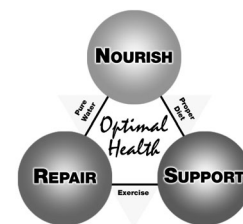


Food FOR Thought

Inspired by Cell Tech Distributors Sharing a Passion for Your Health Volume 5, Issue 12

The Foundation of Optimal Health

Welcome to the first in a series of six Food For Thought issues featuring the Foundation of Optimal Health. (For an outline of topics, see the back side of this issue.) In this issue we identify common nutritional and digestive problems and show how Cell Tech's products work together to address these concerns.



Support, Nourish, and Repair

Nutrition Is More Than Diet

Most people today share common dietary challenges:

- Decline in nutrient value of food
- Difficulty in finding fresh, high-quality food for every meal
- Over-reliance on processed food
- Lack of time to prepare meals or eat properly

These challenges result in two problems; there are not enough of the important components, particularly minerals, that we need from our food, and there are too many harmful components in food that can result in toxic residue in our bodies. Our health is paying the price for these challenges. It's no wonder that so many people have joined the search for wellness!

Cell Tech's core products are designed to address these common challenges through three interrelated functions:

TO SUPPORT the organs of digestion and elimination (Original Formula Enzymes, E-12 Super Enzymes, Contain™, Acidophilus, Bifidus, Spectrabiotic®, and New Seasons™ Cleansing System)*

TO NOURISH the body with nutrient-dense superfoods (Alpha Sun®, Omega Sun®, Alpha Gold, Omega Gold, Our Green Drink, Super Sun Smoothie, BG Bar™, and the liquid concentrates Reality™, Resistance™, and Vision™)

TO REPAIR the cells and tissues with plant-based antioxidants (Super Sprouts & Algae, Super Q10, and Grape Synergy™)*

To supplement the core products, Cell Tech provides these additional lines for added benefits:

- ImmuSun®, with WGP™ beta glucan, for enhanced immune system support*
- OsteoSun™ for maintaining bone strength*
- Weight Management Essentials, with NaturaLight, for healthy weight management
- Vision Essentials, with FloraGLO® lutein and zeaxanthin, for supporting the macula of the eye
- PLANeT Food® for healthier trees, lawns, shrubs, flowers, fruits, and vegetables
- Animal Matrix for Cats, Animal Matrix for Dogs, and Animal Algae for healthier animals (Note: Most core products are beneficial for animals also.)
- Personal care products for the outer you

For radiant health, the organs of digestion and elimination must function properly, the body must take in adequate nutrients, and the body's system of cellular repair must be efficient and effective. Starting with this issue, over the next six months *Food For Thought* will explore this foundational approach and show how Cell Tech products can help you on your path to glowing health—the way nature intended!

How Digestion Really Works

In addition to food quality, we must be concerned about proper digestion, absorption, and elimination. Food passes through a number of stages before nutrients can nourish and repair cells and organs. Each stage is critical; even a slight breakdown in one stage can result in incomplete nutrition, toxic overload, and compromised health. We aren't just what we eat, we are what we digest and absorb! Let's look at what happens when we take a bite of food.

Salivary Glands

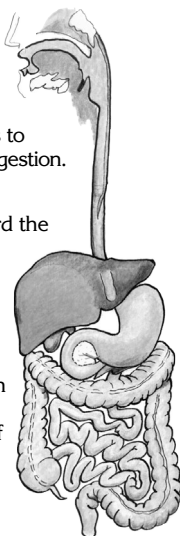
Chewing starts the digestive process by mechanically breaking down food and stimulating the production of saliva, an enzyme-rich fluid that pre-digests carbohydrates. Chewing also stimulates the other digestive organs to prepare for the food. Insufficient chewing compromises digestion.

Esophagus

This muscular tube massages the chewed food toward the stomach. A valve at the end of the esophagus opens to allow food into the stomach and, in a healthy body, closes to keep stomach acid from moving back up the esophagus and causing heartburn.

Stomach

A healthy stomach produces a highly acidic juice rich in enzymes that begins protein digestion. Healthy stomach walls are protected from stomach acid by a layer of gastric mucosa. Antacids can affect proper stomach acidity, and many medications can damage stomach walls.



Liver, Gall Bladder, and Pancreas

These organs play an important role in adding digestive fluids to the partially digested food as it enters the intestines. The many critical roles of the liver include normal detoxification and nutrient processing. The liver produces bile, which is stored in the gall bladder and aids in fat digestion. The pancreas produces a host of enzymes for protein, fat, and carbohydrate breakdown. In a stressed system, these organs may fail to function optimally.

Small Intestine

Nutrients are absorbed into the bloodstream in the small intestine. Digestion and absorption are supported by the presence of huge numbers of friendly bacteria, including *Lactobacillus acidophilus*, which aid in the absorption of nutrients, produce important vitamins, and provide a surface layer to protect against viruses, yeasts, and bacteria.

Large Intestine

Bifidobacterium bifidum help maintain a healthy environment in the large intestine. Intestinal problems, including gas and irregular elimination, can be the result of a depleted supply of friendly bacteria. Undigested food can lead to bad breath and gas or bloating, among other problems.

The Importance of Micronutrients

Food is our body's fuel, its source of energy. Nutrients from food also maintain life and promote cell and tissue growth. To build a foundation of health, we need the proper balance of over 50 types of nutrients, broadly grouped into two categories:

1. **Macronutrients**
(carbohydrates, proteins, and fats)
2. **Micronutrients**
(vitamins, minerals, trace elements, amino acids, coenzymes, antioxidants, bioflavonoids, essential fatty acids, and more)

While we obtain our energy from macronutrients, micronutrients are essential for growth, vitality, and health; are helpful in digestion, elimination, and resistance to disease; and are useful for many other functions. Even a wholesome diet is often deficient in micronutrients and other vital components such as enzymes.

Announcing a Food For Thought Series: The Foundation of Optimal Health

Volume 5, issue 12 Nutrition Is More Than Diet; How Digestion Really Works; The Importance of Micronutrients

Volume 6, issue 1 Products That Support Digestion, Assimilation, Elimination, and Cleansing; How Enzymes and Probiotics Keep You Healthy; Special Help for Occasional Acid Indigestion

Volume 6, issue 2 Products That Repair: How Plant-Based Antioxidants Help the Body

Volume 6, issue 3 Products That Nourish: Micronutrition in Whole Food-Based Supplements; Convenience for Busy Families

Volume 6, issue 4 Products That Enhance Performance: Natural Support for the Immune System, Bone Health, Vision, Weight Management, Healthy Plants, and Animals

Volume 6, issue 5 Premier Antioxidant Personal Care Products: A Unique Approach to Nourish, Protect, and Repair the Skin and Hair; Affordable Spa Quality for Everyone

Food FOR Thought **Volume 5, Issue 12**

- **The Foundation of Optimal Health**
- **How Digestion Really Works**
- **The Importance of Micronutrients**



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