



Fitness & Health



## Jan 2013 – Day 3 – Honoring Your Cells

“Each one of our 100 trillion cells is part of the intricate assembly line of your body. Remember, every minute, 200 million new cells are renewed and revitalized in your body. This is a total of 300 billion new cells a day.

Your cells have no part in your food selection. They have no ability to choose. They must do the best they can with what is available, whether the doo is synthetic or natural. Your cells have only an inherited ability to sort through the immediate supply, good or bad. Each time you eat, your cells jump up and get to work to sort and absorb. They never cease up. To maintain well-being, cells require a constant supply of steady energy.

Cells can become exhausted trying to find critical nutrients in French fries, pop, chips and processed foods that are no longer whole foods. Many of the necessary parts of these foods are missing because of refining and processing.” – *Sam Graci, creator of Greens +*



I love what my mentor and friend, **Cory Holly**, whom taught me much about clean eating on a whole other level outside mainstream thinking (yes, clean eating has become mainstream. Its’ become a catch-phrase that everyone is using...but are they doing it, and doing it right?)

***Food must be chosen with health and performance in mind, or we will succumb to disease caused by weakness of the immune system and the slow, gradual poisoning of every cell, membrane, tissue and organ.***

***Empty calories devoid of enzymes, vitamins, and minerals are deadly and can only serve to weaken the resources we need to offset the effects of living.***

When I lecture, I often use the analogy of a light switch to explain how we view our cells’ health. For most of them, they view the cells as a traditional light switch...they’re either switched on (you’re alive) or off (you’re dead). But I use another analogy...the dimmer switch. To me, cell health is likened to either being turned way up high, bright and full-on (full of health and vitality) or the dimmer switch is turned down. We need to keep that switch turned up high!



**And then there are supplements:** the general population says to use them (if at all) as added insurance. I say no. We don’t’ use supplements to fill in the gaps ina less than perfect diet...we need to eat for optimum nutrition, so our cells are overflowing with peak nutrients, enzymes, vitality and light! Then adding on supplements is the highest level of nutrition that very, very few people ever attain! WOW!

Your 100 trillion cells are working hard for you! They are passive bystanders that have no control over what you give them. Feed them well. They (you!) deserve it!