

ENERGY-MITOCHONDRIA DECODER

What Your Score Reveals





YOUR BIOENERGETIC ASSESSMENT

**Your body speaks one
language.**

ENERGY

(Want your score first? Flip ahead to "KK WELLNESS — Energy-Mitochondria Score" and find your state—come back to this intro when you're ready. It'll make more sense with your result in hand.)

Your Body Was Never Working Against You

Before you look at your score, understand something that changes the way almost everyone thinks about health. Your body is not confused. It knows exactly what it's doing.

THE CONVERSATION

It is not betraying you. It is adapting. Every moment, trillions of cells are making decisions designed to keep you alive. Long before symptoms appear, your body quietly adjusts how it transforms, distributes, and conserves energy.

Every heartbeat. Every thought. Every immune response. Every hormone released. Every muscle contraction. Every breath. Every moment of healing.

They all depend on the same biological language. Energy.

THE TRANSLATION

When that resource is abundant, your cells communicate clearly. They repair. Adapt. Recover. Respond.

When that resource becomes limited, your biology doesn't simply run out of fuel. It changes the conversation. It begins making compromises. Those compromises become symptoms. Because it's trying to keep you alive.

Your symptoms aren't random. They're part of the conversation. The question has never been, "Why is my body working against me?" The better question is, "What has my body been trying to say?"

This report is your shorthand translation.

One Energy System

Thousands of Possible Symptoms

Every organ performs a different job. Your brain, heart, muscles, liver, immune system, hormones, digestive tract, and skin.

But your brain doesn't speak "brain" and your hormones don't speak "hormones". Every system in your body speaks the same language. That language is energy.

It is the language of repair, adaptation, resilience, and healing. Every cell must have its energy demands met to function, depending on the continuous flow of energy. Mitochondria transform oxygen and nutrients into ATP while helping regulate cellular signaling and repair.

When energy becomes limited, the body makes trade-offs that ripple through the entire system. This is why unrelated symptoms often share a common underlying pattern. Your body functions as one interconnected energy system, not as isolated parts.

What Happens Next

Your body has been speaking to you through energy since you were born. The goal isn't to silence the conversation, but to translate it. Once you understand the language, you stop fighting your biology and begin working with it. Welcome to the language of energy.



KK WELLNESS

Energy-Mitochondria Score Your Bioenergetic Snapshot

Your symptoms are not random.
They may be meaningful signals.
Here is a translation of what they
may be signaling to you.

Below is your state, what may be
happening energetically inside your
cells, and—most importantly—the
next steps you can take for where
you stand right now.

This is an educational wellness assessment—not a diagnostic or validated clinical test. Your score reflects self-reported symptom and lifestyle patterns; it does not directly measure mitochondrial function, ATP production, inflammation, membrane potential, hormones, or any specific cellular pathway. Similar symptoms can have many causes. If you have persistent, worsening, or concerning symptoms, discuss them with a qualified healthcare professional.

STATE 1 — OPTIMAL & HIGH-PERFORMING

SCORE: 12–18

Your responses suggest your bioenergetic system is functioning at a relatively high-efficiency, high-resilience level.

Genuinely—this is rare. Your responses are consistent with efficient energy transformation, healthy redox balance, and strong cellular resilience. Take a moment to appreciate that. You're running at a level most people spend years chasing.

WHAT THIS MAY MEAN INSIDE YOUR CELLS

- Strong, stable mitochondrial membrane potential ($\Delta\Psi_m$)
- Efficient fission–fusion cycling
- Favorable NAD⁺ / NADH ratio
- Robust antioxidant systems

These patterns are associated with healthy mitochondrial function, although your score does not directly measure them.

FASCINATING FACT

Mitochondrial oxidative metabolism contributes to ultraweak photon emission—faint light generated during normal cellular chemical reactions. Researchers are studying these emissions as potential indicators of cellular oxidative activity and mitochondrial function.

STATE 1 — OPTIMAL & HIGH-PERFORMING

SCORE: 12–18

YOUR EDGE IS REAL—AND IT'S ALSO QUIET

High performers rarely feel decline coming. Circadian drift, low-grade inflammation, micronutrient depletion, or subtle mitochondrial stress can build for months before anything shows up as a symptom. The people who protect a state like this longest are the ones who reinforce it before it needs defending.

YOUR OPTIMIZATION OPPORTUNITY

Most people don't reach for support until State 2 or 3—after something has already started to slip. You're in the rarer position of reinforcing your foundation while you're still ahead of it. 10,000 Suns gives you the structure to keep biogenesis, circadian alignment, hormesis, and metabolic flexibility dialed in—protecting this state for the next decade, not just this year.

STATE 2 — MITOCHONDRIAL COMPENSATION MODE

SCORE: 19–28

Your system may be working harder than it should have to—and it's starting to signal that to you through mild symptoms.

WHAT MAY BE HAPPENING BIOLOGICALLY

- Increased reactive oxygen species (ROS)
- Reduced metabolic flexibility
- Early membrane depolarization
- Mild NF-κB-driven inflammation
- Increased mitochondrial fragmentation
- Altered NAD⁺ / NADH ratio, slowing cellular recovery

These are well-described adaptations that can occur during early bioenergetic strain, although your score cannot determine which are present in your body.

Under mild strain, mitochondria can trade long-term efficiency for short-term survival. That trade doesn't stay contained to one system—it shows up as a pattern.

STATE 2 — MITOCHONDRIAL COMPENSATION MODE

SCORE: 19–28

WHY YOUR SYMPTOMS HAVE A PATTERN

This isn't scattered bad luck. It's one system, showing up in multiple places: • Afternoon fatigue • Cravings and glucose dips • Disrupted sleep • Mood shifts

FASCINATING FACT

Under cellular stress, mitochondria can form mitochondria-derived vesicles—small packages that transport selected components for processing or clearance. It's a real, measurable sign of cells actively managing strain, long before you'd notice it consciously.

THIS ISN'T A VERDICT ON YOUR EFFORT

A body under energetic strain will produce fatigue, cravings, and mood shifts regardless of how much willpower is behind it—that's what the biology does under these conditions. The more useful question isn't "Why can't I push through this?" It's "What inputs would change the signal?"

YOUR REBUILD OPPORTUNITY

Many people notice meaningful improvements within weeks of consistently correcting the right inputs, although results vary. This window is exactly what 10,000 Suns is built for—early enough that the reset alone may be enough to restore momentum. If you want it tailored to your specific pattern, the 1:1 consult is a valuable complement.

STATE 3 — METABOLIC FRICTION MODE

SCORE: 29–38

Your energy system is fighting and making compromises—and it could be costing you more than energy.

WHAT MAY BE HAPPENING INSIDE YOUR CELLS

- Impaired fat oxidation
- Elevated inflammatory cytokines (IL-6, TNF- α)
- Reduced AMPK activation
- Reduced mitophagy (damaged mitochondria aren't being cleared)
- Inefficient electron transport chain flow
- Disrupted circadian gene expression

These patterns have been associated with metabolic and mitochondrial stress in published research, although your score cannot determine which are occurring in your body.

At this stage, the compensations that worked in earlier stages start costing more than they save. Damaged components stop getting cleared efficiently, inflammation becomes more persistent, and the friction shows up across systems at once.

STATE 3 — METABOLIC FRICTION MODE

SCORE: 29–38

WHY SYMPTOMS MULTIPLY AT THIS STAGE

- Weight gain that doesn't respond to normal effort
- Anxiety and stress sensitivity
- Persistent cravings
- Slow, difficult mornings
- Inflammation
- Hormonal swings

FASCINATING FACT

Light–dark timing helps regulate circadian pathways that influence glucose metabolism, fuel use, hormone signaling, and mitochondrial function. Even when diet stays the same, disrupted circadian timing can alter how efficiently cells produce and use energy.

THIS IS AN ENERGETIC PATTERN

Reduced metabolic flexibility may be one contributor to this pattern, although it is not the only possible explanation. The friction is energetic, not motivational.

YOUR RECOVERY OPPORTUNITY

At this stage, generic advice usually isn't enough—the inputs need to be personalized to what's actually driving your friction. Start with 10,000 Suns as your structured, day-by-day protocol, and add the Energy–Mitochondria Consult to pinpoint your specific barriers and tailor the reset to your biology.

STATE 4 — BIOENERGETIC DISTRESS MODE

SCORE: 39–48

Your cells may be signaling for support—and multiple systems may be downstream of the same underlying conversation.

WHAT MAY BE OCCURRING INSIDE YOUR CELLS

- Lower ATP output
- Depolarized membrane potential
- High reactive oxygen species (ROS)
- Reduced mitochondrial biogenesis
- Impaired glutathione recycling
- Electron transport chain bottlenecks
- Disrupted hormonal signaling
- Immune system disruption

These changes have been associated with significant bioenergetic strain in the scientific literature, but your score cannot determine whether they are occurring in your body.

FASCINATING FACT

Mitochondrial membrane potential—the electrical gradient across the inner mitochondrial membrane—is essential for ATP production. Persistent disruption of this electrochemical gradient impairs cellular energy production and has been associated with mitochondrial dysfunction, oxidative stress, and age-related decline.

STATE 4 — BIOENERGETIC DISTRESS MODE

SCORE: 39–48

WHY EVERYTHING FEELS CONNECTED

Because many symptoms can share overlapping biological drivers: •

Fatigue • Cravings

- Inflammation
- Brain fog
- Hormonal chaos
- Digestive disruption

YOUR SYMPTOMS ARE SIGNALS

Symptoms at this level reflect significant strain—not a measure of how hard you've tried. Identifying and correcting the underlying biological inputs is more useful than simply trying harder at the same approach.

A NOTE WORTH TAKING SERIOUSLY

At this level, it's worth discussing your symptoms with your healthcare provider and considering appropriate medical evaluation alongside lifestyle changes. Bloodwork and clinical assessment can help identify underlying conditions that may be contributing to this pattern.

YOUR TURNING POINT OPPORTUNITY

This is the state where guessing can mean more wasted time. With the right inputs—properly sequenced and personalized—meaningful improvement is possible. Start with the Energy-Mitochondria Consult to identify the most important barriers in your specific pattern. From there, 10,000 Suns can provide the structured daily foundation, while the 8-Week Mitochondrial Renewal Program offers the deepest level of personalization, sequencing, and support.

What You Do Next Matters

Understanding your biology is the first step. Now comes the important part: Supporting it. Your biology responds to inputs. Every sunrise. Every meal. Every night of sleep. Every movement. Every breath. Every relationship. Every moment of stress. Every moment of recovery. Each one becomes information your cells use to decide whether to repair, adapt, conserve, or thrive. The question is: What inputs will you give your body next? Your body has spoken. Now it is a question of match—the right input, at the right stage, in the right order. Below, find the resource built for where you are right now.

10,000 SUNS (Your Foundation)

This is a comprehensive, self-paced 28-Day Energy Reset designed to help you restore the biological inputs your cells need to thrive.

<https://kristinakristen3.systeme.io/28-day-mitochondria-reset>

THE CONSULT (Personalized Insight)

A focused 45-minute consultation to identify the biggest opportunities for improving your cellular energy.

<https://kristinakristen3.systeme.io/consult#row-2550508d>

8-WEEK RENEWAL (Complete Transformation)

A comprehensive one-on-one coaching experience designed to systematically rebuild your energy system.

<https://kristinakristen3.systeme.io/consult#row-ddef138e>

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Begin Your Reset.

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