as the quickest, most efficient way to achieve a clinically significant level of autophagy.

Your body will thank you!



WANT TO DIVE DEEPER INTO CELLULAR HEALTH?

My team and I have helped thousands of people address the root cause of disease and dysfunction in the body through our comprehensive cellular detox program. When you're ready to take your health to the next level, visit www.coleclass.com to get started!

MY DIGESTIVE ISSUES
ARE 98% RESOLVED

★ ★ ★ ★ ★



My digestive issues are 98 percent resolved, I **no longer get migraines**, I **lost 22 lbs** and **lifelong carb cravings** and I **gained valuable knowledge** that should last me a lifetime.

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your health

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