

# YOUR HEALTH STARTS AT THE CELLULAR LEVEL.



Over 100 trillion

Cells in the human body

Because the human body turns over 3 to 4 trillion cells a day, each day is a new opportunity to start fresh.



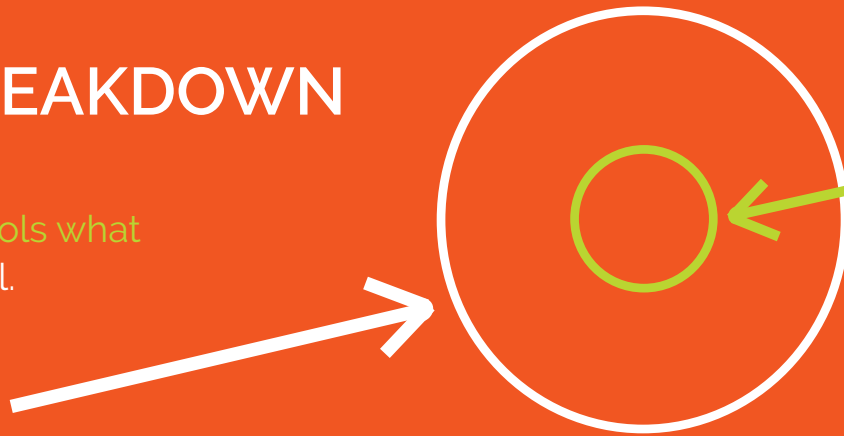
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each cell = 10 trillion

## 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.

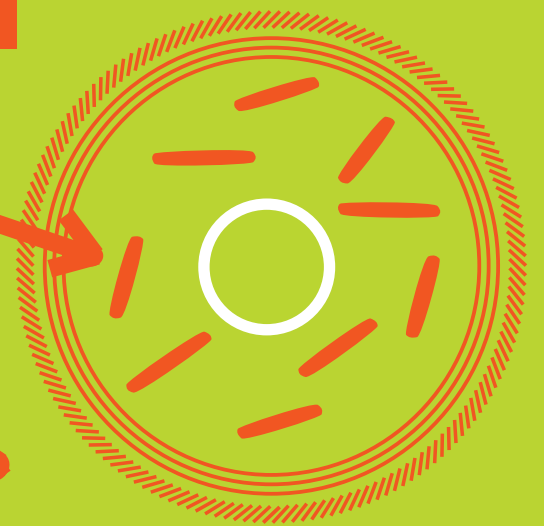
## What does an UNHEALTHY CELL look like?

A poor cell membrane leads to

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

Mitochondria

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 allowing nutrients to enter into the cell, providing energy for the body and making the mitochondria healthy and active.

A healthy cell membrane helps with

- Weight Loss
- Energy
- Keep Skin Healthy
- Preventing Disease
- Reducing Cancer Risk



## HEALTHY CELL-MEMBRANE ESSENTIALS



- Omega-3's (Cod Liver Oil, Flaxseed, Chia Seeds)
- Water
- Fruits and Vegetables

