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Minding My Mitochondria 2nd Edition: How I overcame secondary progressive multiple sclerosis (MS) and got out of my wheelchair. 2nd Edition by Terry L. Wahls (Author), Tom Nelson (Illustrator)

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### Minding My Mitochondria | Dr. Terry Wahls, MD & Author

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Mince garlic or onions; sit for 15 minutes to allow the nutrients to stabilize prior to use. When the garlic/onions are cut across, a reaction occurs that stabilizes the micronutrients, which allows them to not be lost in cooking or in the marinade.

**Kale or Collard Greens Ginger Salad | Defeating ...**

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