

THE
**MUSCLE
INTELLIGENCE**
PODCAST

EPISODE

#227

**BOOST
MITOCHONDRIAL
FUNCTION AND
EXPAND YOUR MIND**

WITH IAN MITCHELL



1 HR 25 MIN

SPONSORED BY

BUBS Naturals - code MUSCLE for 20% off

Click for **MORE** tools to
help you be lean, healthy,
and muscular for life!

Boost Mitochondrial Function and Expand Your Mind with Ian Mitchell

Click to listen on your favorite platform!

Ian Mitchell is an inventor, biochemist, & pharmaceutical developer who specializes in anti-aging technology & peak performance. Ian works with NASA astronauts, Olympic athletes, & other top-tier performers who want to experience superhuman gains.

You'll learn:

- How to regain lost cognitive function.
- Tools to reverse oxidative stress.
- ONE thing that offers a huge leap in performance.
- What it takes to optimize your creative process.
- KEY takeaways for the health and longevity of our species.

Listening guide:

- 3:30 - NMN, Resveratrol, and testosterone.
- 19:00 - Wizard Sciences Neural Rx.
- 27:40 - Can you teach an old dog new tricks?
- 33:15 - How to boost energy.
- 37:30 - Impacts of PEMF devices.
- 47:55 - The virus and 5G (plus Benadryl and pH).
- 58:00 - Ian's creative process and daily life.
- 1:12:20 - Olympic I serum.

Mentioned in this episode:

- [Wizard Sciences](#)
- [Ian's Instagram account](#)
- [Leela Quantum Tech at the 2021 BioHacking Conference](#)
- [Benadryl & Long COVID \(+ Ian's Antiviral Therapeutic Drug Combinations patent\)](#)
- [The Fourth Phase of Water: Beyond Solid, Liquid, and Vapor](#)
- [Life on the Edge: The Coming Age of Quantum Biology](#)