

# The Basic Building Block of Life

Energy is the essence of life. How is it created? In both the plant and animal kingdoms, the basic building block is the cell; hence, the level of health you experience is a complete and direct reflection of the quality of the life of your cells.

## **CELLS ARE THE ENERGY FACTORIES OF THE BODY**

Each type of cell has certain distinguishing characteristics that permit it to perform a highly specialized task. The cells of the digestive system break down food and absorb it into the bloodstream; red blood cells carry life-sustaining oxygen to every region of the body; the cells of the kidney excrete potentially harmful waste products; the cells of reproductive organs ensure perpetuation of the species; and the nerve and endocrine cells direct and control all other organ systems so they may best serve the entire body.

What's more, each cell is like a miniature factory with a receiving department, a shipping department, and a power plant that generates the energy that creates life. These "factories" transform food into the right type and amount of energy necessary to stoke the tiny cellular furnace, drive the vast array of cell machinery, and keep the cell a warm and comfortable abode for all the chemical workers who toil in it without respite. And like a factory, each cell has a board of directors empowered to make major decisions to plan for the future, to draw blueprints to be followed by the cell workers using cell machines.

Perhaps more important, each cell ensures perpetuity of the factory by providing a means for passing on the experience of one generation of directors to the succeeding generation in an orderly, unobtrusive fashion. In short, the cells provide it with both a source of energy and the managerial talent to direct flows of that energy into efficient production.

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**What do cells need, not only to survive, but to thrive?**

1. OXYGEN
2. NUTRIENTS
3. **The ability to eliminate their own**  
WASTE