

# Chapter One

[Metabolic Health Worsens](#)

[Dr. Peter Attia, MD General Surgery – Diabetes](#)

[Dr. Sarah Hallberg, MD Obesity – TEDx Talk](#)

[Dr. Jason Fung, MD Diabetes](#)

[Dr. Ken Berry, MD Metabolic Syndrome](#)

[Dr. Mary Newport, MD Alzheimer's – TEDx Talk](#)

[Dr. Sten Ekberg Holistic Doctor & Olympic Decathlete - Fasting](#)

[Dr. Eric Berg, DC Health Educator – Insulin Resistance](#)

[Dr. Eric Berg, DC Healthy Keto & Intermittent Fasting](#)

[Cynthia Thurlow, NP Fasting – TEDx Talk](#)

# Chapter Two

[Dr. Eric Berg, DC Your Digestive System](#)

[Dr. Ken Berry, MD Carnivore Diet for Beginners](#)

[7 Benefits of Using Collagen](#)

[How to make Bone Broth](#)

[Another Bone Broth Recipe](#)

[Dangers of GMOs – 2021](#)

[Dangers of GMOs – 2022](#)

[Dr Berg Why I Eat Four Eggs Daily](#)

# Chapter Three

[Dr Seyfried – Cancer as a Metabolic Disease](#)

[Dr Jason Fung & Dr Mark Hyman – Sugar Causes Cancer](#)

[Dr Ekberg – New England Journal of Medicine](#)

[Dr Ekberg – 8 amazing benefits of fasting](#)

[Dr Ekberg – Therapeutic Autophagy](#)

[Dr Jason Fung – Dieting for Weight Loss](#)  
[Thomas DeLauer – How Mitochondria Produce Energy](#)  
[Autophagy – 2016 Nobel Prize](#)  
[Dr Berg – The most important benefit of Autophagy](#)  
[Dr Jason Fung – Fasting Secrets and Cancer](#)  
[Stage 3 Colon Cancer Reversed in 4 Months with Fasting](#)  
[Dr Berg – Lung Cancer Treatment](#)  
[Thomas DeLauer – Fasting vs Cancer Cells](#)  
[Dr Ken Berry & Dr Jason Fung – The Cancer Code](#)

## **Chapter Four**

[Why we need Magnesium](#)  
[Dr Berry – Nitrate/Nitrite in meats and Cancer](#)  
[Calcium & Immune System](#)  
[Calcium and Magnesium Absorption](#)  
[Potassium, Magnesium, and Cramps](#)  
[Dr Berg – Potassium](#)  
[Dangers of GMO Foods – 2014](#)  
[Dangers of GMOs – 2021](#)  
[Dangers of GMOs – 2022](#)  
[7 Benefits of Using Collagen](#)  
[How to make Bone Broth](#)  
[Another Bone Broth Recipe](#)  
[The Healthiest Protein – Eggs](#)  
[Correcting Fatty Acid Ratio – Omega 6 / Omega 3](#)  
[7 Sources of Omega 3](#)  
[Nutritional Yeast – Superfood](#)  
[Benefits of Nutritional Yeast](#)  
[More Benefits of Nutritional Yeast](#)

[ACV Benefits – Berg](#)

[ACV Benefits – Ekberg](#)

[Turmeric During a Fast](#)

[Dr Berg – Colostrum](#)

[Dr Berg – Rebuild Immune System](#)

[Thomas DeLauer – Colostrum & Gut Health](#)

[Thomas DeLauer – Benefits of Colostrum](#)

[Dr Berg – D-Ribose](#)

## **Chapter Five**

[Dr Ekberg – Is it Safe to Work Out While Fasting?](#)

[Dr. Berg – The Real Benefit of Exercise](#)

[Dr. Berg – How Exercise Affects Your Immune System](#)

[Push Ups](#)

[Beginner and Senior Rebounding](#)

[Dr. Berg – The Real Benefit of Rebounding](#)

[Thomas DeLauer – D-Ribose](#)

## **Chapter Six**

[A Personalized Diet – Dr. Eran Segal](#)

## **Chapter Seven**

[Instant Pot for Beginners](#)

[Instant Pot 101](#)

[20 of the BEST Things to Make in the Instant Pot](#)

[29 Best Instant Pot Accessories to BUY and AVOID!](#)