Connective Tissue and Mitochondria

One budget, three crews: fund the construction site so it stops raiding the power plant.

1. Eat for collagen every day: 25 to 35 grams of protein per meal, bone broth or collagen peptides, vitamin C with it, and liver or desiccated liver capsules once a week for copper and iron.
2. Spare your methylation budget: creatine and phosphatidylcholine before any methylated B vitamin.
3. Feed the power plants: CoQ10, acetyl-L-carnitine, and alpha lipoic acid (skip the alpha lipoic acid if pregnant, planning to be, or breastfeeding).
4. Rebuild the spark-cleanup system: glycine, NAC, vitamin C, vitamin E, selenium.
5. Load your tissue on purpose with strength work, not stretching, because loading is what tells your body to build collagen.
6. Sleep, because that is when all three crews actually get paid.
7. Test the things that are "normal" on a basic panel: homocysteine, methylmalonic acid, ferritin, copper, vitamin C, red cell glutathione.

What to track. Homocysteine, MMA, RBC glutathione, ferritin, and copper at 12 weeks; the activity window month over month.

Full post, with the why, the labs, and the research version: **geneticsforthepeople.com/blog/connective-tissue-mitochondria-methylation-debt-ros-load/**

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