



## Month 2 – Video #5

### R3 – Restore Cellular Energy

1. ATP which our bodies use to burn for energy is produced in the mitochondria. ATP can be considered the gasoline of the cell. Without ATP the cells have no energy to carry out their function and we in turn have low energy.
2. As ATP production decreases along with it goes glutathione production and methyl groups. Detoxification and healing become significantly compromised.
3. eNRG is the product we use to support mitochondrial health as well as the production of ATP. This is a key component to healing sick individuals. Without enough cellular energy an individual many times will not have enough ATP required for the healing process.