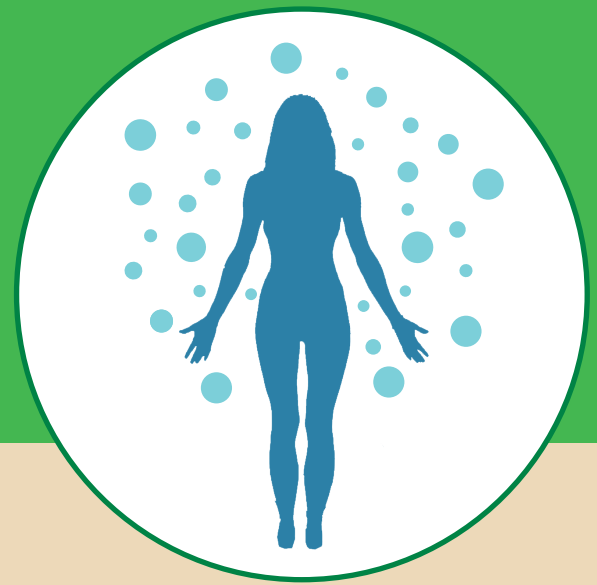


# THE KETO DIET AND THE BENEFITS OF AUTOPHAGY

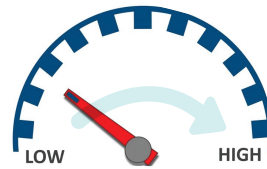


01



LONGEVITY

02



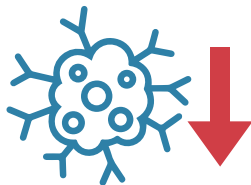
IMPROVES  
METABOLISM

03



BRAIN  
PROTECTION

04



CANCER  
SUPPRESSION

05



CARDIOVASCULAR  
HEALTH

06



DNA REPAIR