

Oh, the air we breathe!

Air is the cornerstone to life! Did you know that breathing does more than just bring oxygen into your body? It also removes more waste than any other body process, speeding deadly gasses from your body every time you exhale. You have over 75 trillion cells and every one of them performs essential chemical reactions called cellular respiration. Cellular respiration burns nutrients like sugars, to produce energy that fuels everything the cell does.

Did you know:

- 75% of body toxins are removed through breathing?
- cancer, germs, fungi, and bacteria love an environment with no oxygen? They can't grow when they have enough oxygen.
- oxygen shortage has been linked to every major illness category, including heart disease, cancer, digestive disease, inflamed, swollen and painful joints, and sinus problems

Breathe deeply for good health!

SHOFAR MINISTRIES

www.shofarministries.net/health.html

Another did you know thing...

Did you know that there are over 80,000 chemicals registered for use in the United States? According to Dr. Walter Crinnion, a naturopath on the Scientific Advisory Board of Annasa, EVERYONE has toxins in their body. He says toxins affect 3 main systems in the body: the immune system, the nervous system, and the hormonal system. Some of the foods found to be the highest in toxins and which we should buy organically grown are strawberries, bell peppers, spinach, cherries, and peaches.



The MitoGenx Basic 4 is a good answer to living in a toxic world!



Yes, we're still doing the monthly blood testing with Barry Hampton in Burton, and Painesville. He recommends a retest every 5 or 6 months, just because as humans we tend to slack off after awhile on our good nutrition and junk can creep in so it's a good way to keep things in check. If you've not been taking any supplements, or if you've had a bit too much sugar, an earlier check is recommended.

Here are just a few of the things the test can tell you:

- *If you're at risk for heart attack or stroke*
- *If your cells are getting enough oxygen*
- *If your digestive system is working like it should*
- *If the environment of your blood is ripe for disease*

Call if you would like an appointment!

440-834-9006

Be Well!

SHEILA