

Dr. Joseph Mercola Releases Groundbreaking New Book

Fat for Fuel addresses the value of nutritional ketosis and a cyclical ketogenic diet for Mitochondrial Health

Hoffman Estates, IL, June 15, 2017 – In his latest book *Fat for Fuel: A Revolutionary Diet to Combat Cancer, Boost Brain Power and Increase Your Energy*, New York Times best-selling author and leading natural medicine champion **Dr. Joseph Mercola** explains how nearly all disease is caused by defective metabolic processes. The damage takes place in the mitochondria, thousands of which are at work in nearly every cell in the body, generating energy needed to stay alive and well. The more healthy, functioning mitochondria, the more healthy the body.

Fat for Fuel gives a plan for addressing some very serious health concerns. As the body ages, it naturally produces fewer mitochondria. In addition, the wrong food choices (the ones that most people make), can even accelerate mitochondrial loss, damage existing mitochondria, and open the door to disease, obesity and even cancer. When the cells' mitochondria, or their major power centers, are healthy, the body's ability to fight disease is greatly enhanced.

Mercola maps out in *Fat for Fuel* food and lifestyle choices to boost mitochondrial health. His eating plan shifts the body over to burning fat for fuel instead of glucose from carbs allowing one to reduce the risk of damage to cell's DNA that can lead to disease.

"You're growing older each day", states Mercola, "Your body is producing fewer mitochondria, so that puts you at a disadvantage right from the gate. Time really may not be on your side."

Mercola shows in *Fat for Fuel* that anyone can take control of their health simply by giving the body its preferred fuel – fat – and not glucose, as many people have been led to believe. A ketogenic diet, one that's very low in carbohydrates and high in healthy fats, optimizes the biochemical pathways that suppress disease and support healing. Mercola goes on to say the benefits can be astounding, not only in treating and/ or preventing serious illnesses, but in boosting brainpower, increasing energy, losing and keeping off weight, and even more.

Mercola's new book teaches in clear terms how the body works on a molecular level. There are detailed guidelines for starting and sticking to a cyclical ketogenic eating plan. The reader will gain a clear understanding of the type of fuel the body is designed to burn in the most efficient way possible.

Already an Amazon #1 best-seller, *Fat for Fuel* is designed to change the way one thinks about nutrition and health.

About Dr. Mercola and Mercola.com:

Dr. Joseph Mercola is a physician and three-time *New York Times* best-selling author. He was voted the 2009 Ultimate Wellness Game Changer by the Huffington Post and has been featured in several national media outlets including *Time* magazine, *LA Times*, CNN, Fox News, ABC News, the Today Show, and The Dr. Oz Show. Dr. Mercola founded his website, Mercola.com, in 1997 and it has since become the world's #1 natural health resource site – with over one million subscribers to its natural health e-Newsletter.