

# Immune System and Cellular PSP

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## Immune System Q & A

**Question:** As the weather changes, a lot of us are getting worried about the cold season that comes with it. We all know that a good immune system is the key to surviving the winter. What can you tell us today about the immune system, so that we can better our chances?

**Answer:** Well, for starters, it is not just the seasonal cold that we need to care for in regards to our immune system. Truth be told, our body is constantly fighting off infections. There isn't a day that goes by that our body is not fighting free radicals or a foreign invader. For example, the average human gets 2 common colds a year, whether or not they see the symptoms, they are fighting this sickness. The degree of how bad we suffer depends on how strong are cells are to purge themselves of illness.

**Question:** That makes a lot of sense, I often notice that some people seem never to get sick, but others are constantly battling colds and the flu? This doesn't seem fair.

**Answer:** You are exactly right; researchers are just now beginning to understand how genes affect nutrition and overall immunity. Deficiency of some essential nutrients can alter metabolism and the structure of DNA. There is a well-studied example of the relationship between genetics and diet in type 2 diabetes. This condition is associated with a sedentary lifestyle, being overweight, and ethnicity. Although some individuals are genetically predisposed to this condition, many can control symptoms through exercise and a change in diet. CELLULAR PSP can provide your body with and increase the overall absorption of these essential nutrients to keep you immunity up.

**Question:** I hear that 'free-radical' term a lot, what exactly are those?

**Answer:** Free radicals are unstable molecules that are in our cells. It is estimated that 2 percent of our cells are free radicals – whether or not these free radicals do damage varies upon the person. These molecules are lacking an electron, and thus, they will be attracted to another molecule and 'steal' its electron. Now, what this looks like in the body is a damaging of our cells. There is a chain reaction of a free radical stealing an electron, and then that cell of which the electron stolen becomes a free radical. The effect is tissue damage, which can harbor infection, or cause disease in general.

**Question:** In the past, I have heard people mention that free-radicals are even a source of cancer, is this true?

**Answer:** Yes, most definitely. The most extreme disease caused by free-radicals is cancer. Free-radical molecules actually have the ability to alter the DNA of cells, and that is why cancerous tumors are formed – cells begin to multiply erratically as DNA, the genetic building diagram, is no longer doing what the body originally intended.

**Question:** I certainly don't like the sounds of that, what can be done about this?

**Answer:** In simple terms, your doctor would tell you eat a balanced and healthy diet. Get your anti-oxidants! And your doctor is right. By eating good foods, you can help your immune system. Anti-oxidants, which I'm sure we've all heard about before, give up electrons to free radicals and this therefore will neutralize them. But not all foods are created equal. CELLULAR PSP for example, has over 120 anti-oxidants! But more importantly than the contents of CELLULAR PSP, is how it is created; it is especially geared to re-vitalizing the cells in our body so that they can stay strong in our ongoing battle against infection.

**Question:** How exactly does CELLULAR PSP do this?

**Answer:** The majority of food that we eat these days is processed so much that any nutritional value is not recognized by the body and is either excreted or stored as fat. When this happens, the body's cells are not obtaining the nutrition they need. CELLULAR PSP on the other hand is specially created using a new hydrolyzed process.

**Question:** What exactly does this process do?

**Answer:** This process breaks down the polysaccharides and polypeptides that hold the nutrients anti-oxidants of CELLULAR PSP. This separates CELLULAR PSP from other foods. This process enables CELLULAR PSP's beneficial elements to be easily absorbed by the body, which no other food can do. 100 percent of the nutrition of CELLULAR PSP is going directly into your cells, not as waste, or being stored away.

**Question:** I understand now that CELLULAR PSP is an extremely nutritious and healthy product that my body can easily absorb, but what about all the unhealthy things I have eaten and been exposed to in the past? How can I rid the unhealthy elements from my body?

**Answer:** What I believe what you are talking about is detoxification. Basically, detoxification means cleaning the blood. It does this mainly by removing impurities from the blood in the liver, where toxins are processed for elimination. The body also eliminates toxins through the kidneys, intestines, lungs, lymph and skin. We see many advertisements for body and detoxification cleanses that may involve a body wrap or colon cleanse. Most of these are just gimmicks. The best detoxifier is your own body, all you need to do is drink water, exercise, and eat nutritious foods. CELLULAR PSP, which is rich in iodine, potassium and essential minerals, is a wonderful food to eat to detoxify your body.

**Question:** Wow, This is great advice, with CELLULAR PSP , my body can detoxify itself. What are some of the other properties in CELLULAR PSP that will further protect my body from toxins?

**Answer:** Well, each cell in your body has its own protection from toxins; its own self-made removal system. There is a protein that each cell manufactures that is called Glutathione or the master antioxidant. Glutathione, which is in each and every cell, is composed of three amino acids including — cysteine, glutamic acid and glycine. It plays an important part in detoxification of pollutants and recycling of anti-oxidants. Glutathione is one of the most substantial compounds that purge fat-soluble toxic compounds like heavy metals, solvents, and pesticides to change them into a water-soluble kind allowing far better excretion through the kidneys.

**Question:** Glutathione sounds like a wonder protein; I know we would all benefit from a toxic purge. This protein sounds like something we all need more of.

**Answer:** Unfortunately those that need Glutathione the most also use it up the fastest. The higher the level of pollutants in the body, the faster human body uses glutathione. For example, those who smoke, have more toxic compounds and may be sick with inflammatory problems like rheumatoid arthritis, or are afflicted by long-term ailments such as diabetes, chronic fatigue, or even cancer. It's a vicious cycle: medical problems diminish glutathione which increases the chance of diseases.

**Question:** Are you trying to scare me or something? How do I increase the Glutathione in my cells?

**Answer:** Foods that boost glutathione are extremely valuable to your health and can help purge your body of toxic substances that lead to diseases. Researchers found that taking glutathione supplements do not boost a person's glutathione levels in their blood. The only way to boost your glutathione is by eating foods that boost your glutathione levels from the inside out. Alpha Lipoic Acid (ALA) promotes the synthesis of glutathione in the body. As CELLULAR PSP is an excellent source of ALA, it also helps to increase your glutathione levels. The more foods that you eat that boost your glutathione levels, the better you will begin to feel.

**Question:** CELLULAR PSP certainly seems like a good way to keep the immune system ready to keep us healthy. Is there anything else you would like to say about CELLULAR PSP ?

**Answer:** I think it is important to add that taking CELLULAR PSP creates no side effects, can be taken with any medication, and is for any type of person, young or old. It is also important to remember that CELLULAR PSP is not just for people with ailments; everyone can benefit from the 120 anti-oxidants in CELLULAR PSP . A lot of what we discussed

today, about getting rid of free radicals, or detoxifying our bodies of pollutants, is to prevent ailments from arising in the first place. One has to remember that our immune system is always fighting our hostile environment, and it is essential to give it the optimum fuel to do its job, which is CELLULAR PSP .