



What items will stop autophagy from occurring?

Autophagy is a process that is very sensitive to dietary protein consumption. So things that are high in protein, such as meats or vegetable sources, such as soy beans or beans for example, will stop autophagy from happening. So if you eat protein, your body absorbs these amino acids and these amino acids basically stop autophagy pretty much from happening.

So if you're trying to stimulate autophagy, you really want to cut out the dietary proteins for that period of time. Obviously you can't cut out dietary proteins over the long period because your body needs some protein to maintain normal function.