

Food for Thought

Inspired by Cell Tech Distributors

Sharing a Passion for Your Health

Volume 2, Issue 9

Stress Factors That Cause a Decrease of Probiotics:

- Environmental stress
- Poor dietary habits—too much coffee, tea, diet soda, alcohol, high-fat and high-sugar foods, not enough fiber and fresh vegetables/fruits
- Chloride and fluoride in drinking and bathing water
- Antibiotics and other drugs
- Birth control pills
- Trace toxins in the food chain
- Chemicals absorbed through the skin

Benefits of Acidophilus and Other Friendly Bacteria:

- Help keep intestinal walls clean
- Produce natural antibiotics
- Create a favorable environment for “good bacteria” growth
- Produce natural B vitamins
- Improve absorption of food nutrients such as protein, and help retain minerals
- Assist in the production of enzymes that break down milk sugars
- Boost the immune system
- Aid in maintaining regular elimination

Fascinating Facts and Figures

How many species of bacteria live in the gastrointestinal tract?

More than 400 (the majority are Bifidus in the colon, and Acidophilus strains in the stomach and small intestine)

What is the approximate total weight of these bacteria in an average healthy adult?

3-5 pounds

What is the surface area of the human digestive system?

About 2,700 sq. ft. (the size of a tennis court - due to folds in the intestinal walls).

For Understanding Optimal Digestion ...

One of the most helpful books ever written on the subject of digestive nutrition and health is *Optimal Digestion: New Strategies for Achieving Digestive Health*, edited by Trent Nichols, M.D., and Nancy Faass, MSW, MPH. Available from the Leadership Alliance at: <http://www.homestead.com/leadershipalliance>

Definition of “Probiotics”

...friendly garden of intestinal bacteria, sometimes called “intestinal flora”

—Keith Grant*

*Thanks to Keith Grant, whose nutritional “Letter Series” is available in printed form as well as online from the Leadership Alliance at: <http://www.homestead.com/leadershipalliance>

What is the surface area that, in most adults, is actually clean enough to absorb nutrients efficiently?

Due to compacted, undigested food on the intestinal wall, only an area about the size of a ping-pong table is actually clean enough to absorb nutrients efficiently.

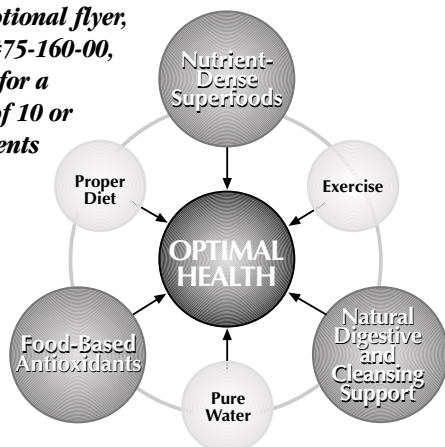
If the intestinal wall is compacted, as is the case for 80% of the population, is it true that you will need to consume more of each isolated nutrient than others with fully functioning digestive systems?

Yes. For example, the RDI (recommended daily intake) for zinc is 15 mg, whereas someone with a healthy intestinal wall may only need 5 mg per day. Why take more than you need, when a fully functioning digestive system could handle less?

How much yogurt would be required to equal the amount of active acidophilus in one serving (2 capsules) of Cell Tech’s Super Blue Green® Acidophilus?

20-40 quarts

This diagram, showing how Cell Tech products work together to help you achieve optimal health, appears in the new *Natural Solution Promotional flyer*, item #75-160-00, \$2.90 for a pack of 10 or fifty cents each.



The Natural Solution for Optimal Health

Acidophilus: Don’t Be Afraid to Experiment

How much is too much Acidophilus? Can I take too much?

Russell Mariani¹ says, “The answer is always the same: it varies from person to person, condition to condition, and many other factors come into play. So don’t be afraid to experiment to find out what works best for you. If you are concerned about taking too much, simply allow a loosening of your stools to be the indication or limiting factor in determining how much to take...or how much is enough...at that particular time.”

Get Creative!

Here are some other ways you could use Acidophilus:

- The next time you feel the “common cold” or the flu coming on, or even if you are feeling stressed out or run down, tired, confused, or upset...take some extra Acidophilus for a few days, and see what happens.
- Take 2-3 Acidophilus capsules every hour or so, four or five times a day.
- The next time you feel the first tingles of a sore throat, gargle with some salty water containing the contents of 3-4 Acidophilus capsules.

1. Russell Mariani is a Health Educator and Nutrition Counselor in private practice since 1980, and major contributor to “The Journey to Better Nutrition,” accessible from the home page of Celltech.com. For information about an 8-week class based on “The Journey to Better Nutrition” write to Russell at maramor@fiam.net.

Super Easy Power Bars

YUMMYY!

Blend in a food processor until thoroughly chopped:

- 2 C cereal flakes (soy, rice, or oat. Add soy nuts if more protein is desired.)
- 2 C crispy brown rice cereal
- 1 oz (about 24) toasted almonds
- 1 oz (about 3 Tbsp) toasted sunflower seeds
- 2 Tbsp raisins or currants or other dried fruit (opt: 2 Tbsp organic chocolate or carob chips)

Add:

- 6 Tbsp Super Sun Smoothie mix
- 2 Tbsp Mazama Mix
- 8 Tbsp rice malt syrup, or part "Fruit Sweet" syrup
- 1 Tsp vanilla

Blend quickly until it starts to stick together. Depending on how dry the cereal is, you may need to add more syrup to make it hold together.

Pour onto a sheet of wax paper that has been placed in a 9" x 9" pan. Press down firmly to fill the bottom of the pan. Slice with sharp knife into 16 pieces. Keep covered in a cool place.



Here's What Some Customers Are Saying

"My father-in-law had been taking antacids for seven years. This year he finally couldn't take how bad the heartburn was getting. I started him on Acidophilus and Enzymes. The first day he had relief and has not had to take antacids since."
—Regina S.



"I had been experiencing stomach cramping and extensive pain for about 18 months. After spending thousands of dollars with no relief, my friend Jill introduced me to Cell Tech. In about 6 weeks, the pain was gone and 2 years later I would not be without my products! I am a very convinced customer!"

—Billy G.

Food for Thought

**"Probiotics" to Tune Up the Digestive Tract
Recipe for Super Easy Power Bars You Can Make!
Fascinating Facts and Figures**

CONTACT INFO:

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