

# Food FOR Thought

Inspired by Cell Tech Distributors

Sharing a Passion for Your Health

Volume 6, Issue 5

## The Foundation of Optimal Health

Welcome to the last 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 page.) In this issue we focus on the “inside and out” approach to personal care.

“How you age is determined ultimately by genetics, but **how fast** you age is determined by your daily habits.”

—Diane Schwarzbein, M.D., author of *The Schwarzbein Principle*



### Four Powerful Ingredients To Use Inside and Out

Complete skin care is more than just using high-quality products on the outside; nutrition on the cellular level is also a critical component. By feeding your body key youth-enhancing ingredients and using the same nutrients in your daily skin care program, you will know that you are nourishing your skin from the outside *and* the inside. Cell Tech’s Natural Beauty Essentials™ contain four powerhouse nutrients—Super Blue Green® Algae, WGP™ Beta Glucan, Coenzyme Q10, and Grape Seed and Grape Skin extracts—in supplement form.

- ★ **Blue-green algae** is in high demand for both internal supplements and skin care products. Wild-crafted Super Blue Green Algae, which is certified organic and kosher, is known to:
  - Nourish and protect the skin and all cells of the body
  - Provide important deep green and blue pigments that cleanse and nourish the entire body
  - Increase skin hydration
- ★ **WGP Beta Glucan** provides powerful natural support for your body’s immune system to maintain youthful vitality. Science has shown patented WGP Beta Glucan to:
  - Stimulate the skin’s immune system
  - Promote tissue regeneration
  - Minimize the appearance of fine lines and wrinkles
- ★ **Grape skin and grape seed extracts** have been used for skin health since the time of the ancient Egyptians. Grape skin and grape seed extracts:
  - Contain very powerful youth-enhancing antioxidants
  - Help combat free radicals
  - Minimize the formation of certain enzymes that destroy collagen and elastin
- ★ **Coenzyme Q10** is a potent nutrient that is recognized industry-wide as one of the most desirable antioxidant supplements. Coenzyme Q10:
  - Helps reduce the appearance of fine lines and wrinkles
  - Is known to be one of the primary antioxidants naturally found in a healthy epidermis
  - Promotes skin health and cellular vitality

When you include Natural Beauty Essentials in your daily nutrition and use our daily repair program featuring high-quality skin and hair care products that also contain these ingredients, you can be assured that you are making a wise choice in supporting the health and vitality of both the “inner” you and the “outer” you.

### Cell Tech’s Daily Repair Products Feature Performance Ingredients

This chart shows the performance ingredients contained in a sampling of Cell Tech’s skin and hair care products. To view a chart with all of Cell Tech’s skin and hair care products, visit [www.CellTech.com](http://www.CellTech.com).

Product	Super Blue Green Algae	WGP Beta Glucan	Coenzyme Q10	Grape Seed & Grape Skin Extracts
Natural Beauty Essentials (daily supplement)	★	★	★	★
Professional Formula Essential Matrix™ Antioxidant Lotion	★	★		
Professional Formula Grape Synergy™ Antioxidant Lotion	★			★
Professional Formula CoQskin™ Antioxidant Lotion	★		★	
Golden Lily™ Clarifying Face Wash	★	★		★
Golden Lily Coconut Jojoba Facial Scrub	★	★		★
Golden Lily Skin Balancing Freshener	★	★		★
Golden Lily Antioxidant Serum	★	★		★
Golden Lily Vital Moisture Face Crème	★	★		★
Golden Lily Hydrating Therapie Crème	★	★		★
CoQskin Lip Balm			★	
Grape Synergy Deodorant				★



## Three Simple Steps to a More Youthful Appearance

Want to look younger and healthier? It's not just what you put ON your body, it's also what goes IN your body that makes the difference. Follow this daily program to nourish your skin for a glowing, healthy appearance:

1. Eat several servings of deep green, red, and orange vegetables and fruits, and drink plenty of pure fresh water.
2. Add natural supplements to your daily diet that will supply powerful antioxidant and immune-boosting nutrients.
3. Use a chemical-free, antioxidant skin-care regimen with natural, high-performance ingredients.

### 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 Targeted to 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

## Food FOR Thought

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- **The “Inside and Out” Approach to Personal Care**
- **Performance Ingredients for Your Skin and Hair**
- **Simple Steps to a More Youthful Appearance**



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Being an esthetician, I think that all the Golden Lily and Essential Matrix products are so fantastic, and that they do produce great results as advertised. All of my clients and students think the nutritional products are great, too. My clients are excited to learn how to create healthy skin from the inside/out through the nutritional food as well as the skin and body care products.

—Debra Hubers-Paradis, Licensed Esthetician