

Relationship between ketone bodies and aging

Everyone...do you know about a substance called "ketone bodies"?

"Ketone bodies" are biologically generated in the body that "suppress aging"

It's a substance...

So, is it possible to generate those "ketone bodies" by doing so?

Honestly... by regularly being in a fasting state, ketone bodies are produced.

The mechanism generated from within the body is already biologically established both domestically and internationally.

It's proven!

People who know this information and knowledge dare to follow this mechanism.

We have adopted a living environment where we intentionally go into a "starving state" on a regular basis!

(as an example)

- ① People who dare to go into a "starving state" on a regular basis even if they are wealthy
- ② If you are poor like me and cannot procure food, you will inevitably end up in a state of hunger.

People who are forced to do it regularly

This substance called ketone body is a substance that is fast-acting and definitely effective,

This action is not recommended for people with declining physical strength!

Just blindly follow your instincts

- ① People who always want to stay full
- ② Those who just somehow eat three full meals to their full stomach.

This is an action I would like to immediately recommend to the above people...

Please use it as a reference!