

# 7 Ways to Bolster Your Mitochondria

Caring for your mitochondria is one of the best ways to take care of your health — and enjoy better energy, metabolism, and mental focus in the process.



1. **Do strength training and high-intensity interval training (HIIT).** Both can increase the number, and improve the function, of your mitochondria. The better your muscle mass and cardiovascular conditioning, the better your mitochondria will fare, and the more powerfully they will perform.



2. **Avoid or eliminate ingredients** that are toxic to your mitochondria, including processed flours, all sugars and refined sweeteners, trans fats, gluten, and dairy products.

3. **Eat six to nine cups of fresh vegetables and fruits daily.** Terry Wahls, MD, recommends a variety of greens (broccoli, bok choy, etc.), brightly colored vegetables (beets, carrots, etc.), and the sulfur-rich veggies (cauliflower, cabbage, etc.) that help your body produce glutathione, a master antioxidant. She recommends blending several of your mitochondrial-building veggies and fruits in a daily smoothie.



4. **Dine on fiber-rich foods** to help detox the poisons that can build up when mitochondria slow down.



5. **Up your omega-3 fat intake** to help build your mitochondrial membranes. Wahls recommends consuming 6 to 12 ounces of grassfed meat or low-mercury wild-caught fish each day. Avocados, nuts, and seeds are also rich in fatty acids. Taking a fish-oil supplement is a good idea for most people.



6. **Brew up bone broth.** When mitochondria are compromised, there is increased risk for autoimmune diseases, such as arthritis, which are caused, in part, by a leaky gut. Wahls says bone broth is rich in glutamine and other amino acids that are especially good for healing a leaky gut as well as other ailments. "It's the secret to that old-fashioned chicken soup remedy," she notes, "as long as you cook that soup broth with the chicken bones."



7. **Take mitochondria-protective and energy-boosting micronutrients,** such as Acetyl-L-carnitine, alpha-lipoic acid, coenzyme Q10, N-acetylcysteine, NADH, D-ribose, resveratrol, and magnesium aspartate.