

ANTECEDENTS

Organ meats were a natural part of our ancestors diet; our ancestors chose organ over muscle meat

TRIGGERING EVENTS

Conditions that can benefit from eating organ meats:
Heart failure
Macular degeneration
Chronic migraines
Chronic fatigue
Poor mitochondria function
Alzheimer's
Neurodegeneration

MEDIATORS

The best organ meats:
Heart
Liver
Oysters
Brain - if you can find it



SLEEP/RELAXATION

EXERCISE/MOVEMENT

NUTRITION/HYDRATION

Full of nutrients:
CoQ10, ubiquinol, choline, B12, Vitamins A, D & K2. Omega's and EFA's. Iron, zinc, magnesium, manganese and copper

STRESS/RESILIENCE

RELATIONSHIPS/NETWORKS