

Food FOR Thought

Inspired by Cell Tech Distributors

Sharing a Passion for Your Health

Volume 6, Issue 3

The Foundation of Optimal Health

Welcome to the fourth 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 nourish, as we explore the importance of feeding your cells with micronutrients from whole-food sources.



Support, Nourish, and Repair

Why should I add superfoods like Super Blue Green® Algae to my diet if I already take a multivitamin?

Americans spend over \$7 billion annually on supplements, yet many consumers remain in the dark about the important differences between whole-food derived nutrients and synthetic vitamin supplements and fortified processed foods.

Giant chemical and pharmaceutical companies manufacture the vitamin isolates that are put into many multivitamins and processed foods. For the sake of greater profit, longer shelf life, and better appearance, many whole foods are robbed of their nutritional value and later “enriched” or “fortified” with hard-to-assimilate vitamins and minerals to meet the government’s recommended daily allowance (RDA) criteria. Ironically, some of the same corporations that sell synthetic vitamins make huge profits by selling drugs to treat diet-related diseases. Most consumers don’t realize that chemically manufactured vitamin and mineral pills may not provide the same benefits as nutrients in whole foods. Many Americans still do not get the nutrients they need.

I eat really well already.

Do I need to add superfoods to my diet?

Our bodies need more than 50 essential nutrients to maintain good health, yet most fertilizers supply only three elements to stimulate plant growth: nitrogen, phosphorus, and potassium (NPK). When combined with other chemicals, these fertilizers can frequently prevent nutrients in the soil from being absorbed by plants.

Algae is the foundation of the food chain, providing wide-spectrum micronutrition in its most assimilable form. The

centuries-old volcanic and glacial sediment in Upper Klamath Lake supplies abundant minerals and trace elements for the microalgae that thrives there. Super Blue Green Algae is nourished by nature to become one of the most nutrient-dense foods on earth. Other nutrient-dense superfoods such as antioxidant-rich sprouts, among many others, are found in Cell Tech’s basic whole-food nutritionals.

Some of the important benefits of Cell Tech’s freshwater microalgae and other superfoods:

- They are raw and enzymatically active, which permits the maximum absorption of nutrients.
- They provide phytonutrients vital to the health of the immune system.*
- Super Blue Green Algae provides an ideal ratio of omega-3 to omega-6 essential fatty acids that are vital to the health of the liver, heart, kidneys, and brain.*
- Green foods are an excellent source of chlorophyll, which supports blood and liver health and assists the body with the cleansing of toxins.*
- Superfoods also provide naturally occurring vitamins, minerals, and carotenoids that help to transform food into energy and fill in the gaps in our diets.
- Twenty amino acids in a naturally balanced form are found in Super Blue Green Algae, providing the building blocks for cell repair and regeneration.*

What is the best way to add superfoods to my diet?

Superfoods can be easily consumed in dehydrated form in tablets, capsules, drink mixes, and snack bars, as well as in liquid concentrates. Which products you choose depends on your lifestyle, daily needs, and personal preference; each will provide significant benefits for people of all ages, and for companion animals, too. Cell Tech offers a variety of superfoods:

Alpha Sun® is whole, wild, organic microalgae available in tablets and vegetarian capsules. It provides physical energy and stamina, immune support, and overall health and well-being.* ☆

Omega Sun® is concentrated intra-cellular organic microalgae available in tablets and vegetarian capsules. It contributes to better mental/emotional performance, focus, and mood.* ☆

Chewable Essentials contain both Alpha Sun and Omega Sun in chewable wafers. They are also a delicious source of Vitamin C from acerola and crunchy orange juice crystals.

Liquid concentrates provide Omega Sun in a naturally sweet glycerin base, with no refined sugar added. **Reality™** is an energy-boosting liquid with natural apple flavor. **Cinnamon-flavored Resistance™** has the added benefit of immune-boosting WGP™ Beta Glucan.* **Lemon-flavored Vision™** provides lutein and zeaxanthin from marigold extract to enhance the health of the eye.*

Our Green Drink provides an unequalled combination of whole foods, including a wide variety of sprouted grains and greens with nutritional integrity and enzymatic activity. (See Volume 6, issue 2.)

Superfood Synergy

Go for the Gold!

Alpha Gold and Omega Gold are superfood synergy products for peak performance. Both contain Super Blue Green Algae mixed with a careful selection of other superfoods with documented benefits. Alpha Gold includes Alpha Sun, wheat grass juice, bee pollen, green tea, turmeric, and Hawaiian noni for peak physical well-being. Omega Gold combines Omega Sun, *Ginkgo biloba*, eleuthero, turmeric, bee pollen, wheat grass juice, and Hawaiian noni to enhance mental well-being.

Try BG Bars for Nutrition on the Run

Made with high-quality organic ingredients and fortified with sprouted grains, greens, and Super Blue Green Algae, these delicious bars have a great almond butter texture with minced almonds on top.

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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- *Micronutrients from Whole-Food Sources*
- *Benefits of Super Blue Green Freshwater Microalgae*
- *Cell Tech's Superfood Choices*



Contact Info

CELL TECH ORDER LINE: 800.800.1300

M-F 7:00 AM to 6:00 PM (Pacific)
Open until 9:00 PM last calendar day of each month, except Sunday.

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24-hour automated line. Closed 9:00 PM to 4:00 AM last calendar day of each month.

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WEBSITES: www.CellTech.com; www.CellTechpersonalcare.com

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

NUTRITIONAL BOOKSTORE: www.ctleadershipalliance.org Phone: 541.273.6346

For more information, contact your sponsor or the person who gave you this newsletter. You can also visit the Cell Tech website or call 800.800.1300 and information will be mailed or faxed to you.

Enjoy a Healthy Smoothie

Super Sun Smoothie, an all-vegetable vanilla-flavored powder, mixes with beverages or fresh fruit to make a refreshing, nutritious shake. Super Sun Smoothie provides the benefits of soy protein and Super Blue Green Algae blended into every serving. Soy protein is a source of vegetarian protein that helps to promote proper cholesterol levels and cardiovascular health. Soy is also an excellent source of genistein and daidzein, two phytoestrogens that promote women's health. ☆