The 7 ‘Positive’ Stressors That Build Your Energy and Heal Your Cells Transcript

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Introduction to Positive Stressors

Welcome to today's lineup of incredible speakers on the Mitochondria Energy Summit. I'm your host, Laura Frontiero. Today I'm going to do a quick talk on the seven positive stressors that build your energy and heal your cells.

Now, I want to share with you today the concept of or misuse. And this is an adaptive response of your cells to a moderate and usually intermittent stressor, meaning it's not high intensity and it's not constant.

Now the basic concept is that small amounts or small doses of stressors to your body are actually good for you and protect you from larger amounts of stressors.

And misuse is actually proof that healthy stress does exist.

Fasting and Autophagy

So, for example, an intermittent dose of a hermetic stressor like cold or heat exposure or intermittent fasting or exercise can stimulate cellular pathways that support your overall health.

And from mitochondrial perspective, when your cells experienced a mild stressor, it stimulates mitophagy and might Genesis. So the break down and getting rid of old mitochondria and the buildup and reproduction of new mitochondria.

So Mitophagy basically is this elimination of mitochondria that are damaged and dysfunctional and Biogenesis is the regenerating of more mitochondria from the healthier, stronger ones.

Now this process has to happen to prevent the accumulation of old and damaged mitochondria that cause oxidative stress, that cause low energy levels, that cause metabolic disease or the creation of new mitochondria.

It stimulates the cells to clean house and get rid of waste and malfunctioning cells. Now there are positive stressors that help your cells in ultimately your body become more resilient.

And the there are seven that I'm going to go over briefly in this talk and we have speakers on this summit who go into great detail on several of these.

So be sure to catch the talks and especially Ari Whitten's talks on hormones just as well. Now, the first one is intermittent and extended fasting, and we have a talk from Mark Mattson on fasting.

So be sure to watch it. And when you're fasting damage mitochondria are purge right through what we call autophagy. So you can think of this like your cells sending in a cleaning crew to dust and vacuum and polish everything up.

That's what autophagy is. The process allows mitochondria to remove damaged debris, something that we call accumulated reactive oxygen and nitrogen species, and unfolded proteins which are which are biologically inactive proteins.

Exercise and Mitochondrial Capacity

Now, fasting reduces oxidative stress byproducts and increases oxygen efficiency efficiency while maintaining ATP production. So your continuing to produce energy during all of this.

Okay. So the second one is regular exercise. Now, studies show that you can have a 50 to 80% increase in mitochondrial capacity when you exercise with interval training.

So remember I said it's not constant aggressive, it's interval. So this helps aid mitochondria repair, changes the mitochondrial shape and balances the mitochondrial cells and gives you production of new mitochondria.

Now there is a difference between movement and exercise. Movement is a low intensity. Moving your body without trying to change your actual physique while you're doing it.

And then exercise is high intensity with the goal to build strength, to build muscle, to build endurance, to burn fat and so on.

Red Light Therapy Benefits

The next one is red light therapy. So I did I did a great talk with Ari on day one of this summit where we talked about red light and we demonstrated red lights and we gave you all the reasons to do red light and a company that we trust that you can purchase red lights from and a coupon code to get red lights.

So go watch that video if you didn't on interview on day one. But basically red light therapy is low wavelengths and it's a form of photo biologic dilation.

And red light goes deep into the into outside of the cells. Increasing cellular energy and antioxidant production and red lights benefit you in a lot of ways, not just your mitochondrial health, but also it helps support your circadian rhythm balancing, improving your sleep.

It supports collagen production. It reduces inflammation and pain and improves skin condition, and it promotes wound healing and tissue repair, helps with hair growth.

And research also shows that mitochondria make more energy when exposed to red light. So go get that video because we are go, go, go watch that interview on day one because we we unpack all of this and spend over an hour talking about the benefits of red light, so called exposure.

Here's the next one. Shivering actually recruits mitochondria to generate heat. Even 30 to 90 seconds of a cold blast has been shown to increase mitochondria biogenesis, which as I just explained, is the production of new mitochondria.

And you can easily do this in the shower by a cold blast. You can do a cold plunge, you can do whole body cryo chambers. You can target areas of your body and do cryo or facials or cryo in a like an injured area of your body.

So think of professional athletes. And they're you know, they're on a constant quest to improve performance. And cold therapy is a commonly use strategy to actually increase that performance.

I personally have gone into cryo chambers before.

Cold Exposure and Biogenesis

It is so cold. Oh, my gosh, it's so cold. I don't love cold plunges. I have to admit, being cold is not my favorite thing. It is like takes me so many so much nerve to get into the cold water so hard anyway.

The next one is heat exposure and or sauna bathing. So heat exposure is a is a mild stress signal that triggers cell responses and that response requires adaptation from the cell.

And this creates a beneficial response in the mitochondria and increases their functional capacity. So it doesn't matter if it's a traditional sauna or an infrared sauna.

It's the heat and the sweating that's important. So in this case, heat and sweating is a traumatic action for the mitochondria. And if you think about sauna, it's actually an important part of most ancient civilizations around the world, because when you do it, you function at a higher level, have less illness and more stamina.

So from the beginning, the time, Donna, has been a very important part of civilizations. Seems like we've gotten away from it a little bit, but hopefully people are getting back.

Hypoxia is the next one. So this is intermittent hypoxic breathing now, intermittent hypoxia, training actually teaches your blood to extract more oxygen, more efficiently from the lungs.

Heat Exposure and Sauna

And it's also directly affecting your mitochondria and protecting them from damage to so much like sauna. Intermittent hypoxic training has been used and studied by scientists for years.

Watson has been around since the beginning of time. Intermittent hypoxic training has only been studied for about 50 years. It's been more widely popularized by Wim Hof.

He's an extreme athlete, he's known as the Ice Man, and he developed his breathing technique combined with cold therapy, to create the Wim Hof method.

So we combined, you know, two different or medic stressors to improve his, his, his performance. And then we know that Russian scientists have also been researching and using the method for years to treat various diseases and enhance athletic performance as well.

So that's breathing. So there's several benefits to hypoxia, including boosting your immune function, improving your sleep, helping to regulate your nervous system, improving mental stamina, increasing energy levels, improving exercise performance.

Hypoxia and Breathing Training

And it actually helps decrease inflammation as well and creates new mitochondria so that mitochondria biogenesis, it also increases something called BD and F, which is brain derived neurotrophic factor, which helps support new neuron growth and development in the brain.

Okay. The next one here and I think it's the last one it is number seven is phytochemicals. So hermetic phytochemicals are found in foods. So some examples would be resveratrol, sulforaphane curcumin, allicin.

They're all reported to activate adaptive stress response signaling pathways that increase cellular resistance. When you have injury or or so, it increases cellular resistance to injury or disease.

So in other words, the phytochemicals in plants can also create a mild stress reaction in the body that actually help our mitochondria and cells thrive.

So there's all kinds of different supplements you can take and mitochondria formulations. So if you feel like you're ready to get support and get help restoring your energy and getting rid of your mystery health symptoms, they didn't get in contact with me or one of the practitioners who are teaching you on the summit.

For the past few days, you've been learning all kinds of new tools to help you solve your problems. You're also learning from experts all over the world who have the ability to help you.

So while you're viewing the summit, look for the practitioners you resonate with and be sure to connect with them afterwards to get the help you need.

I'll also be hosting a Live Easy Energy Reset three week journey.

Phytochemicals and Next Steps

In a few weeks. I'll be going live on Zoom with participants each week and we'll be doing a deep dove into toxins, gut health and more easy energy reset is available for you to purchase when you get your all access pass to the summit.

And if you want more information on how to get either the summit or easy energy reset, just email support at Dr. Talksport.com and the HELP Team will get you all sorted out.

Also, stay tuned after the summit finishes airing because I'll be hosting a series of masterclasses to get you more information on your favorite topics from the summit, including how to get functional lab testing to look for your toxins in your body, to check out your gut health, and also how to work with me from nearly anywhere in the world.

You can find me at Laura French TerraCom. There is a clickable link to my website near the bottom of the page where you're watching this video right now.

So until next time, take good care. Bye now.