



HEALTHY CELLS, HEALTHY YOU

Every single one of the 100 trillion cells in your body is built from—and runs upon—nutrients. From this perspective, you quite literally are what you eat. When you eat a nutrient-dense, properly prepared, whole foods diet, and properly digest your food, your cells receive the building blocks and energy they need to do their jobs.

Conversely, nutrient-poor diets and impaired digestion (both ubiquitous in modern societies) lead to a downward spiral of ill health starting at the cellular level.

