



Mitochondria and the Future of Medicine

The Key to Understanding Disease, Chronic Illness, Aging, and Life Itself

Lee Know, ND

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“This book makes mitochondria come to life in vivid descriptions. . . . Dr. Lee Know will teach you that mitochondria play a central role in much that we care about in health and disease.”

—**STEPHANIE SENEFF, PhD, senior research scientist, MIT**

Mitochondria are the new frontier in health. Similar to how the microbiome has proven to be incredibly influential on our health, emerging research suggests our mitochondria—the often-overlooked powerhouses of our cells—are equally as important.

In *Mitochondria and the Future of Medicine*, naturopathic doctor Lee Know takes a deep dive into how our mitochondria work and the implications this system has on a number of age-related conditions including heart disease, diabetes, and neurodegenerative diseases. If we can optimize mitochondrial function, it could add years to our life and life to our years.

Dr. Know reviews the latest studies and offers cutting-edge information on nutrition, supplementation, and lifestyle changes for mitochondrial optimization, such as CoQ10, D-ribose, cannabinoids, and ketogenic dietary therapy, and how to implement their use successfully. His book is an invaluable resource for practitioners interested in mitochondrial medicine and the true root causes of chronic illness and disease, as well as anyone interested in optimizing their health.



Lee Know, ND, is a licensed naturopathic doctor based out of Canada, and the recipient of several awards. Known by his peers to be a strategic and forward-thinking entrepreneur and researcher, he has held positions as medical advisor, scientific evaluator, and director of research and development for major organizations. Besides managing Scientific Affairs for his own company, he also currently serves as a consultant to the natural-health-products and dietary-supplements industries, and serves on the editorial advisory board for Canada's most-read natural health magazine. He calls the Greater Toronto Area home, where he lives with his common-law partner and their two sons.

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