

**INCREASES  
TESTOSTERONE  
WITH EVERY  
REFEEDING**

**UPREGULATES  
SYMPATHETIC  
NERVOUS  
SYSTEM FOR  
INCREASED  
ENERGY**

**UPREGULATES  
AUTOPHAGY**

**UPREGULATES  
SIRTUINS**

**IMPROVES  
INSULIN  
SENSITIVITY**

**MAXIMIZES  
LIFESPAN**

**ALIGNMENT  
FROM MICRO TO  
MACRO**

**IT IS AN  
ADDICTION  
THERAPY**

**IMPROVES THE  
MICROBIOME  
IN YOUR GUT**

**INCREASES  
GROWTH  
HORMONE  
RELEASE**

**INCREASES  
METABOLISM**

**INCREASES  
BDNF**

**RESULTS IN  
SIGNIFICANT  
WEIGHT LOSS**

**LOWERS  
CHOLESTEROL,  
BLOOD  
PRESSURE,  
INFLAMMATION**

**LOWERS ANXIETY  
AND IMPROVES  
MOOD**

THE  
**ATHOS DIET**

BEFORE THERE WAS ATKINS, THERE WAS ATHOS



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