# Recharging Your Cells to Increase Energy and Reverse Aging

written by Dr. Ronald Hoffman | April 8, 2025

Unlocking the Power of Mitochondria: Dr. Garth Nicolson, a leading expert in molecular pathology, explores the critical role of mitochondria in energy production and overall health. His groundbreaking research reveals how repairing and restoring cell membranes improves health by increasing energy, decreasing fatigue, and slowing the aging process. The discussion delves into Dr. Nicolson’s findings, including his influential fluid mosaic model of cell membrane structure. The focus then shifts to the importance of maintaining mitochondrial membrane integrity to combat aging and various age-related clinical conditions. Dr. Nicolson explains the benefits of membrane lipid replacement therapy using NT Factor Lipids to restore mitochondrial function, address fatigue, support recovery from chemotherapy, aid in chronic illnesses like fibromyalgia and long COVID, and assist in conditions such as schizophrenia, autism, and EMF sensitivity. The episode highlights the broad therapeutic potential of NT Factor Lipids, emphasizing their role in enhancing energy levels, promoting healing, and improving overall cellular health.