

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.

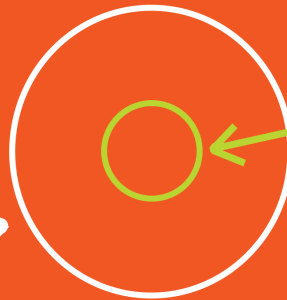


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CELLULAR BREAKDOWN

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

crust = cell membrane



center circle = nucleus

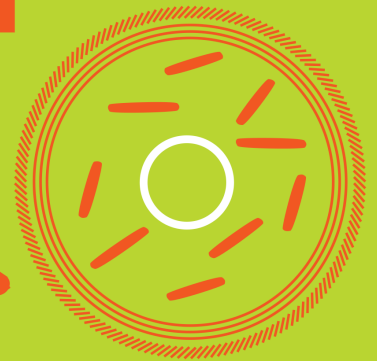
The **nucleus** orchestrates communication throughout the entire **human body**.

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

