



Mighty Mito: Power Up Your Mitochondria for Boundless Energy, Laser Sharp Mental Focus and a Powerful Vibrant Body

Susanne Bennett

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Ever wonder why toddlers and preschoolers run around with endless energy, and you're ready to fall asleep just watching them? Finally, Dr. Susanne Bennett, has the answer! And it all has to do with the mighty mitochondria—that subcellular organelle that is responsible for your body's energy production. Through *Mighty Mito*, Dr. Susanne explains why we lose energy as we get older and how each one of us can regain that energy by providing what our mitochondria thrive on. Healthy mitochondria equal better energy production in our cells. Better energy production equals more energy—and you'll feel years, or even decades, younger. *Mighty Mito* contains step-by-step instructions on what mitochondria need to be healthy, including diet, exercise, and your environment. Power up your mitochondria for boundless energy, laser sharp mental focus, and a powerful vibrant body—it's that simple. Praise for *Mighty Mito*: "If you feel like you've lost your edge, the problem could be your mitochondria—ground zero for energy production in the human body. In this terrific book, Dr. Susanne Bennett, in a wickedly readable style, tells you exactly how to keep your mitochondria healthy and churning out energy. Don't miss this one!" —Jonny Bowden, PhD, CNS, co-author (with Steven Masley, MD) of *Smart Fat: Eat More Fat, Lose More Weight, Get Healthy Now* "Mighty Mito is a fantastic resource for anyone who has struggled with constant fatigue, brain fog and inflammation. Dr. Susanne Bennett provides a scientific and proven plan to increase your body's energy levels naturally. Written in an authoritative but supportive and encouraging voice, Dr. Susanne provides wisdom, and the ability to develop energy and vibrance in a natural, healthy and sustainable way." —Hyla Cass, MD, author of *8 Weeks to Vibrant Health* and *The Addicted Brain and How to Break Free* "I'm a huge fan of Dr. Susanne Bennett. She has done it again with her new book *Mighty Mito*, readers will be thrilled with the practical, easy-to-follow road map for increasing their energy and keeping it high through the day. She leads you on a journey to create more energetic life. *Mighty Mito* is packed with creative, unique, healthy, and lasting methods to maximize the health of your mitochondria and boosting your energy. I think this will be the book that gives the mitochondria the place it deserves in the public's minds." —Alan Christianson, NMD. NY Times bestselling author of *The Adrenal Reset Diet* "Low energy levels become a real drag! In her new book *Mighty Mito*, Dr. Susanne Bennett provides a practical, easy-to-apply plan that optimizes energy levels to create the vibrant, radiant life you deserve. A must-read, especially if you often crash with that running-on-empty feeling." —JJ Virgin, CNS., CHFS. Celebrity Nutrition & Fitness Expert, Author of the NYT bestsellers, *The Virgin Diet* and *Sugar Impact Diet* "Dr. Bennett has put forth an amazing book on regaining vitality, energy, and health. She sheds light on a topic that needs more attention, but until now has been too complex for most people to understand. Her new book bridges that gap of knowledge and complexity into easy to understand points and action steps people can take to regain health and wellness. A must read!" —Dr. Peter Osborne, Best selling author of *No Grain, No Pain* "Dr. Susanne Bennett nails it--increasing your energy isn't a fantasy, it's about improving your mitochondrial health. In a thoroughly researched, insightful, and comprehensive program, she explains step by step how to have more energy than you've had in years!" —Dr. Robyn Benson, DOM. Best selling author of *The Healthy Conscious Traveler* and founder of *The Self-Care Revolution* Dr. Susanne's *Mighty Mito* book and program is the solution whether you are someone who struggles with chronic pain or if you want to optimize your athletic performance! —Dr. Joe Tatta, DPT, CCN

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