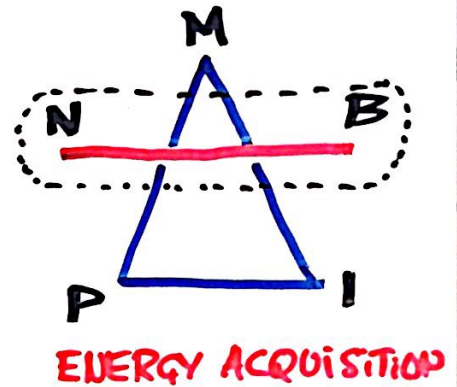
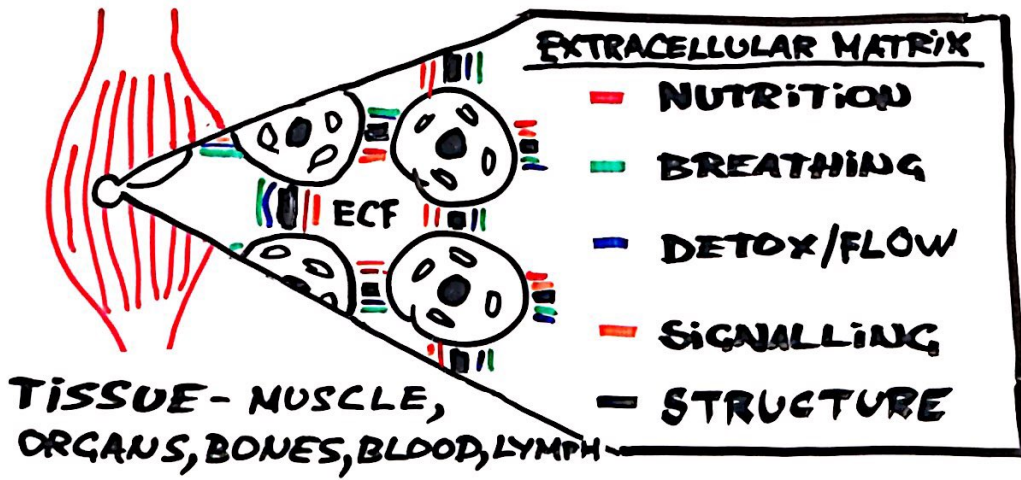


INTEGRATIVE WEEK NO. 7 - (BN)



SYNERGISTIC ASPECT = NUTRITION + BREATHING

4	FAT OXIDATION RATE	↓↑ KETO-ADAPT.L.	↑↓ RQ. RESPIR. QUO.
6	CHR. INFLAMMATION MARK.	↑↓ GLUC ↑↓ INS.	↑↓ O ₂ STR. AGES, ROS FREE RADICALS
11	DIABESITY-INS. SENSIT.	↑↓ INS. LIPOLYS. INH.	↑↓ HYPOXIA, HIF1
9	BRAIN BLOOD FLOW	↓↑ KETO → 40% CBF	↓↑ CO ₂ , NO-VASODIL.
8	METAB. TOXICITY IMMUNE RESILIENCE, SLEEP, RECOV.	↑↓ FASTING	↓↑ LYMPH FLOW
10	CANCER PROLIFER	↑↓ ANAEROB. GL	↑↓ HIF1, 2- ANGIOG.
5	TISSUE REGENERAT.	↓↑ COLLAG (25%) PROG	↓↑ CELLO ₂
12	NEUROTR. SENSIT/DEF. STRESS RESILIENCE, SSRI/SURI	↓↑ LC, CRAVINGS	↑↓ CHUS, ACCIDTIR.
7	FAT IMBAL, W6	↓↑ W3 FOODS	↑↓ LUNG INFLAM.
3	HYPOX, HYPERCAPN. TOL.	↓↑ KETOGENIC	↓↑ BR. OPTIM.
2	RESPIRATORY BURDEN PHYSICAL RESILIENCE	↑↓ KETOGENIC	↓↑ BR. OPTIM.
1	PHYS. MOVEMENT OPTIM.	↓↑ GHR/LEPT. PERIST.	↓↑ DIM. BREATH.