

# The Quality Life

The quality of your life is the quality of the life of your cells.

The health of your body depends on the health of your cells. There are over 75 trillion cells in your body (*The Oxygen Breakthrough*, 1990, Sheldon Saul Hendler). Cytology, or the study of cells, reveals that the seemingly infinite number of tiny powerhouses is what keeps us energized and alive. Cells are the miniature factories that process the nourishment we need and void the waste.

With proper amounts of oxygen, each cell not only performs its own specialized function, but also produces the adenosine triphosphate (ATP) that fuels the body. It only makes sense that maximizing your overall health requires that your body receive the optimum ingredients for ensuring health on a cellular level.

**What is health?**

*essence of energy!*

**With energy, everything in life becomes real and possible.**

**Where does energy come from? Your cells.**