

mTOR in Balance

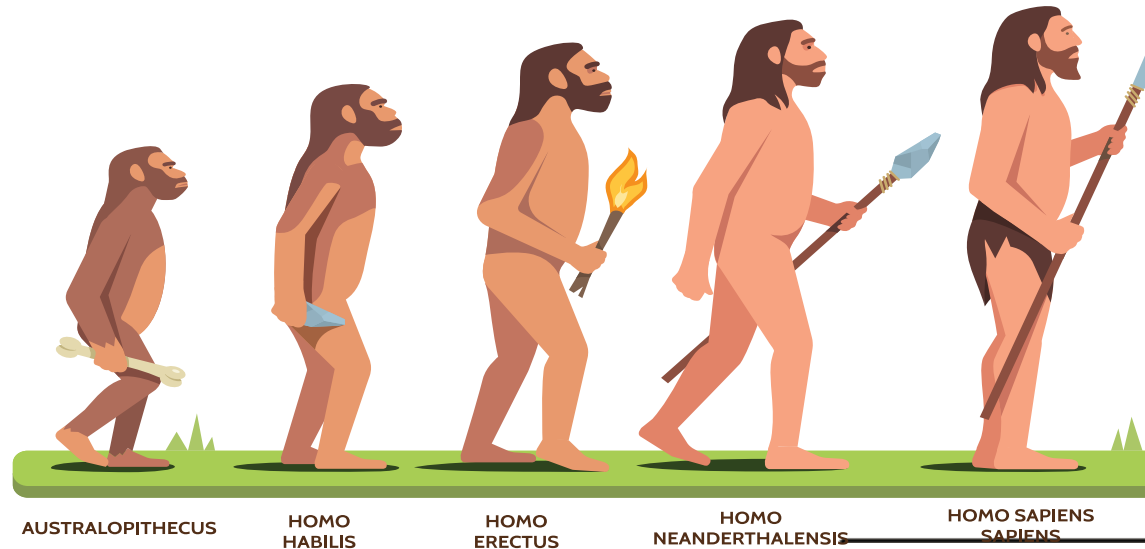
The Natural Pharmacist

**Figure 1: Our Ancient Ancestors
mTOR/autophagy in balance for 99.99% of human evolution**

mTOR
Ate once/day
4 Hours/day digesting

AUTOPHAGY
20 Hours/day not eating

Earliest Humanoids
5-7 million years →



Homo Sapiens
200,000 to 300,000 years