

Food FOR Thought

Inspired by Cell Tech Distributors

Sharing a Passion for Your Health

Volume 6, Issue 2

The Foundation of Optimal Health

Welcome to the third in a series of six Food For Thought issues featuring the Foundation of Optimal Health. (For an index of topics, see the back side of this issue.) In this issue we focus on products that repair and regenerate as we explore how plant-based antioxidants help the body.



Support, Nourish, and Repair

Antioxidants Play an Important Role

Q. How does our body regenerate and repair?

A. Because regeneration occurs at the cellular level, proper and sufficient nutrients must be present inside, as well as immediately outside, the cells in order for them to divide and create healthy new cells. It has been said that “a well-nourished body doesn’t make mistakes.”

Q. What are antioxidants and why should I include them in my diet?

A. Antioxidants are the body’s major defense against free radicals. Free radicals are electrically charged particles that cause oxidative damage to cells and are partly responsible for negative changes associated with aging and various health problems. Some free radicals are produced in the body through normal daily moving and breathing, but increased levels may result from both internal and external stressors. Although we naturally produce some of the antioxidants we need, our ability to do so declines with age. Consuming antioxidants can help support the body’s own defenses.

STRESSORS

- Environmental toxins
- UV and other radiation
- Trauma
- Disease
- Modern diet
- Pace of life



OPTIMAL HEALTH

SUPPORTERS

- Mineral-dense natural foods
- Plant-based antioxidants
- Probiotics
- Enzymatically active diet

Scientific research supports the use of coenzyme Q10 as a powerful antioxidant with many health benefits, including energy production and cellular repair. While this nutrient plays an important role in every cell in the body, it appears to be particularly important for the heart, brain, gums,

and skeletal muscles, and may also assist in weight loss. Super Q10 also contains antioxidant essential oils and a full spectrum of carotenoids (including lutein and lycopene) from red beta algae and blue-green algae.

In Super Sprouts & Algae, red beta algae (*Dunaliella salina*) is combined with Super Blue Green Algae and wheat sprouts to nourish cells, support joint health, and help repair cellular free radical damage.*

Grape Synergy combines the well-documented antioxidant benefits of the finest quality grape seed and grape skin extracts with Super Blue Green Algae. Every capsule also provides 100% of the recommended daily intake (RDI) of Vitamins C and E from vegetarian sources.

Q. How can I get more antioxidants into my diet?

A. Replenish your supply with dark green and orange vegetables, sprouts, grapes, and various types of algae, as well as supplements such as Vitamins C and E and coenzyme Q10. The most effective antioxidants are those found in foods or in full-spectrum supplements formulated from foods such as grapes and sprouted grains.

Q. Does Super Blue Green® Algae (SBGA) provide any natural antioxidants?

A. SBGA contains many antioxidants—including bioflavonoids, Vitamin C, RNA, superoxide dismutase (SOD), and selenium—and is one of the richest known sources of beta-carotene. Beta-carotene has the ability to reduce the toxicity of singlet oxygen, a common free radical. According to Dr. John Apsley in his book *The Genesis Effect*, we would have to eat approximately three pounds of salad to equal the amount of beta-carotene found in one teaspoon of blue-green algae.

Q. What other natural antioxidant nutritional products does Cell Tech offer?

A. In addition to Super Blue Green Algae, Cell Tech offers three specific antioxidant products: Super Q10, Super Sprouts & Algae, and Grape Synergy™.

Q. How do I use Cell Tech’s Super Q10?

A. One or two softgels, or more, daily may provide a noticeable energy boost. The body generally requires from two weeks to several months for a noticeable effect, but the antioxidant boost is significant whether or not the effect is evident.

Q. How do I use Cell Tech’s Super Sprouts & Algae?

A. Start with one or two tablets a day and increase as desired. These antioxidant-rich whole food tablets may be the best “vegetables” you eat all day! (Tip: Many animals love Super Sprouts & Algae tablets as treats.)

Q. How do I use Cell Tech’s Grape Synergy?

A. Two capsules daily provide a significant antioxidant boost, plus 200% of the RDI of Vitamins C and E. Science has proven that mixed antioxidant sources are much more effective than single sources, so you may wish to use more than one of Cell Tech’s antioxidant products, or rely on packet systems such as the Antioxidant Essentials or Natural Beauty Essentials, which contain several products, including Grape Synergy.

Special Note: Cell Tech also offers several antioxidant personal care products, which will be featured in Volume 6, issue 5.

*This statement has not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure, or prevent any disease.



Nourish Stressed Cells With an Antioxidant Green Drink

Our Green Drink includes antioxidant-rich organic sprouted grains and greens, eleuthero, kelp, dulse, Super Blue Green Algae, flaxseed, and other superfoods. These ingredients contain important carotenoids, enzymes, amino acids, and proteins that combine to make a drink that may have more health-building green food in one serving than most people eat in an entire day! Pea fiber, apple pectin, Jerusalem artichoke, and plant-based enzymes are added to support proper digestion and elimination.

Q. How do I use Cell Tech's Green Drink?

A. Mix one to three teaspoons with fruit juice, vegetable juice, or water. It's delicious when blended with fruit and juice as a smoothie, and may also be sprinkled on salads or other food. Enjoy with a meal or anytime as a super-nutritious quick and tasty pick-me-up.

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



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- **Sufficient Nutrients Necessary for Regeneration**
- **Why Do I Need Antioxidants?**
- **Cell Tech's Antioxidant Options**



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Tuesday 6:00 PM (Pacific) and occasional Thursdays. Check website for scheduled topics.

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