

Food for Thought

Inspired by Cell Tech Distributors

Sharing a Passion for Your Health

Volume 2, Issue 10

Getting to the Heart of Weight Loss with Cell Tech Products

by Steve Gagne

Let's first address one of the most deeply entrenched myths about the cause of obesity: eating too much fat, especially saturated fat. Statistics show that in the last ten years there has been a decrease in animal-derived saturated fat consumption and an increase in other types of vegetable-based fats, yet the incidence of obesity, heart disease, and cancer continues to escalate at an alarming rate. We should

instead look at the use of a specific group of fats called "trans fats," hydrogenated fats devoid of such vital nutrients as vitamins and essential fatty acids. Trans fats are found in partially hydrogenated vegetable fats and oils processed to produce margarine and other non-digestible fats that are ingredients in thousands of processed food products.

Unlike processed fats, less refined, expeller-pressed vegetable-based fats are healthy and

essential in regulating metabolism. These include coconut oil, palm oil, olive oil, and many seed and nut oils. Healthy fats from animal sources can be found in organically raised livestock, raw dairy products, and fish oils.

What does all this have to do with our Cell Tech products? Trans fats saturate the organs and arteries and impede metabolic functions. Unless digestion, assimilation, and absorption are properly addressed,

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Tips for Healthy Weight Loss - Part 1

- WATER: Drink plenty of pure water, at least 10 to 12 eight-ounce glasses a day (one ounce per 2 pounds of body weight).
- E-12 ENZYMES: 1-4 per meal, plus 1-2 between meals, for lipase (fat-digesting) enzymes, which are often deficient in our diets
- ALPHA SUN® AND OMEGA SUN®: 4 of each, 1/2 hour before every meal, with a full glass or two of water, more as desired
- PROBIOTICS: 2 each of Acidophilus, Bifidus, and Spectrabiatic, twice a day (in the morning and before bed)
- SPROUTS AND ALGAE: 2 tablets, three times daily
- SUPER Q10: 3 per day (preferably with meals)

HEALTHY HABITS:

- Incorporate mild exercise, such as walking.
- Eat high fiber foods (supplement with Mazama Mix green drink).
- Keep dietary fats under 20% of total calories.
- Have a positive attitude—self-acceptance, motivation, joy!
- Use a regular cleansing program every few months. (New Seasons™ Cleansing Program provides mild, effective herbs and plant fiber.)
- Chew all foods well, a minimum of 10-20 times per mouthful.
- Eat frequent (3-6) small, simple meals (maximum of 2 cups of food each), never just before bed.
- No solid snacks are allowed—except superfoods. Suggestion: take an Omega Gold capsule with water, empty contents into juice, or put powder in mouth and chew with dried fruit—satisfying!

Thanks go to Viktoras Kulvinskas for these suggestions. Watch for Part 2 next month!

Spectrabiatic®... The Ultimate Health Insurance

Did you know that over 400 species (3 to 5 pounds!) of bacteria constantly inhabit your gastrointestinal tract? Many factors—stress, antibiotics, chlorinated drinking water, meat consumption, and/or a high-fat, high-sugar diet—can devastate the intestinal tract's good bacteria population.

Cell Tech's unique Spectrabiatic formula was created through the efforts of respected nutritional scientist Dr. Khem Shahani¹ and enzyme specialist Viktoras Kulvinskas². Eight key "good bacteria" are microblended with 50mg of Super Blue Green® Omega Sun® Algae. Jerusalem Artichoke and a blend of Acerola and Rose Hips are added to further promote the growth of "friendly" bacteria.*

These bacteria help promote the healthy balance of intestinal flora, stimulate the function of the entire digestive system, and produce essential vitamins.*

"Selected strains of lactobacilli enhance the bioavailability of calcium, and some strains improve the lactose tolerance of lactose intolerant individuals."

—Dr. Khem Shahani

The species of "friendly" bacteria included in the Spectrabiatic formulation can be a major weapon against the stresses of today's lifestyles (see chart below).

1. Dr. Khem Shahani (University of Nebraska), world leader in the science of probiotics and developer of DDS-1™ Acidophilus.
2. Mr. Kulvinskas was co-founder of the Hippocrates Institute and also serves on the Medical, Scientific, and Nutritional Advisory Panel for the Leadership Alliance, Cell Tech's field support organization.

Spectrabiatic Stories

The mono-cultures "Acidophilus" and "Bifidus" are excellent, but different flora (bacteria) have different functions and effects. I noticed a positive change in my colon after taking Spectrabiatic. Everyone is different...for me it was the next morning that I noticed some positive change.

—Keith Peters

After deciding to use Spectrabiatic every day, elimination became normal and my skin has cleared up beautifully.

—Siegfried Ward

The Benefits Chart Choose Probiotics for Intestinal Health

These Health-Promoting BACTERIA of the Human Intestines	Are found in these Cultured Dairy* Products						Are found in these Cell Tech Products			Promote these Good Effects							
	Acidophilus Milk (Unflavored)	Bulgarian Milk (Unflavored)	Buttermilk	Cheese (soft)	Cottage Cheese	Kefir	Sour Cream	Yogurt (w/active cultures)	Acidophilus	Bifidus	Spectrabiatic	Support the Immune System	Enhance Calcium Assimilation	Alleviate Bad Breath/Flatulence	Promote Human Longevity	Produce Lactase	Synthesize B Vitamins and Vitamin K
L. acidophilus	+							+		+	+	+	+	+	+	+	
L. salivarius										+	+						+
L. bulgaricus		+								+	+						+
L. casei				+						+	+						+
L. plantarum				+						+	+	+					+
B. bifidum				+					+	+	+	+	+	+			
S. faecium				+						+	+	+	+	+			
S. thermophilus							+			+	+	+	+				

* It's far superior to get your probiotics from the pure probiotic culture itself, as in the capsules from Cell Tech, rather than from pasteurized dairy products.

Heart of Weight Loss

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people will continue to have trouble losing weight. Many weight loss programs today offer a temporary “quick fix,” often at the expense of the individual’s health, resulting in nutritional deficiencies and loss of muscle tone.

Cell Tech’s enzymes, probiotics, and algae get to the heart of these problems by supplying a solid nutritional foundation, while supporting digestion and elimination.* The most natural—and permanent—way to lose weight begins with the dynamic functioning of our internal organs, and the best way to begin is to consume our incredible line of products on a daily basis.

About the author: Steve Gagne, author (Energetics of Food), counselor, and health educator for 25 years, has emphasized the combination of traditional dietary perspectives and modern breakthrough research. You may reach him at stevegagne@aol.com.

Healthy Weight Loss That Lasts

The two CT products that consistently affect my weight are E-12 Enzymes and Mazama Mix. My Cell Tech dietary choices replaced the SAD (Standard American Diet) and I’ve lost 30 or so pounds over 4 years—but that is very secondary to how much better I feel—no longer addicted to the sugar binges and drive-by fried food windows!

—*Elinda McKenna*

How I Became a Smaller Human

In 1995 my family and I adopted a plant-based diet. I lost 28 pounds. We switched to E-12 enzymes, 2-3 with meals, and more mid-morning, afternoon, and evening. It’s been 6 years; my total weight loss to this point is over 70 pounds. I have never consciously “dieted.” I eat organic as much as possible. The Cell Tech products are the basis of our diet.

—*Sharon Gustafson*

I’ve lost a total of 27 pounds...

but my focus was not on losing weight. It was on getting healthy, and the weight loss just happened. I plan to continue to work on improving diet and lifestyle, and expect that the improvement in health will in time be reflected as weight loss.

—*Margaret Dexter, Ph.D.*

Food for Thought

**Tips for Healthy Weight Loss
Probiotics Chart
Benefits of Spectrabiotic®**

CONTACT INFO:

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