

YOUR HEALTH STARTS AT THE CELLULAR LEVEL.



each cell = 10 trillion

Over 100 trillion

Cells in the human body. The human body turns over 3 to 4 trillion cells per day.

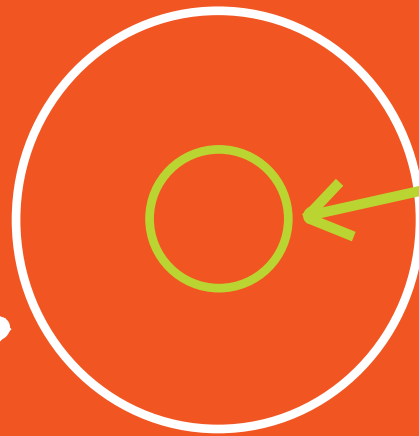


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CELLULAR BREAKDOWN

The cell membrane controls what goes in and out of the cell.

crust = cell membrane



center circle = nucleus

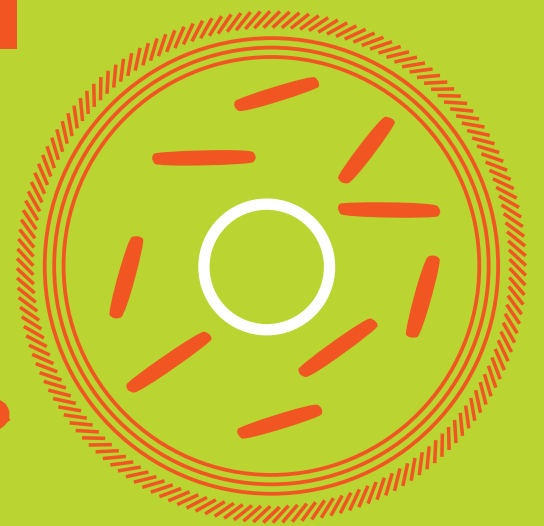
The nucleus orchestrates communication throughout the entire human body.

What does an UNHEALTHY CELL look like?

A poor cell membrane leads to

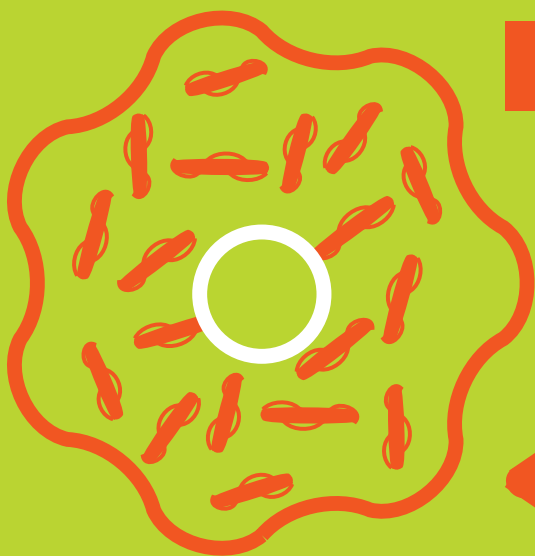
- Type 2 Diabetes
- Cancer
- Heart Disease
- Illness
- Skin Issues
- Energy Inflammation
- Obesity

Cell membrane is hard and brittle. The mitochondria are less active and dying.



What does a HEALTHY CELL look like?

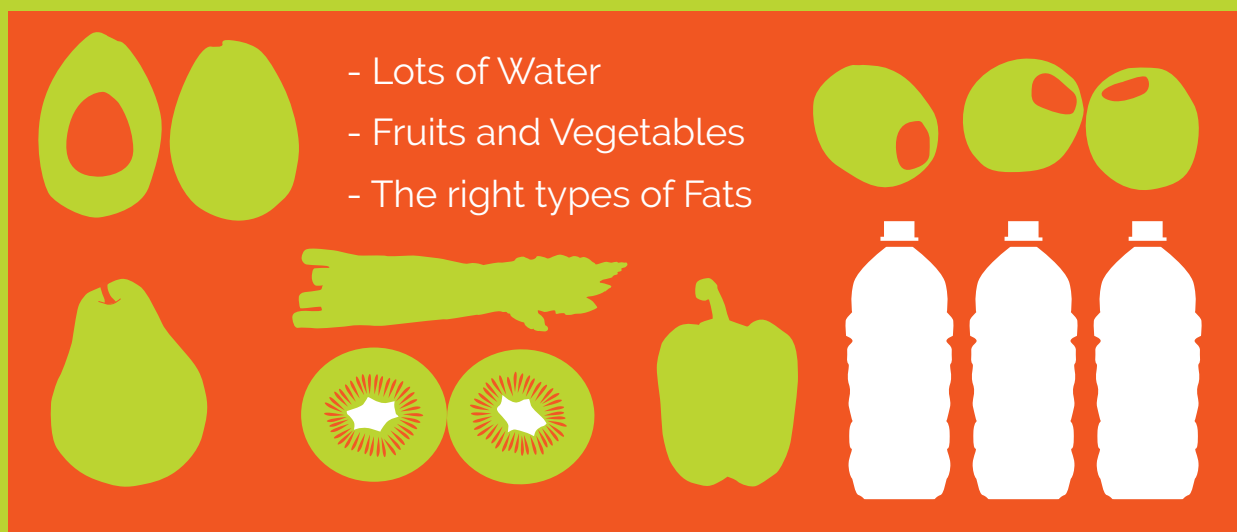
Cell membrane is soft and permeable. The mitochondria are healthy and active.



A healthy cell membrane helps

- Weight Loss
- Improves Energy
- Keep Skin Healthy
- Prevent Disease
- Prevent Cancer

HEALTHY MITOCHONDRIA ESSENTIALS



- Lots of Water
- Fruits and Vegetables
- The right types of Fats

