

Food for Thought

Inspired by Cell Tech Distributors

Sharing a Passion for Your Health

Volume 2, Issue 1



The New "Essentials"...Convenient and Value-Packed

Designed both for those who are new to our products and for those who have eaten them for years, this is a repackaging of five of our most "essential" products into one bag. Each bag contains thirty cellophane packets, each packet containing one Alpha Sun®, one Omega Sun®, two Original Enzymes, one Acidophilus, and one Bifidus.

The Essentials are built on the foundational principles of a solid start-up program. These principles apply to the most basic needs of people, animals, and even plants! All living things require assimilable, mineral-rich, nutrient-dense natural food sources for optimal health.

It's in the Bag!

Cell Tech Puts "the Basics" Right at Your Fingertips

Let's look first at the importance of a natural diet. What are the basic biological requirements of all living things? We can divide the requirements roughly into three main dietary areas.

- Enzyme-active food
- Beneficial bacteria cultures
- Nutrient-dense, mineral-rich food

The lack of these requirements is epidemic today. What would a "natural diet" look like? For a good example, imagine your cat hunting outdoors. Pounce! The cat will now consume enzymatically-active raw meat, friendly bacteria, partially-digested (enzyme-rich) grains in the intestines, and nutrient-dense wild food—all in the form of a mouse!

As for plants, have you ever noticed that chemical fertilizers provide a quick boost that's short-lived? On the other hand, decaying organic material in the soil provides the enzymes and minerals so needed by the plant—and the friendly bacteria in healthy soil actually permits the roots to absorb the nutrients, exactly like they do in our intestines!

Now! Better Digestion within Easy Reach

Enzyme-active Food

Our bodies produce metabolic and digestive enzymes. But if we rely on them totally to break down our modern cooked and processed food, we quickly exhaust the body, and digestive distress results. How to insure a healthy digestion? Eat raw food when appropriate, and use high quality food enzymes (derived from specially cultivated *Aspergillus* strains) to replace the missing enzymes in our cooked food diets.

What people are saying about the Essentials:

- “ I love getting my basic requirements in these packets. ”
- “ Fits my budget —surprisingly affordable! ”
- “ Simple and easy, and I feel the results. ”

Maintaining One of Your Body's Most Critical Functions

Beneficial Bacteria...Probiotics

Simply put, we can't live without them. They help in manufacturing B vitamins, support immune function, and aid in nutrient assimilation and absorption.*

Many factors diminish the body's supply of these vital organisms: stress, drugs (especially antibiotics), stress, chlorinated water, stress, poor diet, and . . . did we mention . . . stress!

How do we acquire friendly bacteria? A healthy mother passes them on to her newborn, and, with a healthy natural diet, the growing child's probiotic supply will flourish. In a sense, we are nurturing a garden in the digestive tract! Since we seldom consume ancestral cuisine that includes cultured and fermented foods, and because we live in challenging times, supplementation with active cultures is very helpful to strengthen the immune system and aid digestion.*

Feed Your Body the Powerful Nutrients it Craves Nutrient-dense, Mineral-rich Food

Most people are aware of the confusing array of nutrients we need, especially vitamins. What is less known is that the body needs minerals in order to use vitamins, and they must be "assimilable" in a form we can use.

Here is where humans and plants differ. Plants can absorb minerals directly from the soil, but we absorb minerals when we consume the plants—that is, when the plants are grown in mineral-rich soil, of course!

And what about mineral supplementation in our diet, such as iron in our bread flour? Two factors are important to know about minerals—absorption and balance. If the ratio is incorrect, imbalance can result. Unless minerals are bonded to amino acids or enzymes ("chelated"), as in natural foods, they are not absorbed anyway.

Mineral-rich raw, wild foods, properly harvested and processed, like Cell Tech's blue-green algae, are ideal sources of many of the nutrients we need.

Essential fatty acids (like the desirable Omega 3s) are abundant in algae, as are essential amino acids, the building blocks of protein, so vital to the brain and nervous system.

In today's world, we can do a better job of supplying and absorbing the basic biological requirements when we supplement with whole food source minerals, probiotics, and enzymes. Whole food source nutrients are much more useful to the body than synthetic isolates. The natural, native food for animals, people, and plants will contain the three basic ingredients for health—enzyme-active food, beneficial bacteria cultures, and nutrient-dense, mineral-rich food.

Cell Tech's Essentials are a great way to get the basic requirements—they are easy, simple, and . . . surprisingly affordable! One or more packets a day is an excellent way to get broad-spectrum benefits in whole food supplement form.

“Mazama Mix”...You’re Drinking What? The Perfect Way to Consume Your Daily Requirement of Raw Vegetables

With Mazama Mix green drink, you get a veritable garden of organic greens and sprouted grains. What’s missing is important, too—synthetic, artificial, and isolated elements are just not in there! Packed with the highest quality superfoods, Mazama Mix is a unique source of natural whole food nutrition.

In today’s busy world, most people—especially kids—get only 10% of the minimum daily requirement of fruits and vegetables. . .and most of that is cooked. Raw enzymatic activity is preserved in Cell Tech’s state-of-the-art green drink mix. Just mix into a glass of water or juice, and enjoy!

The National Cancer Society has stated, “Food is the best source of nutrition

as it offers protection not offered by synthetic vitamin and mineral supplements.” Mazama Mix provides a concentrated abundance of phytonutrients, essential fatty acids, soluble and insoluble fiber, antioxidants, and complex carbohydrates in whole food form, as nature intended. Cell Tech is renowned for formulating only the highest quality products, far exceeding other similar products. Only Mazama Mix combines a wide variety of sprouted, organically grown grains and grasses with Super Blue Green® Algae that is fed by rich volcanic sediment. You get maximum antioxidant protection available only from whole foods.

Item #34-102-00...Mazama Mix...300 grams (about 30 servings, 1.5 T each)

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**NOW! The Basics are at Your Fingertips
Better Digestion within Easy Reach
Maintain Your Body’s Critical Functions**

CONTACT INFO:

CELL TECH ORDER LINE: 800-800-1300

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Tuesdays, 6PM (Pacific), check website for scheduled topics

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