

CELLULAR DETOXIFICATION

The natural process of the body is to detoxify, eliminate, and neutralize toxins through urine, defecation, exhalation and perspiration.

Modern diet, with its excess of animal protein, fat, caffeine, alcohol and chemical substances inhibits the optimum operation of cells and connective tissue. Moreover, due to the petrochemical and industrial revolution the accumulation of toxins in the body collect at a faster rate than what the body can eliminate on its own.

Therefore, to help the body re-establish cell functions, eliminate waste, and revitalize its healing faculties, it becomes essential to utilize natural therapies. Therapies range from fasting with fruits and vegetable juices; taking special fibers, enzymes, and antioxidants; and drinking plenty of purified water.

BENEFITS OF CELLULAR DETOXIFICATION:

- Greater mental clarity
- Stress reduction
- Heightened vitality
- Greater blood oxygenation
- Stronger immune system
- Improved nutrient assimilation
- Physical and mental rejuvenation
- Degenerative chronic illness prevention

CELLULAR NUTRITION

Proper cellular nutrition is a conscious decision practiced by people who desire to retain youth and vitality, in spite of how old they are. A balanced and “appropriate” diet is the key.

An “appropriate” diet is one that includes all the vital nutrients for the body. The basic macro nutrients include water, oxygen, carbohydrates, proteins, and fats. The micro nutrients include vitamins, minerals, essential amino acids, essential fatty acids, and antioxidants, metabolic and digestive enzymes.

All products at NUTURA are designed to meet the micro nutrients needs of the body.

CELL NUTRITION BENEFITS:

- Maintains vitality
- Regenerates the body
- Keeps a healthy appearance
- Sustains strong connective tissue
- Prevents illnesses
- Regulates physiological function
- Preserves normal mental, physical, and emotional functions

CELL ACTIVATION

Cell activation and biochemical reactions make life possible. These natural processes produce energy and heat, remove waste, regenerate cells, as well as produce protein, antibodies, hormones, and neurotransmitters. In order for these processes to work, they require a clean and well nourished body. For this reason, NATURA has formulated its product line to contain the essential enzymes and phytonutrientes, which clean and nourish the body, thus allowing it to revive cells and biochemical reactions.


ADDITIONAL CELL ACTIVATION BENEFITS:

- Greater energy production
- Better digestion
- Physical and mental rejuvenation
- Better toxins elimination
- Healthier immune system
- Maintains weight and ideal size
- Prevents premature aging.

CAUSE AND EFFECT: RESPONSIBLE FOR ILLNESS IN THE HUMAN BODY

Dr. Daniel Quiroz

Understanding the origin of illness and avoiding sickness has been a challenge throughout history. There is confusion and differing theories throughout the scientific world about the causes of disease and premature death of cells.



Recent studies have proved that what you put into your body, you will get out of your body. If humans put the correct things into their body then they will avoid illnesses.

NATURAL LAW: “YOU REAP WHAT SOW”

Dr. Daniel Quiroz has dedicated over ten years of his life researching the origin of disease. At first, it was mystery becausee medical books present several causes for each illness. Now, he understands that the causes sited in these books were just side effects of toxins invading the body.

Studying disease through the eyes of biochemist it can be found that “all diseases are metabolic disorders in the cell’s interior” caused by:

1. Cellular toxicosis is the accumulation of poisonous substances or rare biological and chemical agents in the cells.
2. Cellular malnutrition either vital element deficiencies or cellular saturation.
3. Cellular deactivation or diminished cell functions

A BIT OF HISTORY:

CELLULAR HEALTH

Human beings are living matter with an internal and external environment. Whether internal or external information and matter is exchanged by the body. Each cell, each connective tissue and each organ has an internal environment and external one, which exchanges information and matter (Fig. A) as long as life lasts.

The objective of this interaction is to generate a dynamic equilibrium. In other words, ‘for the body to be in a stable state’, to be in harmony within itself, it must find an equilibrium.

STABLE STATE

Through the course of history man has presented different theories to explain what a stable state is. Claude Bernard, a 19th century French physiologist stated that to maintain life there should be constancy or “internal environment stability”

in spite of the changes in the external environment. Later, Walter Cannon proposed the term Homeostasis referring to stability. Then in 1965, a scientist called Dubos affirmed that there are two complementary processes required for equilibrium: Homeostasis and Adaptation.

Homeostasis: A person threatened by the environment prepares for action. The body mobilizes energy reserves and produces adrenalin, which prepares it for a fight or flight reaction. This reaction can be seen in familiar physiological reactions: The heart beats faster and respiration quickens. The face turns red or pales and the body perspires. The individual may experience shortness of breath, cold sweats, shivering, and trembling legs. These physiological manifestations reflect the efforts of the body to maintain its internal equilibrium.

Adaptation: The internal equilibrium of the body, the ultimate gauge of its proper functioning, involves the maintenance of a constant rate of concentration in the blood of certain molecules and ions that are essential to life and the maintenance at specified levels of other physical parameters such as temperature. This is accomplished in spite of modifications of the environment.

Homeostasis and Adaptation is necessary for the survival of man in an ever changing world.

PATHOPHYSIOLOGICAL PROCESS

When the body fails to produce a Homeostasis and Adaptation process due to toxins or other factors, this is known as Pathophysiological states. If the body is in a pathophysiological state, it means cells are injured, sick or dead. When the cell's capacity to keep optimum equilibrium is negatively altered, this is when humans get sick. Fortunately, some cellular damage is reversible. Unfortunately, some is irreversible.

EXTERNAL FACTORS:

- Lack of oxygen (Hypoxia)
- Physical Agents (Extreme temperatures, radiation, traumas, etc.)
- Chemical Agents (Toxic, medicines, drugs, alcohol, etc.)
- Infectious Agents (Virus, bacteria, etc.)

INTERNAL FACTORS:

- Cellular toxicosis
- Cellular malnutrition
- Cellular Deactivation
- Immune system imbalance
- Genetic disorders

NUMBER ONE CAUSE OF ILLNESS CELLULAR TOXICOSIS

WHAT IS CELLULAR TOXICOSIS?

It is the excessive accumulation of waste substances in the body which negatively alters the internal environment. This accumulation is linked to more than 90% of all illnesses and diseases.

The common causes of toxicosis are: Diets low in fiber, greasy fast food, refined sugar, animal products, caffeine, alcohol, over eating or late night eating, drugs and chemical laxatives, stress, lack of exercise, not drinking enough water.

The common symptoms linked to toxicosis are: Constipation, gas, bloating, fatigue, irritability and depression, nausea, bad breath and body odor, headaches, memory loss and swollen skin.

NUMBER TWO CAUSE OF ILLNESS CELLULAR MALNUTRITION

WHAT IS CELLULAR MALNUTRITION?

It is the lack of one or more nutritional elements needed to maintain life, regenerate cells and fight diseases.

Vital body functions are: Energy and heat production, waste removal, cellular regeneration, food digestion as well protein, antibodies, hormones, and neurotransmitters production.


NUMBER THREE CAUSE OF ILLNESS CELLULAR DEACTIVATION

WHAT IS CELLULAR DEACTIVATION?

Due to toxicosis, malnutrition and chronic enzyme deficiency, the body brings to age prematurely. Cells stop doing their respective jobs and organs stop functioning properly are results of premature aging.

1. CHRONIC SWELLING

People who are malnourished suffer from some type of inflammatory illness



such as, arthritis, tendonitis, and colitis. Although not visible to the naked eye, inflammation can be chronic and damaging to brain cells, arteries walls, and heart valves.

Ultimately various studies have confirmed that heart attacks, heart valve failure, Alzheimer's, all are related to the chronic inflammation.

2. GLYCOSYLATION

People who suffer from diabetes age quicker than those who do not have this disorder. But anyone who eats a lot of refined sugar can suffer from the same devastating chemical reaction called glycosylation. These reactions could be senile dementia, enlarged capillaries and arteries and degenerative eye damage.

3. METHYLATION

DNA requires a constant enzymatic action (remethylation) for its maintenance and repair. Enzymatic deficiency, also known as aging the process, alters metabolism. This type of deficiency is known as Methylation, which causes DNA damage. The result is: Cancer, liver damage and brain cells degeneration.

4. MITOCHONDRION ENERGY DEPLETION


The cell's energy plant is the mitochondria. It takes a complex series of nutrients and enzymes to maintain its critical functions such as transporting nutrients through cellular membranes and inter cellular elimination channels. Its energetic depletion can result in congestive heart failure, muscular weakness, chronic fatigue, and neurological diseases.

5. HORMONAL DEFICIENCY

Trillions of cells in our body are delicately synchronized to function by chemical signals called hormones. Malnutrition, toxicosis, and aging enzymes create severe hormonal imbalances that are regularly associated with illnesses such as depression, osteoporosis, coronary artery disease, and libido loss.

6. CALCIFICATION EXCESS

Calcium ions are continually transported, crossing cellular membranes



through calcium membrane channels. When the body deactivates its calcium transportation system, it permits excessive infiltration of calcium toward the interior of brain cells, and heart valves. The result is arteriosclerosis.

7. FATTY ACID ALTERATION

Fatty acids are essential nutrients for energy production. Deactivation of these acids cause irregular cardiac pulse, joint degeneration, lack of energy and fatigue, blood hyper-coagulation, skin dryness, anxiety and depression.

8. DNA MUTATION

Many synthetic or natural substances may cause the DNA to mutate thus forming carcinogenic cells. This damage can cause cells to proliferate out of control.

9. WEAKEN IMMUNE SYSTEM

For many reasons, a deactivated or aged immune system loses its ability to attack bacteria, viruses, fungus and carcinogenic cells.

Older systems produce dangerous levels cytokines, which makes the immune system turn against itself. This creates auto-immune illnesses associated with aging, like arthritis rheumatoid, lupus and other illnesses.

10. METABOLIC ENZYMES DEFICIENCY

Proper internal cell functions depend on a multiple enzymatic reactions that have a precise time of action. Malnutrition and cellular deactivation are the first effects to enzymatic deficiency of the brain and liver. Over prolonged periods of time severe neurological illnesses can develop such as Parkinson or persistent memory loss.

11. DIGESTIVE ENZYME DEFICIENCY

A deactivated pancreas always fails to secrete sufficient digestive enzymes. Likewise, a deactivated liver does not produce sufficient secretion of biliary acids. The result is chronic indigestion.

12. EXCITOTOXICIDAD

A deactivated brain loses neurotransmitter secretion control (like glutamate and dopamine); as a result there is devastating damage to brain cells.

13. CIRCULATORY DEFICIT

Micro capillary blood perfusion towards the brain, eyes and skin is altered in the normal aging process, the results are: Eye disorders such as cataracts, macular degeneration, glaucoma, and retina detachment.

Additionally, a great number of degenerative illnesses occur associated with circulatory deficiency in brain and skin.

14. OXIDATIVE STRESS

Free radicals are unstable molecules responsible for the majority of illnesses related to aging. Antioxidants have become the supplement of choice to protect the cells from damage induced by free radicals.

Unfortunately, few people take the appropriate quantity or combination to adequately compensate the loss of endogenous antioxidants.

LIFE STYLE FACTORS THAT ACCELERATE PREMATURE AGING

- A. Smoke or living with a smoker.
- B. Being an alcoholic for more than 5 years.
- C. Consume large quantities of refined sugar daily.
- D. Fried foods and preserved meat.
- E. Continuous contact with volatile substances, solvents and chemicals in general.
- F. Excessive sunlight exposure without protection.

SIGNS OF PREMATURE AGING

- Thin skin, with little elasticity
- Spots in the face, arms and hands
- Skin pigment loss

- Wrinkled face and hands
- Fragile gums that bleed, wasted painful teeth
- Red veins spider shape on face, arms, chest and legs
- Nodules on face, nose, chest and hands
- Forward inclination of face and neck
- Pain and joints deformation.
- Walking or twisted backbone
- Pale fragile nails with lines
- Decreased visual capacity
- Nose, mouth or vagina dryness
- Difficulty to defecate
- Excessive loss of hair
- Cardiac Arrhythmia or easily fatigued
- Hearing loss
- Redness and burning sensation to feet, arms, face and ears
- Very fragile skin that cracks breaks or is easily irritated
- Slow recovery after a cold or an infection

PRACTICAL ADVICE TO DELAY PREMATURE AGING AND DEACTIVATION

1. A balanced diet in quality and quantity, avoiding toxic oils, refined sugar and tobacco.
2. Lots of organic fruits and vegetables, whole grains, nuts, seeds and beans, yogurt, salmon 2 times per week. It is recommended that a daily diet should contain 80% raw and 20% cooked food.
3. Eat chicken, butter, cheese, eggs and milk in moderation.
4. Drink 2 to 3 spoons full of vegetable oil daily.
5. Keep your system's alkalinity with beverages and green foods and grains
6. Drink lots of pure water each day to keep a clean and hydrated body.
7. Exercise at least 3 times a week.
8. Take NATURAS' DNA program regularly (Detoxification, Nutrition and Activation).
9. Fight back free radicals every day using a powerful antioxidant such as NATURA'S XANTHIN.