



4.6 Glycogen & Cortisol

GLYCOGEN
CORTISOL
GLUCONEOGENESIS

SALT CRYSTALS



DR. BOZ RATIO
Glucose ÷ Ketones
Under 80: Might Get Autophagy

- Weight Loss

Under 40: Solid Chance of Autophagy

- Repair of Immune System

Under 20: Best Chance of Autophagy

- Goal for Cancer Patients

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POCKET SALT

