

Nourish, Energize, Renew

Our bodies are designed to absorb and assimilate whole foods. Nutritionals produced by nature provide nutrients that our bodies can easily digest and assimilate, giving us what we need to function at our best. When combined with proper diet, sufficient exercise, and plenty of pure water, the following actions can help you create a perfect blueprint for a full and balanced lifestyle.

"We must look at ancient science, as well as modern science, to prove the value of herbs and medicinal foods. All these 'superfoods' have historical and scientific validity."

—Steve Gagne, Health Counselor and Author

NOURISH WITH SUPERFOODS, which are whole foods rich in a variety of usable micronutrients such as vitamins, minerals, and trace elements that help support your physical stamina, natural defenses, and mental well-being.* Supplements made from highly assimilable and enzymatically active microalgae, wheat grass, sprouts, and many more superfoods are your best choice.

Some of the important benefits of freshwater microalgae and other green superfoods:

- Raw and enzymatically active, they permit the maximum absorption of nutrients.
- They provide phytonutrients vital to the health of the immune system.*
- Blue-green algae, with an ideal ratio of omega-3 to omega-6 essential fatty acids, supports the health of the liver, heart, kidneys, and brain.*
- An excellent source of chlorophyll supports blood and liver health and assists the body with the cleansing of toxins.*
- Naturally occurring vitamins, minerals, and carotenoids help to transform food into energy and fill in the gaps in our diets.
- Amino acids in a naturally balanced form provide the building blocks for cell repair and regeneration.*

The skin and digestive tract (functioning together as the integumentary system) contain the most immune system receptors in the body and function as the permeable

membrane between us and our environment—taking in elements and discharging waste. No wonder the condition of our skin reflects the condition of our intestines!

"Man is not nourished by what he swallows, but by what he digests and uses." – Hippocrates

ENERGIZE WITH DIGESTIVE NUTRITION

, which includes friendly bacteria and food enzymes that help turn macronutrients into Energy for Life®. Plant-based enzymes help reduce digestive distress and help you to get more nutrients from the foods you eat. Probiotics help you to establish a balanced ecosystem that enables you to defend against the effects of stress, antibiotics, poor diet, and chemicals in food and water.

It has been said that everything in life is in the process of digesting or being digested; everything changes and nothing stays the same. Biological life is one perpetual center of birth, life, death, and rebirth. Everything in life is in the process of being and becoming everything else in life. These biological cycles go on and on. What do these cycles have in common? *Mealtimes*. Where would life be without food and digestion? The quality of our life and health is determined by our ability to digest, absorb, and assimilate various aspects of our lives, including ordinary foods and beverages. Extraordinary health may be defined as the ability to digest almost anything. Supplemental enzymes and probiotics help the digestive system do just that.

"The more antioxidants found in the body, the longer an individual's life will be. In order to live a long and healthy life, antioxidants should be a staple of

any nutritional program."

—Richard G. Cutler, Research Aging Expert

RENEW WITH ANTIOXIDANT NUTRITION

, which utilizes nutrients than can reduce the stress of free radicals and minimize oxidative stress. Quality antioxidant products can help neutralize free radicals (unstable molecules) before they can cause cell damage and premature aging. Premium natural ingredients provide superior synergistic antioxidant support.

Antioxidants are one of the hottest topics in the health field today. An abundance of published information emphasizes the importance of antioxidants in slowing the aging process and supporting good health. But how do we, as health-conscious consumers, choose the best source of antioxidants? Numerous research studies have demonstrated the link between human health conditions and free radical damage. The stresses of modern living often create free radicals in quantities well beyond the body's natural ability to cope with them. Alcohol, cigarette smoke, strenuous exercise, inflammation, exposure to certain chemicals, radiation, air pollutants, and high-fat diets are all sources of these culprits. Left unchecked, uncontrolled free radicals can have devastating health effects. The effect of free radical attack is called oxidative damage. As we age, our bodies become less effective at combating oxidative damage. Antioxidants fight free radicals by neutralizing them. Excessive production of free radicals, and/or ineffective natural defense mechanisms to deactivate free radicals, have been implicated as contributing factors in many diseases and conditions. They can speed up aging, contribute to heart problems, and weaken your immune system. Antioxidants are obviously an advantage against the aging process and against many diseases. ☐

Nourish, energize, and renew...naturally...with Cell Tech products!

*These statements have not been evaluated by the Food and Drug Administration. These products are not intended to diagnose, treat, cure, or prevent any disease.

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