



THE SCIENCE BEHIND CELLFOOD®

Did you know?

You can help your strengthen your family's immune systems against disease.



Life is about balance. Those who have discovered the joys of physical and emotional health have perfected the art of juggling work and play, exercise and relaxation, healthy and unhealthy food. Even certain body functions are programmed for balance - our hormones need to be in the right ratios for optimal health, the acidity or alkalinity of the body is carefully controlled, and microscopic cells of the immune system must be in harmony or disease may result.

The key to optimal health lies with our immune system, therefore returning balance and strength to the immune system in the face of daunting diseases like AIDS and cancer may seem very challenging. In addition allergies, autoimmune disease, viral infections, and even heart disease are linked to a dysfunctional or imbalanced immune system.

The immune system works in many different ways, largely unnoticed. One thing that causes us to really notice our immune system is when it fails for some reason, or when it does something that has a side effect we can see or feel. Occasionally a virus or bacteria gets past the immune system's surveillance and we catch a cold, get the "flu" or worse.

Support your immune system

Prevention and treatment of a compromised immune system should incorporate a strategy that includes key elements like education, dietary support and nutritional supplementation. A malnourished body has a compromised immunity - with a poor immune function there is an increased progression rate of a disease. Certain nutrients in food play a particularly helpful role in enhancing the immune system including vitamin C and E, carotenoids and other immune boosting ingredients.

Nutritional supplements comprise a wide array of substances including amino acids, essential fatty acids, vitamins and minerals, enzymes and anti-oxidants. Supporting science has established that many of these nutrients/substances have a positive influence on the immune system. Significant among these substances are vitamin A, selenium, glutamine, co-enzyme Q10, beta-sitosterols, certain herbs and arginine.

Cellfood® and the immune system

In a clinical trial on athletes at the University of Pretoria (2001), 35 drops of **Cellfood®** increased the oxygen uptake by 5%, and the ferritin levels by 31%, amongst others.

- An oxygen mineral supplement like **Cellfood®** is rapidly absorbed by the body, assists with oxygenation and increases the oxygen saturation in the blood.
- **Oxygen is one of the important elements** for aerobic life as we know it and is essential for energizing and cleansing the body.
- **Cellfood®** is a powerful antioxidant that assists the immune system; it also assists the body in producing glutathione, a powerful antioxidant.
- It provides essential nutrients like selenium, germanium and amino acids (including arginine) directly at cellular level, thereby supporting the immune system.



It is essential that people maintain a proper immune function and prevent malnutrition to avoid opportunistic infections.

Emphasis should be placed on nutritious food, a balanced supplementation programme (which includes Cellfood®), regular exercise, fresh air, positive thinking, and stress reduction.



OXYGEN FOR LIFE®

The **Cellfood®** company
Oxygen Mineral Supplement

Cellfood® is manufactured by Nu Science Corporation USA and is distributed by Oxygen For Life SA (Pty) Ltd. For more information ask your pharmacist, health practitioner or contact 0860 CELLFOOD (0860 2355 3663) or visit www.oxygenforlife.co.za