



Month 2 – Video #4

R2 – Regenerating the Cell Membrane

1. Cell membrane health is crucial to the detoxification process and also effects hormone regulation and the genetic expression of the cell.
2. Research overwhelmingly supports that life begins on the cell membrane and acts as the brain of the cell. It was long thought that the nucleus of the cell was what controlled the function of the cell however research has indicated otherwise. You can remove the nucleus of a cell and it can live for months without it. However, if you remove the cell membrane, the cell will die instantly. Likewise, if you destroy the receptors on cell membranes, the cell dies instantly even if the cell membrane is still present. This is why healing the cell membrane and the receptors on the membrane are so important to begin healing. Additionally if we don't regenerate the cell membrane, in addition to not being able to get hormonal messages and healthy nutrients into the cell, we cannot get the bad stuff (toxins from cellular respiration) out of the cell causing impaired ATP, methyl donor and glutathione production seriously compromising cell function.
3. There are two membranes of concern when healing. The first is the one we just discussed the outer cell membrane and also the mitochondrial cell membrane. The mitochondrial membrane when inflamed can seriously effect energy production as well as general cell function. Many times we need to raise this R first in because energy levels are too low to begin the detox process. This is one situation in which "One on One" coaching may be indicated.
4. The product we use to help repair the cell membrane is VISTA. Vista has ingredients to help assist with the repair of both the outer cell and mitochondrial cell membranes. Many become Omega 6 or Omega 3 dominant through the improper use of fish oils and or eating the wrong diet. VISTA has the appropriate 4:1 ratio which has been shown to

be not only effective at healing the cell membranes but also has a positive effect on the brain (assists with sleep, learning, Alzheimer's, M.S. and pain regulation).

5. Using VISTA and following our dietary suggestions and supplementation will downregulate inflammation, help the cell membranes to heal, get the hormone receptors "hearing" the hormones again, and allow the cell to detox properly.