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A compelling report on a dietary supplement that's offering new hope for an oxygen starved world

CELLFOOD[®]



Vital Cellular Nutrition
for the New Millennium

Dr. David S. Dyer

Third Edition

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By Dr. David S. Dyer

Acknowledgments

I would like to give acknowledgment to our Creator from whom I receive love, blessings, guidance and inspirations throughout my day. Without these wonderful gifts, my life would be empty and have little meaning. I am thankful for all that I have and for the opportunity to present this book to you. May the Creator bless you with love and understanding, for this is truly what the World needs much more of.

On an Earthly plane I want to thank my daughter, Gentry. The presence of her sweet soul brings much joy into my life, and hope for her future. I pray she will take this information and use it to better her health and her life. Gentry, I am proud to be your dad and I love you with all that I have to give.

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Important

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Introduction

I have been both a student and teacher of healthful living for over 30 years now. Each year, it seems that the amount of new information available to us just keeps increasing. At the same time, it becomes clear that much of what we know today we have known for a long, long time.

If you look at Hippocrates' teachings, you'll find an incredible amount of quality advice about living. It was Hippocrates who said, "let your food be your medicine and medicine be your food." Even the Bible counsels us about eating and living habits: "be ye moderate in all things." It's great advice even today.

The fact is, everyone's health status is a direct result of his or her lifestyle and eating habits. If you want to improve your health, you must change some things. Do you have to change everything today? No, but you must start somewhere. There is an old Chinese proverb that reads, "a journey of a thousand miles begins with the first step." That's all it takes to get started. And don't try to bite off too much at one time. "Yard by yard life is mighty hard, but inch by inch life is a cinch." Take your time, keep moving forward, and in time good, vibrant health will be yours.

The good news is that there is a remarkable health tool on the market that can revitalize your body and revolutionize your wellness program. This is the the subject of this book.

A number of years ago, I was introduced by a friend to a dietary supplement called Cellfood. As I was always interested in learning about new and different health aids, I was happy to read whatever literature was available. I also knew that no matter how convincing the literature, the key question was always the same. "Does it work?" So with an open mind and a healthy skepticism, I began using Cellfood on a regular basis. What I discovered then— and have experienced since— has added a whole new dimension to my health professional career. I am now a natural health professional and a Cellfood evangelist!

This book is my way of sharing with you, and the world, just what Cellfood can do for the human body. The book is divided into a few simple chapters, starting with an overview of the basic elements of life on planet earth: elements that are critical for your health but which are, in many cases, less accessible to us than they have been in the past.

From there, I present the most up-to-date information available about Cellfood, a supplement that combines the basic elements of life and that I believe is the answer to some of the basic challenges to our gaining optimum health. I'll also share some of the fascinating history of how Cellfood came into being.

Finally, I'll share what I know about how to apply Cellfood to your daily regimen: how to take it, what to expect when you take it, how it works on the body, and other important information.

My friend, this book and the information that it contains can be your first step towards better health and a happier life. I challenge you to take this book and USE IT! Take personal responsibility for your health. Regain the power that our Creator fully intended for you and your loved ones to live a healthier life. I am passionate about my health and the health of others. I wish you all good health... because... "once you lose your health nothing else matters."

A note on the publication of the Third Edition:

It's been thirteen years since this book was first written. In that time, thankfully, more and more focus has come on to the subject of "preventive medicine"— indicating that mankind is embracing an important understanding. Wikipedia offers this definition: "Preventive medicine or preventive care consists of measures taken to prevent diseases, rather than curing them or treating their symptoms." I urge you to personally, as well as on behalf of your family, become intimately acquainted with these measures— they include a healthful diet, exercise, and a positive mental, emotional and spiritual outlook. It is the best investment of energy you will ever make.

—Dr. David Dyer

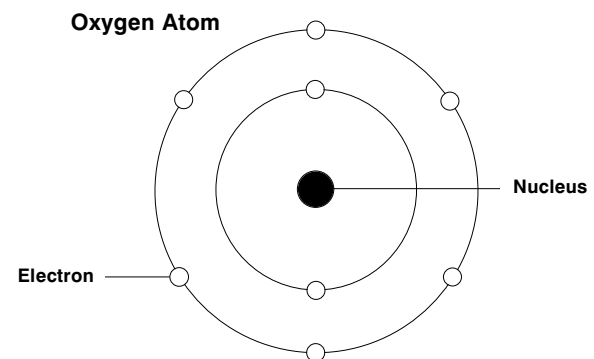
CHAPTER 1 The Building Blocks of Life

The Life-Giver: Oxygen

Of all the elements on earth, none is more essential to life itself than oxygen. It makes up 20% of the earth's atmosphere, is the third most abundant element found in the sun, and it plays a critical role in the carbon-nitrogen cycle, the process once thought to give the sun and stars their energy. Oxygen is responsible for the bright reds and yellow-greens of the Aurora Borealis.

A gaseous element, oxygen forms 20% of the atmosphere by volume. It makes up almost 50% of the earth's crust by weight, 42% of all vegetation, 85% of seawater, 46% of igneous rocks and 47% of dry soil. Oxygen comprises 65% of our body.

Oxygen is essential for combustion and acts as a disinfectant, deodorizer, sanitizer and preserver. We can live a few days without water and a few weeks without food, but only a few minutes without oxygen. All functions of our body are regulated by oxygen. It must be replaced on a moment-to-moment basis because 90% of our life energy depends on it. Oxygen energizes cells so they can regenerate. Our body uses oxygen to metabolize food and to elimi-



nate toxins and waste through oxidation. Our brain needs oxygen each second to process information. In fact, all of our organs need a great deal of oxygen to function efficiently. The ability to think, feel, move, eat, sleep and even talk all depends on energy generated from oxygen.

Oxygen is the only element capable of combining with almost every other element to form the essential components necessary to build and maintain our bodies. For instance, oxygen + nitrogen + carbon + hydrogen = proteins. Oxygen + carbon + hydrogen = carbohydrates. Oxygen + hydrogen = water. The combination of oxygen in the air, water, proteins and carbohydrates creates life energy. Without oxygen there would be no life.

An Oxygen-Deficient Environment

Research has shown that in most parts of the world the natural concentration levels of vital oxygen in our atmosphere are steadily decreasing due to climatic and industrial changes that have taken place over the years. When scientists analyzed the oxygen content of air bubbles trapped in ice-core drillings in Antarctica, they found that the earth's atmosphere at one time contained between 38% and 50% oxygen, well above the current 20%. What happened?

The industrial revolution, technological advancement and modern transportation are what happened. Our obsession with carbon-based fuels to power generators, planes and automobiles consumes vast amounts of oxygen daily. There has been a huge reduction of our forested areas and all plant life as the need for timber and paper continues beyond our production capacity. At the present time, research scientists have determined that our atmospheric oxygen concentration levels are being reduced by about 0.8% every 15 years or so. Since our bodies are not designed for low-level oxygen consumption, harmful toxins accumulate in our cells, tissues, organs, and bloodstreams. A 6% oxygen level causes human asphyxiation and death. Recently, Nobel Prize winner and former Vice President Al Gore has brought consciousness of global warming— and its pivotal role in reducing the amount of oxygen in the atmosphere— to the forefront.

Oxygen and Health

Oxygen is one of five elements needed to sustain life and clearly, one of the most important. For over 150 years oxygen has been used to treat the sick and injured; and in the treatment of medical problems like bone infections, wounds, carbon-monoxide poisoning and decompression sickness. (Only recently has the medical and sport professions begun to take a new and serious look at the value of increasing oxygen levels and the benefits that can be attained.)

Oxygen— which is absorbed by hemoglobin in the blood and is transferred to every cell in the body— provides life and energy to every living cell. If poor eating habits, drinking, pollution, toxins, drugs or lack of exercise abuse the body, the cells are deprived of vital oxygen and the immune system may be weakened. Low oxygen levels are undesirable because they affect the body's cell metabolism and may even cause it to manufacture improper chemicals and/or give rise to various health problems. A lack of oxygen results in sickness, poor vitality, poor stamina, fatigue and a general weak disposition. Our normal level of oxygen reserves can be depleted over time by a number of factors including:

- **Toxic Stress**— toxic chemicals and air pollution, both becoming more prevalent in our cities; increased use of antibiotics
- **Emotional Stress**— produces adrenaline and adrenal-related hormones, which utilize more oxygen
- **Physical Trauma**— reduces circulation and oxygen supply to many cells and tissues throughout the body
- **Infections**— depletes our store of oxygen to fight bacteria, fungi and viruses; frequent use of drugs also uses up our oxygen supplies at the cellular level

Today, noted authorities stress that most diseases, especially yeast or fungal infections like candida albicans, occur more frequently in any oxygen-poor environment in the body. Dr. Stephen Levine, a molecular biologist and respected nutrition researcher, has also stated, "We can look at oxygen deficiency as the single greatest cause of all health issues." In his original hypothesis, he asserts, "oxygen deficiency accompanies, and is an integral aspect in, all

health issues.” Thus, the development of a shortage of oxygen in the blood could very well be the starting point for the compromise of the immune system and the beginning of many health challenges.

Oxygen Deficiency Symptoms

Oxygen deficiency plays an important part in cellular contamination. That’s because oxygen is a powerful detoxifier and when it is deficient, toxins begin to devastate bodily functions and deplete the body of life giving energy.

Initial symptoms of oxygen deficiency may include: overall weakness, fatigue, circulation problems, poor digestion, muscle aches, dizziness, mood issues, memory loss, irrational behavior, irritability, acid stomach, and bronchial complications. When the immune system is compromised by a lack of oxygen, the body is more susceptible to bacterial, viral, and parasitic infections, colds, and flu.

Dr. Otto Warburg, renowned biochemist and a 1931 Nobel Prize winner, hypothesized that cancer cells cannot grow in a high oxygen environment. His lectures revealed that when oxidation fails and fermentation is substituted for a cell's energy, the pathway to cancer is opened. Dr. Warburg has said that “The prime cause of cancer is the replacement of the normal oxygen respiration of body cells by an anaerobic (without oxygen) cell respiration.” Dr. Warburg’s discovery is just one of many that point to the vital importance of oxygen.

Knowledgeable scientists and doctors agree that the most common cause of metabolic disorders is oxygen-deficient blood. It is most recognizable by the creation of uric acid. This widely dispersed bodily poison is the basic cause of many chronic illnesses. The layman thinks of uric acid as a liquid. It may appear to be in solution, but as a rule it is in fact a fine crystal powder. Because of its insolubility, it is very dangerous. In order for the body to regain health, the body must be supported in its efforts to ingest sufficient oxygen to revitalize energy and cleanse itself of toxic substances.

Oxygen plays another very important role in the body acting as a guardian and protector against unfriendly bacteria and disease organisms. One of oxygen's major functions is disintegration. Garbage, toxins, debris, and any useless substances are destroyed by oxygen and carried out of the system.

Oxygen Therapy

Oxygen therapy is any supplemental process that increases the available oxygen content in the body. Therapies may also include processes that enhance the body's ability to use oxygen or promote oxygen absorption. Many of these oxygen therapies are expensive, and should be administered by a licensed medical professional:

- **Bottled Oxygen**— often prescribed as an inhalation therapy for serious bronchial and other respiratory problems

- **Ozone (O₃) Therapy**— generally is infused rectally or intravenously, primarily used to increase blood oxygenation, circulation, immunity, and to kill bacteria, viruses and fungi; ozone oxygen is extremely unstable and can be toxic if not administered properly

- **Hydrogen Peroxide (H₂O₂) Therapy**— hydrogen peroxide is manufactured in the bloodstream to help fight bacteria, viruses, yeast, fungi, and other invading pathogens. The ingestion of H₂O₂ is controversial because it can cause an adverse reaction in the digestive tract: excess hydrogen causes an unbalanced pH, and may create dangerous free radicals; this therapy should be utilized only under the supervision of a licensed health care professional

- **Breathing Exercises**— thought to increase lung capacity, which transfers more oxygen to the bloodstream. Many people are shallow breathers and therefore disciplines such as yoga and other classes on diaphragmatic breathing can be very helpful

- **Hyperbaric Oxygen Therapy**— involves breathing oxygen in a pressurized chamber; this therapy saturates tissues and cells with oxygen, and was originally designed to treat divers and aviators for decompression sickness and air embolisms

Many therapies and products tend to flood the body with oxygen, often creating harmful oxygen free radicals, and can result in oxidative injury to biologic systems, according to Professors Ghatak and Chandra (*Complementary Medicine*, P.13, Vol. 4, No. 1, 1998).

- **Cellfood Dietary Supplement**— in my view, daily ingestion of Cellfood is the easiest and most cost effective form of oxygen therapy; it’s the one form that does not create free radicals; in fact, it actually uses them to create more stable oxygen. More about this in the pages to follow.

The Master Builder: Hydrogen

Hydrogen is the most abundant element in the universe. It is estimated to make up more than 90% of all the atoms and three quarters of the mass of the universe!

Hydrogen is the simplest element known to man. Each atom of hydrogen has only one proton. It is also the most plentiful *gas* in the universe. Stars are made primarily of hydrogen.

The sun is basically a giant ball of hydrogen and helium gases. In the sun's core, hydrogen atoms combine to form helium atoms. This process, called fusion, gives off radiant energy.

This radiant energy sustains life on earth. It gives us light and makes plants grow. It makes the wind blow and rain fall. It is stored as chemical energy in fossil fuels. Most of the energy we use today came from the sun's radiant energy.

Hydrogen gas is lighter than air and, as a result, it rises in the atmosphere. This is why hydrogen as a gas (H_2) is not found by itself on earth. It is found only in compound form with other elements. Hydrogen combined with oxygen is water (H_2O). Hydrogen combined with carbon forms different compounds such as methane (CH_4), coal and petroleum. It's also an abundant element in the earth's crust. Hydrogen is found in all growing things.

Hydrogen has the highest energy content of any common fuel by weight (about three times more than gasoline), but the lowest energy content by volume (about four times less than gasoline). It is the lightest element and it is a gas at normal temperature and pressure.

Most body processes require hydrogen. Hydrogen plays a vital role in the electron transport chain. It builds cells and if it's left unmodulated, makes them hard and brittle. These effects are balanced by the action of oxygen.

Hydrogen is needed by the body to build and repair the immune system, the body's organs and cell structure. Cellfood's inventor Everett Storey said, "The winding road to health leads ever uphill from some form of hydrogen, probably deuterium (its most versatile isotope), which is about to be recognized as the creative and sustaining force of all life."

The body normally obtains hydrogen from water, other liquids, fruits and vegetables. A lack of hydrogen can lead to dehydration—causing extreme dryness and abnormal nerve heat generation inside the body. Because of dehydration, moisture and fatty nutrients are not well assimilated; this may result in brain shrinkage, drying of mucus, and tendon/nerve cramping. Other conditions which can be exacerbated by a lack of hydrogen include: gout, muscular rheumatism, mental confusion and inadequacy, neck stiffness, irritated skin and sore joints.

The Ocean of Life: Water

Scientists estimate that humans can live no more than ten days without water; such is the importance of this element. All chemical reactions in the body take place in water. Every cell in the body is bathed in water, which contains materials to keep them vibrant. Water is the transporter of nutrients and oxygen for proper function of the body's tissues; it helps remove waste from the body; it acts as a natural air conditioner through perspiration; it's essential for digestion and absorption of vitamins and minerals. Water keeps our skin moist and supple, and is a natural lubricant for our joints and internal organs.

Over the course of an average day, the body loses approximately three quarts of water through breathing, perspiration and elimination. Through strenuous exercise or on a hot day, however, our bodies can lose as much as three quarts of water each *hour*. This fluid must be replaced or muscle cramping, dehydration, or heat stroke may take place. Water needs are especially apparent in certain groups of people. The elderly and athletes must pay special attention to their water requirements, especially in hot weather.

The body keeps a reserve store of fuel, such as stores of fat, which can be tapped in emergencies, but we have no built-in water tank to tap into when running dry— even though our bodies are 70-80% water! Water is involved in every one of our bodily functions, so it's hardly surprising that dehydration can lead to mental and physical breakdown.

And, the growing pollution in our modern day world is having an increasingly detrimental effect on our drinking water. Hazardous chemicals like mercury, lead, arsenic, cyanide, aluminum and phos-

phorus are getting into the water system every day. Other dangerous and toxic chemicals, including chlorine and fluoride, are added to reduce harmful microorganisms and prevent tooth problems. All this adds to the load of toxins that our bodies have to eliminate.

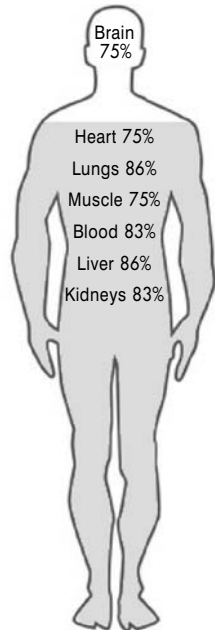
For cleansing and nourishing our cells, research has proven that we need *one-half our body's weight in pounds x fluid ounces per day* (and more if we want to lose weight). This does not include coffee, teas, alcohol, fruit juices and other liquids. Dehydration causes bodily functions to go into distress because

when we drink less water fewer toxins are being removed. Less oxygen and nutrients are transported throughout the body— especially to the brain tissue, which is comprised of about 75% water.

For good quality drinking water we need to purify or filter typically available tap water before drinking it. There are many water purification systems to choose from today, as well as many types of bottled water using various purification processes. I strongly suggest that your health and wellness program start with the best quality water available in order to get the greatest benefits possible.

The Riches of the Earth: Minerals

We need, in proper quantities and proportions, over 70 minerals for peak performance of every cell in our body. We need minerals in our bodies for the proper composition of the body fluids, for the formation of blood and bone cells, and the maintenance of healthy nerve functioning. Lack of a single mineral in our food can cause mental and physical problems. We, therefore, need to become more aware of the nutritional value of each type of food and eat the correct ones. We all know of the importance of calcium in our diets for building strong bones and teeth. But how many know that we need manganese for the same reason?



Just as important: Where are these minerals going to come from? Our soils are becoming more and more depleted of necessary minerals. Many fruits and vegetables now have less than 12 minerals out of the 70 plus that humans need for proper functioning— and which were present in our foods only one hundred years ago. Most of us need some form of supplementation to supply us with all the necessary minerals for the body's optimal performance.

The truth is that our foods vary enormously in value, and some of them just aren't worth eating as food. Our physical well-being is more directly dependent upon the minerals we take into our systems than upon calories or vitamins, or upon the precise proportions of starch, protein or carbohydrates we consume.

You'd think, wouldn't you, that a carrot is a carrot? That one carrot is about as good as another as far as nourishment is concerned? But it isn't; one carrot may look and taste like another and yet be lacking the particular minerals our body system requires and which carrots are supposed to contain. Laboratory tests prove that the fruits, the vegetables, the grains, the eggs and even the milk and the meats of today are not what they were a few generations ago (which explains why our forefathers thrived on a selection of foods that would now starve us!)

No longer do we believe that a balanced and fully nourishing diet consists merely of so many calories or certain vitamins or a fixed proportion of starches, proteins and carbohydrates. We now know that our diets must contain minerals *and I strongly suggest that one consume organic fruits and vegetables when available*. Foods grown without chemical fertilizers, pesticides and herbicides taste different, and better, and have greater amounts of naturally occurring vitamins and minerals.

We know that vitamins are complex chemical substances needed for proper nutrition and that each of them is important for normal function of many special structures in the body. Out-of-balance conditions and disease may result from vitamin deficiencies. It's not commonly realized, however, that vitamins control the body's appropriation of minerals and in the absence of minerals they have no function to perform. Lacking vitamins, the system can use minerals, but lacking minerals, vitamins are useless.

Benefits of Trace Elements

Trace elements are minerals that the body requires in amounts of 100 milligrams or less, per day. For some, including iodine, proper dosage may be as small as one-tenth of 1 milligram. Minuscule as these amounts are, insufficient intake of trace elements can seriously impair your health and well being.

Here are just a few examples:

Chromium (Cr)— helps the body to burn sugar, providing energy while preventing damage to blood vessels and organs

Copper (Cu)— necessary for the formation of blood cells and connective tissue; it's also involved in the production of the skin pigment melanin

Iodine (I)— used by the thyroid gland in the production of hormones essential for growth, reproduction, nerve and bone formation and mental health

Iron (Fe)— produces hemoglobin, the protein that carries oxygen throughout the body; iron is involved in immune system maintenance and in the production of certain hormones, connective tissues and brain neurotransmitters

Manganese (Mn)— antioxidant; plays an important role in chemical reactions involving energy production, nerve-cell metabolism, muscle contraction, and bone growth

Molybdenum (Mo)— antioxidant; helps the body remain healthy by detoxifying sulfites and sulfur compounds

Selenium (Se)— may help prevent heart disease and some forms of cancer; also helps to boost the immune system

Zinc (Zn)— involved in the structure and function of every cell membrane as well as in production of more than 200 enzymes. Also is essential for proper wound healing

Metabolism and Enzymes

Metabolism is the sum of all chemical reactions in the living cell that are used for the production of useful work and the synthesis of cell constituents. Almost all cellular reactions are catalyzed by complex protein molecules called enzymes, which are capable of speeding reaction rates by a factor of hundreds to millions. Most structures in the living cell are complex and require periodic replacement. This process of building new molecules is called *anabolism*. Structures that are no longer used are broken down into smaller molecules and either reused or excreted; this important process is called *catabolism*.

In order for the body to draw valuable nutrients from the food that we eat, it is necessary for the food to be properly digested and metabolized. Digestive enzymes do the work of digestion. Amylase, for example, breaks down carbohydrates. Metabolic enzymes then help to catalyze the various chemical reactions within the cells, such as energy production and detoxification. In this way they assist in building the body from proteins, carbohydrates and fats. An example is catalase, which breaks down hydrogen peroxide in the body, liberating more oxygen for the body to use.

Unfortunately, once again, our modern lifestyles are having a negative impact on these important enzymes. Enzymes are extremely sensitive to heat and are destroyed by temperatures above 48 degrees Celsius or 118 degrees Fahrenheit. Because we cook (and often over-cook) our foods, we need to eat more raw vegetables and fruits to supplement our intake of enzymes.

Amino Acids

Finally, in order for the body to use the food that we eat, the body needs amino acids to make up its necessary proteins. Amino acids play a central role both as building blocks of proteins and as intermediates in metabolism. The twenty amino acids that are found within proteins exhibit a remarkable chemical versatility.

Of those twenty amino acids, our bodies can produce only ten. The others must be supplied in the food we eat. Failure to obtain enough of even one of the ten essential amino acids, those that we cannot make, results in degradation of the body's proteins—

muscle and so forth— to obtain the one amino acid that is needed. Unlike fat and starch, the human body does not store excess amino acids for later use. The amino acids must be in the food every day.

The amino acids that we can produce are: alanine, asparagine, aspartic acid, cysteine, glutamic acid, glutamine, glycine, proline, serine and tyrosine. Tyrosine is produced from phenylalanine. If the diet is deficient in phenylalanine, tyrosine will be required as well. The essential amino acids are: arginine (required for the young, but not for adults), histidine, isoleucine, leucine, lysine, methionine, phenylalanine, threonine, tryptophan, and valine. These amino acids are required in the diet. Plants, of course, must be able to make all the amino acids. Humans, on the other hand, do not have all the the enzymes required for the biosynthesis of all of the amino acids.

Strangely enough, the proteins the body uses are not obtained directly from the food we eat. Dietary protein is first broken down into amino acids, which the body then uses to build the specific proteins, hormones, antibodies and neurotransmitters it needs.

As you can see, these elements— the basic building blocks of life— comprise the literal blueprint for optimum health of the human body. As a natural health professional, I was continually seeking the best way to address these elements in practical terms. When I discovered a single formulation that combined all of these, I became quite excited. What follows is what I discovered.

Footnote: Thanks to the University of Arizona Department of Biochemistry and Molecular Biophysics for part of the content of this chapter.

CHAPTER 2 Cellfood: The Beginning

The story of Cellfood begins with its inventor, Everett L. Storey. Legend has it that in 1946, in a quiet back room at the Waldorf Astoria, Storey, a 32 year old microbiologist, asked Albert Einstein a question that had bewildered Storey all his life: "Why are we here on Earth?" Einstein, who, according to the same legend, later called Storey a genius for his contributions to science, responded, "We are here to learn and to grow. Life is essentially a school. We learn what to do and, as importantly, what not to do."

Everett Storey was, at the time, engaged in his own exhausting process of exploring the fundamental laws of matter, of nature itself. He was creating a new frontier in 'water-splitting' technology— a process that could cause oxygen and hydrogen to 'split' from one

A brief biography of Everett Storey: Born in Colorado Springs, CO., September 6, 1914, son of Walter Fletcher and Lois (DeLay). Physical chemist; microbiologist; publisher; author. Inventor: fission trigger mechanism, 1942. Education: University of Chicago 1932-36. Founder Deutrel Labs., Santa Paula, Cal., 1965; President, Desert Reclamation Corp., Las Vegas, 1957; Executive director American Medical Research Society, 1959-63. Author: Getting Down to Fundamentals, 1943; Patentee, fission trigger mechanism; Perfected deuteron process of soil normalization, 1960. Memberships include: American Medical Research Social & Academic Society; American Chemical Society.

another and, in so doing, be released from a water molecule. In the gathering darkness of the 1940's, it's been said that the government asked Storey to turn over his technology to them— for possible use as a component in the race to create a hydrogen bomb.

A humanitarian and lover of life, Everett Storey vowed after the war to never again be involved with destruction of any kind. He made it a laboratory policy. His words were simple: "There are too many human needs to be filled to waste our time and energy on negative pursuits."

Although this extraordinary scientist is most remembered for his contribution to the fission trigger mechanism, Everett Storey's most significant achievements were designed to restore the environment and heal the human body. He was an expert in the little known uses of deuterium, a nonradioactive isotope of hydrogen, and knew all about the di-polar, di-base technologies using deuterium as their base. He was also knowledgeable about heavy water and atomic binding force technologies.

After the war, Storey and several of his colleagues encountered a more personal crisis: they were dying of poisoning resulting from their exposure to harmful radiation. It was then that Everett Storey developed the conceptual blueprint for Cellfood. He theorized that the same water-splitting technology that he'd been refining for years could be used to heal a human life. By utilizing hydrogen's non-radioactive isotope, deuterium (as deuterium sulfate), and a full blend of required trace minerals, enzymes and amino acids, he would create a solution, an *'electromagnetic equation'*, that could release vital oxygen and hydrogen into his blood stream, remove toxic radiation, rebuild his systems, and return him to health. Everett Storey stated, "It's time for the general acceptance of the concept that even in some terminal cases, our bodies can— given the essential building blocks— repair and reconstitute every living cell within a span of 11 months."

The same "water splitting" technology that was employed in the fission trigger technology was incorporated into Cellfood. He thus created an oxygen therapy based on the ability of deuterium ions to self-sustain a catalytic reaction, one in which our internal body water is dissociated into oxygen and hydrogen.

The Cellfood formula in distribution around the world today is a result of 56 years of research. Made from the finest plant substances, it's a formulation capable of holding its powerful elements in solution and delivering them through ingestion to every cell in the human body (the manufacturing of Cellfood requires a complex nine month process).

This miraculous formula supports and enhances nutritional biochemical activities and brings to our diet what modern living and new technologies have stripped away. Its 78 trace elements and minerals, 34 enzymes, 17 amino acids, electrolytes— and nascent (newly born) oxygen and hydrogen as byproducts— are all naturally occurring substances and essential to the body's many and diverse biochemical functions.

In January 1978, Everett Storey applied for F.D.A. registration of Cellfood (also known as Deutrosulfazyme). On the Pharmaceutical Composite Form he described it as: "Champagne color to amber color with passage of time, but instead of a loss in potency, there is actually a small increase each year."

Under the section "Therapeutic Effects", he stated that:

- Cellfood aids materially in the digestive process
- Cellfood assists in the cleansing of upper and lower intestines, and restores normal bowel functions
- Cellfood enables the blood stream to deliver directly to each cell a wide array of assimilable elements for complete, direct and quick nutrition
- Cellfood provides a steady flow of both oxygen and hydrogen to all parts of the body, thus effecting the hitherto "impossible achievement of simultaneous oxidation and reduction within a given cell"

This is what Storey wrote in 1982:

"Cellfood dissociates water into nascent oxygen and hydrogen, and individual body cells are nourished by a steady stream of essential elements maintained in free solution. This is due to the presence of free hydrogen and oxygen, which provides the oxidation and reduction in a chain reaction that eliminates toxins. Tissues are rebuilt and good nutrition completes the process.

"Minerals are necessary for 95% of your body's daily functions. They are life sustaining. Much of the natural trace mineral content has been lost from today's food supply due to depletion, poor crop rotation, and loss of topsoil due to flooding and over-irrigation."

Everett Storey's unique method of extracting and balancing nutrients in what he termed an "electromagnetic equation" will take contemporary scientists years to understand. Combining this equation with Storey's discovery of how to release oxygen and hydrogen from their tight polar bonding has resulted in the revolutionary Cellfood products for treating the body, the skin and the environment.

Storey's quest to save his own life and those of his colleagues was successful—and the world was presented with Cellfood. Benefitting from its healing effects, Everett Storey lived in excellent health until almost 80. But as he approached his last years, the future of this ingenious product and his numerous other advanced technologies became uncertain.

Cellfood is passed to a new generation

In the early 1970's a soldier named Jerry Rhoten returned from Vietnam with devastating injuries; he had lost one leg and the sight of one eye, and had multiple other health issues. A friend told Jerry about the Cellfood formulation and Jerry quickly obtained some. The results were startling and far-reaching; he experienced a dramatic improvement in every area of his health. In the late 1980's, Jerry met and spoke with Storey just before the scientist's death, and arranged to purchase Storey's technologies and laboratory. Cellfood was now again in dedicated, capable hands.

Over the next few decades, Cellfood's reputation as a superior health formulation continued to grow, and today is used and valued both domestically and internationally by leading health practitioners and clinics. Cellfood is now in its fifth decade of bringing foundational health support to the world.

CHAPTER 3

The Anatomy of Cellfood

Cellfood is a highly-concentrated super-energized formulation containing ionic/colloidal trace elements and minerals (from fossilized plant from virgin earth, and from the clean Southern Seas surrounding New Zealand, unrefined and still containing natural trace elements), combined with enzymes, amino acids and dissolved oxygen—all suspended in a solution of Deuterium Sulfate [D₂SO₄]. As a complete mineral and nutritional supplement, Cellfood enhances nutritional biochemical activities, bringing to our bodies what modern living is stripping away.

All the elements in Cellfood are natural substances. Cellfood has no alcohol, glucose, yeast or gluten. All its elements are derived from only natural sources, which are cryogenically (using extreme cold) and not chemically extracted, and which are totally non-toxic.

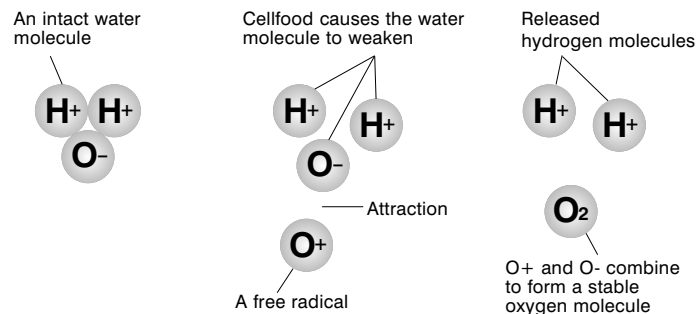
The nutrients in Cellfood are both ionic and colloidal in form. Colloidal particles are minute (4-7 nanometers in diameter). They possess a negative (ionic) charge and remain suspended in liquid. Because most bodily fluids (like blood and lymph) are colloidal and negatively charged, the body perceives Cellfood as normal healthy body fluid, and allows the nutrients in Cellfood to pass immediately through the sensitive membranes of the mouth, throat and esophagus directly into the bloodstream.

This highly efficient proprietary delivery system provides for an extremely high bioavailability (rapid, usable absorption at the cellular level) of Cellfood's nutrients, compared with the low absorption and bioavailability of tablets and gel caps (because they're absorbed through the digestive system after various acids have broken them down). Furthermore, because Cellfood is ionic/colloidal, the similarity between it and bodily fluids increases the bioavailability of nutrients in Cellfood to every cell in the body. This increased availability of nutrients and enhanced nutritional biochemical activity enables the body to function optimally.

But what's remarkable about Cellfood is its ability to generate nascent— newly born— oxygen and hydrogen *right within the body*. How it does this is still a miracle more than fifty years after it was first developed.

Water molecules are held together by simple attraction; one negatively-charged oxygen atom and two positively-charged hydrogen atoms. Under normal conditions this attraction is sufficient to hold the atoms together. But Cellfood, once ingested, actually weakens that attraction, leaving the molecule susceptible to breaking apart. Doing so would release two atoms of hydrogen, and one atom of oxygen, all available for use by the body. But what is it that can split apart this weakened molecule?

For that we turn to one of the body's biggest nemeses, the free radical. Experts estimate that each cell in the body suffers 10,000 free radical "hits" per day. One of the most dangerous types of free radicals is the positively-charged oxygen singlet (O^+). On the surface, they seem harmless enough. But they are extremely unstable, constantly seeking a negatively-charged partner to bond with. And where does it find one? In the weakened water molecule:



The oxygen atom (O^-) from the weakened water molecule is pulled to the free radical (O^+), forming a molecule of stable oxygen (O_2). It can now be used for countless vital processes in the body such as: irrigating, building and strengthening cells and organs, preventing inflammation, promoting osmosis, moistening lung surfaces for gas diffusion, and regulating body temperature. Then, combined with a single carbon atom, it forms carbon dioxide (CO_2), which is expelled through the respiratory system.

Hydrogen, too, is a critical element essential for the processes of digestion, assimilation and elimination and for transporting nutrients through the arteries to the brain and all body tissues. When this "water splitting" process takes place, the released hydrogen atoms contain an enormous amount of positively charged electromagnetic energy.

So, Cellfood is the ideal way to not only eliminate free radicals, but actually put them to good use. And here's a bonus: another defense mechanism against them is the enzyme catalase, one of Cellfood's important enzymes. "Catalase breaks down hydrogen peroxide, a metabolic waste product in the body, and liberates oxygen for the body to use." (James F Balch, M.D. & Phyllis A. Balch, C.N.C. Prescription for Nutritional Healing, 1997).

And remember: If you do use other oxygen products, such as ozone and stabilized oxygenated water, you should use antioxidants to minimize the free radicals that can be caused by the flooding effect of too much oxygen too quickly in the body. Cellfood would be ideal in this situation for normalizing and balancing the system.

An Ideal Way to Balance the Body

When we speak of balancing a person, we refer to all the systems including: physical, electrical, biological, chemical, emotional, psychological and spiritual. Cellfood is remarkable because it helps balance a person on almost all of these levels. Cellfood works at the physical level, by providing the body with essential minerals for the constitution of the physical body; it works at the electrical and electromagnetic levels, by increasing the vibrational frequencies of all the body organs, boosting the immune system and enabling the nervous system to function more effectively; it works at the biological level by enhancing natural biological processes, e.g. digestive and metabolic bodily processes (by enzymatic action); and it works on the chemical level, by supplying amino acids to the body for building protein. And Cellfood's ability to supply oxygen and nutrients to the brain supports emotional and psychological well-being.

A Boost for all other Supplements

Many doctors are advising their patients to take Cellfood as supplementation to other medications, remedies or supplements they may be taking. Cellfood makes the other preparations more bio-

available so that they may be more effectively utilized by the body. That's why people who are on heavy medication and who take Cellfood must be regularly monitored by their health practitioners. Within a few weeks or months the need for medication can often be gradually decreased as the body cleanses, gets stronger and more balanced. Any decrease of medication should be done only under the direction of a health professional.

How to Take Cellfood

Cellfood is a liquid concentrate. Mix 8 drops in an 8 oz. glass of purified water or juice (if you use ordinary tap water, Cellfood uses a portion of its potency to clean the water's impurities, and the benefit you receive from the formulation is reduced.) Cellfood has a pleasant, slightly sour lemony taste. Remember, Cellfood contains powerful, natural, organic enzymes— and should be poured carefully in its non-diluted form, as it can mar natural fiber clothing or organic surfaces (these enzymes enable Cellfood to do its remarkable work.) Once diluted, Cellfood is safe if spilled on any surface.

Everyone's body is different and each person has unique needs, and because Cellfood is a nutritional supplement, each individual will respond in a unique manner. Optimal dosage is 8 drops three times a day. Many people prefer to take 12 drops first thing in the morning and 12 drops in the early evening. Some people, including athletes, mix a supply in a water bottle and drink it during a workout or competitive event. Initially Cellfood may cause your body to begin a detoxification process. I'll discuss the benefit of detox later in this chapter.

Start with the suggested dosage. Depending on how comfortable you feel with the response you are experiencing, you may then either reduce or increase the dosage. If you take less, the process of detoxification will slow down. If you take more, the process will accelerate. You also may simply feel a very pleasant feeling of increased energy and/or increased mental clarity.

If you experience no difference when taking 8 drops per dose, you can increase the dosage to 10, 12, or more drops over a period of a few days until you experience a noticeable response. You cannot overdose on Cellfood. Because it is a nutritional supplement made from natural substances, the body uses only what it needs, and eliminates the remainder through normal channels of elimination.

Some people take small doses three or more times a day to help them overcome a cold, or in times of distress. Take Cellfood as often as you particularly need it. Listen to your body's requirements and take it when you sense that you need to. When feeling run down or stressed, take additional dosages. If you have to do some strenuous work, have a demanding sports activity, have to stay up late at night to work, have to drive somewhere or entertain guests, etc., take an extra dose of Cellfood just beforehand to give your body additional energy.

Detoxification Information

When you first take Cellfood, you may experience some noticeable form of detoxification, such as more frequent bowel movements and urination, slight nausea, mild headaches, and discharges. As the body receives a constant stream of the essential building blocks that it needs to strengthen its systems, it begins to clean house. The body starts to liquify accumulated waste and toxins that may have been lodged in the tissues, cells and organs of the body for many years, and to eliminate them in forms such as phlegm and mucus.

If you do experience signs of detoxification, it's important to go through this process, which typically lasts 1-3 days (but sometimes can go on for one or more weeks if many toxins are present). Although you may feel slightly uncomfortable for a while, afterwards you will experience a new level of vitality. This process of detoxification can be called a "healing crisis," which is a sudden and acute reaction brought on by the strengthening of the body's energy or "chi," so that old toxins can be eliminated. Regular use of Cellfood will assist the body in strengthening and eliminating more accumulated toxins.

During a healing crisis you may feel that you lack energy. This is probably because your body is cleansing and restoring at a very deep cellular level, and is using a lot of energy for this. By continuing to take Cellfood on a regular basis and drinking lots of liquids, you will assist the body in going through the healing crisis. After the healing crisis you will feel more energetic than you have felt for years. If the detoxification persists for more than one week, consult with a health practitioner who is experienced in the processes of detoxification and healing crises.

I always tell people that Cellfood may start some form of elimination of old accumulated toxins. If, however, you feel unacceptably uncomfortable about this temporary process, then you should seek advice from a health practitioner who is knowledgeable about detoxification. It's unfortunate when someone decides to stop taking Cellfood because they were not educated, *or prepared to go through*, some level of cleansing.

Hering's Law of Cure and Retracing

Knowing Hering's Law of Cure can help you to continue your detoxification process; it is very important in understanding the difference between "healing" and "disease." The famous homeopath, Constantine Hering, made a clear distinction between the symptoms of a disease crisis and those of a healing crisis. Unfortunately, due to ignorance, we confuse a healing process with a disease process and suppress it with medication. This only makes the body weaker and more susceptible to disease.

Hering's Law of Cure states simply: "All cure starts from the head down, from within out, and in the reverse order that the symptoms appeared throughout the person's life."

When a person experiences a healing crisis, it is essential to give this process assistance in order to promote the elimination of toxins and disease elements that may be manifesting themselves as phlegm, catarrh, mucus, runny nasal discharge, enlarged tonsils, fever, etc. This is nature's way of righting some internal wrong; it is also known as "retracing." Things suppressed in the body for years (e.g. some childhood illness that was suppressed with medication) may now reappear as your body prepares to eliminate it for good. As the body's health improves you may, unexpectedly, experience another cleansing. You may go through a number of healing crises over a period of time. Each time stored toxins are eliminated you may experience new levels of vitality and health. Sometimes a person is unaware of the process that Cellfood is facilitating at deep cellular levels. Because of this you may not be consciously aware of what is happening; you may think that Cellfood is not working for you. Some individuals have had no noticeable results at first from taking Cellfood, but later, after having undergone regular medical check-ups, reported that their cholesterol and blood pressure levels had dropped significantly. There are similar accounts regarding the

Comparison between a Disease Crisis and a Healing Crisis: (based on Hering's Law)

Disease Crisis

1. Can start gradually and is developed over a period days. In most cases, it can be for months and years.
2. Results from abuse, improper living and eating habits, over-use of medications etc.
3. Lasts usually more than 3 days.
4. Inefficient or lacking elimination.
5. Usually the symptoms are different from any previously experienced.
6. After the crisis, there is usually a period of convalescence.
7. Damaged tissue does not regenerate, or regenerates partially over a period time.
8. The doctor can relieve or aggravate the crisis, usually by using medication (to suppress the crisis).
9. The events of the crisis are different and unpredictable each time; after the crisis, the person feels worse, or the same as they felt before the crisis.
10. A person can die in a disease crisis.

Healing Crisis

1. Starts suddenly, after feelings of perfect health.
2. Results from a prescribed healthy program, or starts spontaneously, sometimes after stopping medications.
3. Lasts usually about 1 - 3 days (sometimes longer).
4. Proper elimination.
5. Repeating of old symptoms in a reverse order to the appearance of the "disease crises" throughout one's life.
6. After the crisis, the condition improves very quickly.
7. Damaged tissue almost always regenerates after a few weeks or months.
8. The individual should do nothing to alleviate the crisis. They should contact a health consultant and adviser for guidance.
9. The events of the crisis are definitive, according to Hering's Law of Cure, and after the crisis the person feels years younger with lots of energy.
10. A healing crisis never ends in death!

normalization of uric acid and blood-sugar levels. In other cases Cellfood has worked at deep cellular levels, improving the immune system. In addition to assisting with the cleansing of cells, Cellfood increases the vibrational frequency of all organs, making them more resistant to lower-frequency viruses, bacteria and parasites.

Once again, it is important to realize that Cellfood itself does not cure disease. The body has been magnificently designed to do that. Cellfood provides the cells with the essential building blocks needed to achieve optimal health. Because Cellfood works in a natural way at normalizing and balancing the body, I always encourage users to continue taking Cellfood and become more aware of the significant changes in their bodies. A sure way is to examine the comparative results of medical exams before and after the use of Cellfood. This gives clear evidence that Cellfood has been normalizing and balancing all bodily systems, and facilitating renewal at deep cellular levels.

Though I often explain that Cellfood works on priorities at deep cellular levels— and works wonders at normalizing and balancing many of our systems— some people may not experience the results they desire. In these cases I ask: How much and how often are you taking Cellfood? Recommended dosage is 8 drops three times per day. If you have no apparent benefit you may increase the amount. As previously explained, Cellfood is working at some level in the body that may not be apparent to the user and, because of the small dosage, there is not enough in your particular system for work to take place. I suggest that you increase the dosage an extra 2 or 3 drops every three days until benefits are noticed. At a later stage, you may reduce the dosage back to a maintenance level of 8 drops three times a day.

Finally, I suggest that you should simply stop taking the Cellfood, and notice how you feel. Often, when a person suddenly stops taking Cellfood, they then become aware of how it had been incrementally assisting them with more energy and alertness, etc. If someone experiences no detoxification after taking Cellfood it may be that their body isn't in need of detox at that particular time. They may experience these conditions later. I recommend doing a specific detox program at least twice a year.

Cellfood is for Everybody

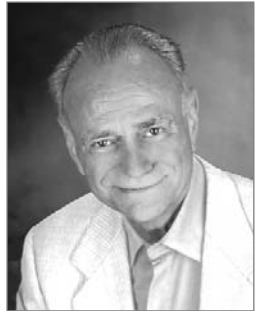
Cellfood is taken by people around the world representing every level of health conditioning. Its universal application to every human being is what makes it unique among dietary supplements.

Those who do not eat properly, who smoke and drink alcohol excessively, do not exercise, have no get-up-and-go in the morning, always feel tired and run down, can't get a good night's sleep, want more vitality and energy— and generally want more out of life— would greatly benefit from taking Cellfood. With more oxygen and nutrients in their systems, Cellfood users have reported that the increase in their alertness level and attention span, and their ability to deal with stress and pressure, have amazed them.

Remember: Cellfood is not a medicine; it merely provides the body with all the building blocks it needs in order for it to function optimally. Because this often results in a much stronger immune system, a previously sick person now has the strength to fight a health challenge, and can become well again. I cannot claim that Cellfood cured the person. It simply initiated an important natural process, assisting the person to strengthen his or her immune system in order to regain and maintain optimum health.

As Cellfood has become better known, growing numbers of athletes and sports enthusiasts are benefiting from it as well. Professional and amateur athletes report they feel more alert, excel at their particular sport, are less out of breath, recover more quickly (Cellfood cleanses the muscles of lactic acid), and enjoy increased stamina. Importantly, Cellfood contains no ingredients that are on the list of banned substances published by international, professional and amateur athletic associations.

There are even many reported cases of animals benefiting from Cellfood. Everett Storey himself put a couple of drops of Cellfood into the bowl of water for his dogs. He withdrew all other sources of water. He did this for four days. Thereafter, he supplied his dogs with two bowls of water, one with Cellfood and one without. From that day on, the dogs always went to the bowl with Cellfood added, and lived very healthy lives.



"Remember: Cellfood is not a medicine; it merely provides the body with all the building blocks it needs in order for it to function optimally."

— Dr. David Dyer

CHAPTER 4 Cellfood: Advanced Information

Cellfood and Oxygenation vs. Oxidation

Oxygen is truly one of the most interesting molecules that interacts with the human body. Our body requires oxygen at all times to properly function, yet that same oxygen molecule can cause serious cellular damage. Oxygen causing cellular damage? To better understand how this is possible, let's look at a couple of examples.

In nature, an apple requires a high amount of oxygen along with nutrients and water to grow on a tree. Yet a freshly opened apple will turn brown when exposed to that exact same oxygen. How is that possible? Interestingly, this paradox is found everywhere in nature. The same chemical reaction that causes apples to brown and iron to rust plays a similarly corrosive role inside our own body. In biomedical terms, it's called oxidation (which means the creation of free radicals and/or cellular destruction) and is very different than oxygenation (creation of cellular life). While the two words sound very similar, they couldn't be more different.

Free radical oxidation is what browns the fresh apple and rusts the iron. It is also responsible for human cellular apoptosis (programmed cellular death). By definition, a free radical is a reactive oxygen species (ROS) with an unpaired electron that is naturally produced by our own organism. Left alone in their highly reactive state, these oxygen free radicals can cause serious DNA damage in your body by attacking and stealing electrons from otherwise healthy cells with paired electrons. Because their electron was stolen, the cells that were once healthy with paired electrons have now been converted to dangerous free radicals in a continuous chain reaction of critical – and in some cases irreversible – cellular destruction. At its worst, a high amount of excess free radical activity is called oxidative stress and has already been linked to multiple health challenges of a wide variety. Oxidation can also lead to

weight gain by impairing metabolism. Recent studies have shown that oxidative stress not only plays an important role in accelerated biological aging, but it may also be a determining factor of human life span. Like iron, our body rusts from the inside-out. You may not physically see the rust yet, but you probably are already experiencing some of the more common symptoms like fatigue, slower mental function, muscle or joint pain, inflammation and weight gain.

Cellfood and Oxidative Stress

We know that oxidative stress can be caused by many things: a poor diet, smoking, and even environmental pollution. It may be surprising to learn that physiological changes like pregnancy and even exercise can cause excess oxidative stress. In a clinical study, adults who did moderate exercise (30 minutes, three times a week) were found to have a higher level of oxidative stress than similar adults who were considered clinically obese. In fact, in that same study, one group of adults doing moderate exercise was found to have higher oxidative stress level than a group of smokers. Does that mean that we should all take up smoking and watching TV? Of course not. It's a simple point to illustrate that everyone— even seemingly healthy exercisers— has a need to reduce or eliminate excess free radical activity. The conclusion of the study reported that Cellfood reduced oxidative stress by up to 27% by eliminating dangerous free radicals. This reduction in toxic activity provides a cleaner aerobic environment for healthy cellular production.

The human body has a natural defense mechanism to help neutralize excess free radical activity, but is it enough? Most of our ability to fight oxidative stress can be found and measured in our own plasma. Today, virtually all doctors and nutritionists recommend a steady diet rich in fruits and vegetables because of their ability to provide helpful anti-oxidants to blood plasma. Through *in vitro* testing, it has been established that the normal biological anti-oxidant potential (BAP) range of healthy individuals is between 2,200 – 4,000 $\mu\text{Mol/L}$. If you are one of the few that actually consume the suggested minimum of three servings of raw and/or organic vegetables (one dark green or orange) and two servings of fruit every day, generally you can expect your BAP measurement to fall somewhere in that range. Most individuals however will find their BAP count in the less-than-optimal $<2,000 \mu\text{Mol/L}$. It's actually possible to be

in the sub-optimal BAP range even if you are consuming the suggested amounts of fruits and vegetables. This is due to current farming practices, which often employ the use of chemical fertilizers and pesticides, further reducing the nutritional value of our foods. Scientists at a specialized research center in Italy decided to measure the biological antioxidant potential of Cellfood to see how it compared to our own plasma. Using the same testing model, the BAP of Cellfood was measured to be an astounding 64,747 $\mu\text{Mol/L}$ — almost 30 times the normal plasma levels!

Cellfood and Biological Oxygen Demand (BOD)

How does Cellfood know how much oxygen to produce? Since we are all very different and our individual needs vary, our bodies require and demand different amounts of oxygen in order to cleanse our systems and operate efficiently. Just like in nature, balance is the key. The amount of free radical production in our body is not only different between each one of us, it's different every day *within* each of us. A low BOD rate is an indication of a cleaner and healthier internal environment while a high BOD rate is associated with higher toxicity and excess free radical activity. The body instinctively measures the biological oxygen demand and actively produces the needed bioavailable oxygen (O₂). Acting as a scavenger, Cellfood looks for the oxygen singlet free radical that is missing its electron and causing cellular damage. By splitting water molecules into H⁺ and O⁻, Cellfood donates the missing electron to the free radical, converting it into usable and stable O₂. Many other antioxidants work by donating an electron— and becoming a free radical themselves. Cellfood is unique in providing the missing electron without creating additional free radicals.

Cellfood and pH Balance

No research over the last decade has been more controversial, misunderstood, and inconclusive than that related to balancing our body pH. This area of study is more commonly referred to as the acid/alkaline balance. pH is an acronym for “power of hydrogen” and is measured on a scale of 0 – 14, with 0 at the acidic end, 7 neutral, and 14 at the most alkaline end. The scale and measurement represent the relative concentration of hydrogen ions (H⁺) and hydroxyl ions (OH⁻). All fluids in the human body operate at a very specific and optimal pH level.

Our bodies continuously work to keep the pH at the proper balanced level. When cells are alkaline they are described as “anabolic” which involves a building process. When cells are acidic they are called “catabolic” which involves breaking down molecules.

Much of the recent research has focused on our bodies becoming “too acidic” resulting in acidosis. Some of the research even suggests that cellular anaerobiosis and tissue acidosis, both of which are cellular environments without oxygen, encourage the breeding of fungus, molds, and bacteria in our bodies, potentially leading to a breakdown of health. So how do our bodies get to this acidic state? Mostly through poor nutritional habits. Foods are separated into two categories: acid forming foods and alkaline forming foods. When our diet consists of too many acid forming foods, the acid load increases and causes an undesirable effect on enzymatic activity and metabolism. Ultimately, our bodies end up having to use the calcium in our bones to help neutralize the acid and normalize pH. In the short term, this doesn’t seem to be a serious problem. Over time, however, most researchers are very concerned about calcium depletion and changes in bone density.

I should point out here that there is an important difference between acid foods and acid forming foods. That same difference can be found between alkaline foods and alkaline forming foods. In the case of acid and/or alkaline foods, we are talking about the specific pH of the food itself. When we discuss acid and/or alkaline forming foods, we are referring to the condition in the body created by the food when properly digested. Let’s look at an example: lemons are very acidic with a food pH of about 2. However, when a lemon is properly digested it leaves an alkaline ash residue. When oxidized (burned up) in the body, the organic acids become carbon dioxide and water while the alkaline minerals remain in the body as alkaline residue helping to neutralize body acids. Cellfood can be thought of in the same context: while it is more acidic in the bottle— like a lemon— it also leaves an alkaline ash residue in our body, helping to normalize an acidic pH.

CHAPTER 5

Cellfood— Frequently Asked Questions

1. Is CELLFOOD a medicine? No, Cellfood is not a medicine. Cellfood is classified as a nutritional supplement.

2. What is the shelf life of CELLFOOD? The shelf life is indefinite. Recent testing of 25-year-old samples has demonstrated an improvement in potency.

3. How does the body absorb CELLFOOD? The nutrients in Cellfood are in colloidal/ionic form. Colloidal particles are minute (4-7 nanometers in diameter), and through Brownian motion, they take on a negative (ionic) charge and remain suspended in liquid. Because most bodily fluids are colloidal and negatively charged, the body perceives Cellfood as normal healthy body fluid and allows the nutrients to pass immediately through the sensitive membranes of the mouth, throat, and esophagus directly into the blood stream.

4. How does it work? Cellfood enables nascent (newly born) oxygen to be generated by the splitting of water molecules in the body into atoms of oxygen and hydrogen. In biochemical terms, a newly born single atom of oxygen is negatively charged (O⁻). Free radicals (which many biochemists believe are the primary cause of the aging process and degenerative disease) are positively charged single atoms of oxygen (O⁺). The nascent oxygen atom (O⁻) is attracted to the (O⁺) forming a molecule of pure oxygen (O₂) at the cellular level where it is needed.

5. How is CELLFOOD different from other oxygen products? Many other oxygen products tend to flood the body with oxygen, often creating dangerous oxygen free radicals. Cellfood actually bonds with these free radicals, supplying the body with usable pure oxygen, in a time-release manner, directly to the cells.

6. How do I take CELLFOOD? Cellfood is a liquid concentrate, taken orally by mixing drops in purified water or juice. Cellfood has a slightly sour lemon taste which most people enjoy; taken with water or your favorite fruit juice it's quite good.

7. Can I overdose on CELLFOOD? No. Cellfood is a nutritional supplement made from natural substances. The body uses only what it needs, and eliminates the remainder through the normal channels of elimination.

8. What happens if I don't receive results? Sometimes a person is unaware of the work that Cellfood is facilitating at deep cellular levels. People who first reported no results from taking Cellfood later reported, after examinations, that their cholesterol and blood pressure levels had dropped significantly. There are similar accounts regarding the normalization of uric acid and blood sugar levels. Additionally, Cellfood is designed to raise the frequencies of all organs, making them more resistant to the lower frequencies of viruses, bacteria and parasites. This strengthening of the immune system helps the body become more capable of combatting microorganisms that could be detrimental to your health.

9. Am I cheating if I use CELLFOOD during sports competitions? No. Cellfood is made from pure natural ingredients. None of these ingredients is on the "list of banned substances" issued by professional and amateur athletic associations worldwide.

10. What if I am already taking other supplements? Cellfood can be used in conjunction with other nutritional supplements because it increases the bioavailability of these other substances, enabling the body to more effectively use them. If you are pregnant or under medical care, consult your health practitioner before using.

11. Can Cellfood be used topically? A special topical formulation called Cellfood Oxygen Gel, using a base of aloe vera, chamomile and other ingredients, has been developed as the perfect way to apply Cellfood topically for exceptional skin benefits.

Appendix 1: Testimonials From Cellfood Users

- "My husband is at a crossroads in life. He is 59 and it seemed that his vital energy and stamina were falling away. We take vitamins, make our own herbal tinctures, and try to live a fairly clean lifestyle, but something was missing. He went to the Dr. and had blood test with results of low hemoglobin counts. These tests were done in August (before implementing Cellfood). This is October and he just had a second set of blood tests done, and the results were very encouraging: Hemoglobin count up— his endurance and stamina have increased and he made comments that he has the energy of a 20 year old. Needless to say I am impressed— the proof is in the pudding so to speak! I have also experienced my own energy and endurance increases. I am loaning people my book and expressing the virtues of Cellfood. Many of my friends and family are now experiencing the benefits of Cellfood in there lives. I will continue to be a customer and look forward to using your other products in the future. Thank you so much for making a product that improves oxygen in the body." CH— Stony Plain, Canada

- "It was through the use of Cellfood that I first obtained significant relief from the lack of energy that interfered with my life for over five years. My day was comprised of work, then home to rest and sleep. I took Cellfood on a regular 3-times-daily basis, which refreshed and energized me. After several months of regular use I stopped using Cellfood, only to find that the lethargy returned. Now that I'm back on Cellfood on a consistent basis, my energy has been restored. As a doctor I find that my patients— especially the more difficult cases— get a quicker and more complete response to treatment when I prime them with Cellfood, prior to treating them with any other modalities." BBM, M.D.— Carmichael, CA

- "Cellfood, in my estimation, can do more than any other single formulation that I've been exposed to in 30 years of practice. It's a

combination of natural elements from the sea and from the earth. Those elements have been put together in such a way that they somehow have the potential to generate life. When these materials are ingested they provide a broad spectrum of highly energized elements providing the body with what it needs to operate optimally. The way Cellfood is put together makes these elements accessible as highly charged bullets of chemistry. Positive things start to happen within the body— and the body begins correcting its own problems. Because it's so potent, so energized, Cellfood can be used to potentiate any other substance you take— especially nutrients— to give you maximum potential and benefit. I still hardly believe that it works as well as it does, but it does!" Dr. H., M.D.

- "Cellfood has helped me have more energy, more endurance on the Stairmaster. I noticed results within three days." Dr. C.— Licensed Acupuncturist

- "I've been a Holistic Health consultant for thirty years and have recommended various dietary supplements. After witnessing the broad-spectrum health and healing benefits of Cellfood, I now recommend it to everyone who is serious about taking charge of their health. In my view, feeding one's cells by daily ingestion of Cellfood enhances mental, physical and spiritual health. Healthy cells will create healthy tissues, organs and systems of the body; therefore, I recommend Cellfood as a foundation of every person's daily nutritional program." Dr. DV— Palm Coast, FL

- "I was very ill for years, and was in and out of the hospital 3 times, each time getting weaker. I was out of breath walking or climbing steps, and was unable to stand up very long. I work in a nutrition store in Ft. Lauderdale, so I'm familiar with nutritional products. We ordered some Cellfood and I began using the product, and began an exercise program. To my surprise, within a week I was walking and standing up longer periods of time. Now I can walk up steps, without being out of breath. My doctor said I amazed her, and she could find nothing wrong with me. I walked 3 miles recently, and haven't walked that far in years. God bless you for a magnificent product. I haven't felt this good in years!" K.C.N.— Ft. Lauderdale, FL

- "I am so grateful for this product. It has changed my life very much for the better." LD— Apple Valley, CA

- "I just wanted to let you know that I have been using Cell food successfully for many years. Within the past month, I noticed my 13 year old dog starting to show the obvious signs of age. She has always been healthy but I could see her energy levels were diminishing. I started adding a few drops of Cell food to her water and within a couple of days she was a different dog. She is bursting with energy and acting like a puppy again!! SM— Green Bay, WI

- "I'm writing simply to let you know how helpful Cellfood has been to me. Taking the Cellfood has greatly increased my stamina and general energy level. In the past I had to take several naps per day, but since I've been on this wonderful product, I've felt no need to take these naps. I am able to carry on a full, active day, which was impossible 2 months ago. I've also noticed that I sleep much better. I'm more alert and better able to concentrate. As a Registered Nurse I'm amazed with the effects that Cellfood has produced in my life. Thank you for making this product available to myself and to anyone who may have similar challenges. Cellfood has improved my quality of life substantially. EG, R.N.— San Diego, CA

- "I am one of those unfortunate people who periodically throughout the day for whatever reason forget to breathe. I have studied and now practice breathing techniques using the diaphragm and correct breathing methods. However during work hours I can get too involved and again find myself not breathing like I should. Cellfood to the rescue. It is hard to describe -- and I do not recommend that anyone "forget" to breathe -- but the Cellfood drops seem to "feed" Oxygen to my cells. And as I heard I think somewhere from your site -- it does seem to become better and better over time. You really can feel your body acquiring and using this new supply of Oxygen. It also helps me during times of exercise/weight lifting. (I am 61 year old female and blood type O.) I take about 4-5 drops in a little pure water, morning and at night. It does not interfere with sleep and probably lets me sleep even better. I am so thankful to have discovered your lovely Cellfood drops." ND— Milwaukee WI

- "I was watching a TV broadcast of ABC's 20/20 recently, and a segment was devoted to the appearance of an especially virulent strain of E.coli on fresh lettuce. Interviews were held with people who became very ill after ingesting what they thought was healthful food. An incident where hundreds of Japanese school children

became ill from tainted produce was also reviewed. In an interview and demonstration with health officials it was shown that even with thorough washing, one or two cells of E.coli still contaminated the subject lettuce. The conclusion of the program is that our produce is mostly safe, but we should always be sure to thoroughly wash it before eating. After reading the U.S.P. Challenge test given to Cellfood, I saw that Cellfood killed E.coli permanently upon contact. If you're concerned by this 20/20 report, I advise simply soaking your fruits and vegetables in a sink full of cold water with about 25-30 drops of Cellfood for about 20 minutes. Then rinse them, bag in plastic, and refrigerate." SBW— Apple Valley, CA

- "My life has changed dramatically since I began taking Cellfood two months ago, and results were almost immediate. For quite a while my work day was limited, and that took all of my energy; I too often had to tell my husband I was too tired to do anything else. When I started taking Cellfood my energy level tripled within 24 hours. I began to get projects done that had been on the back burner for months. I no longer needed to have caffeine to get me up and around in the morning. Life became so much easier, happier and more full as a result of taking this product. Now, after just 2 months, I have so much energy that I've started adding more clients to my practice. Every day I thank God for sending me Cellfood." SK— Sarasota, FL

- "I've tried many different forms of oxygen, but none that have given me the increase in energy, circulation and focus that Cellfood does. The other plus with Cellfood is that it's not creating free radicals. I've used other natural and mined minerals, and taken amino acids and enzyme formulations, all with minimal results. With Cellfood I see results in all these different areas. Cellfood lasts me beyond the month and saves me money in the long run because I don't have to buy many of my former, expensive supplements. I now am experiencing better health and healing from adding the important and vital trace elements in Cellfood. I highly recommend this product to all of my customers." MR— Providence, UT

- "I have no doubt that Cellfood played a major part in our daughter's rapid healing process from surgery— as there was a good deal of irritation in the area surrounding the herniated disc. In less than 30 days she was back to a normal routines, including driving. She had formerly been unable to drive more than a few miles without

severe back pain. Needless to say, I have only positive things to say about this product, and tell as many people as I can of its potential use in their lives." CW—Jeddah, Saudi Arabia

- "I firmly believe Cellfood has helped saved my mother's life. She is 79 years old. She was weak, tired, losing muscle tone, and was unable to eat. The situation seemed hopeless. Three weeks ago I wandered into the health food store and there sat this bottle of miracle drops. I purchased the product for my mother. The next day she called me and said that within three hours of taking four drops of Cellfood in water she somehow felt different, as if she was plugged into a light switch and energized. She was able to carry on a conversation, and her need for supplemental oxygen decreased to approximately just 2-3 hours per week. Today she's walking, sleeping more soundly, and has a hearty appetite. The quality of her life has improved so dramatically that she's again looking forward to living, rather than waiting to die. I can't thank you enough." MA— St. Petersburg, FL

- "After taking Cellfood for just 24 hours I could feel more energy, I felt looser, and my thinking became clearer. Within a month I wondered if I needed the Cellfood because I felt so much better. I briefly stopped, but soon realized that I need to keep taking it. I tell everyone I know with any health problem to try this product." SH— Grants Pass, OR

- "Cellfood has been absolutely wonderful, and is still making a huge difference in my life. So much so that I can honestly say I haven't been sick this year. I have started to get sick several times, but I take Cellfood and the next day I feel amazing! I find that I am more motivated and productive when I am taking Cellfood daily. In fact I forgot to take it this morning and was feeling a bit listless, when I remembered, and now I am back on track. I made a short film this last weekend and was able to focus and get things done (on almost no sleep) that I wouldn't have been able to do before!" PD— Fairfield, IA

- "I just had to write to thank you for your wonderful products. Since I discovered Cellfood a couple of months ago, my life has really improved. It's very depressing to lose an active lifestyle and sleep for hours without getting refreshed. Since I've been using Cellfood, though, I sleep so much better, and actually wake up....

unlike before, when I would get up and feel I hadn't even slept at all! The constant daytime fog is gone. I literally cried when I woke up one morning and saw that a veil had been lifted from my eyes. Not only am I sleeping better, but I'm BREATHING better. I notice that I'm breathing deeper during the day, after years of shallow breathing. My husband would come home from work and cook dinner, because I didn't even have the energy for that. I now exercise on a rebounder and have also bought a Total Gym, a Nordic Rider, and another large machine that gives me a fantastic workout. Three months ago, I never would have even dreamed about getting back in shape! I wish you could see me now, exercising, dancing, and even cooking dinners again! Just writing this makes me cry...it's amazing to see my own words in front of me...words that I haven't said in years. It's very emotional for me. How can I express my gratitude for a product that has put so much life into my life?" JB— Coupeville, WA

Appendix 2: Cellfood Research

Research Studies and Lab Tests

In order to assure its potency, effectiveness, and reliability as a first line approach to overall wellness, Cellfood undergoes an ongoing regimen of rigorous laboratory testing. The following PDFs, highlighting a number of such tests, are available for reading, downloading or printing from the website of Lumina Health Products, the exclusive North American distributor of Cellfood. Their address is www.luminahealth.com:

USP Challenge Test

A well-known test showing the ability of a substance to retard the growth of tested pathogens. These results show that Cellfood destroyed all of the five pathogens tested.

Microbial Test for Log Reduction

Tests for a product's ability to kill such pathogenic organisms as E. coli, Pseudomonas Aeruginosa and Staphylococcus Aureus.

Antimicrobial Preservative Effectiveness Test

Demonstrates the effectiveness of a substance— when used as a preservative or additive— to stop the growth of pathogens.

Dissolved Oxygen

Tests for the amount of dissolved oxygen in water, and can demonstrate an increase in oxygen over time. Oxygen content in water with Cellfood increased by 58% within 60 minutes.

Electrolyte Test

A test that demonstrates a substance's ability to conduct electrical impulses by activating a 50cc reverse osmosis water activated circuit. Cellfood outperformed 6 other top mineral formulations by a factor of at least 35 times.

(continued on next page)

University of Pretoria/Blood Profile Test

A series of double blind placebo clinical tests on professional and amateur athletes, measuring several indicators of blood health. The results show significant benefits in fifteen different areas. A summary of this study is also available.

Surface Tension Study

A laboratory study on the effect of Cellfood on the surface tension of water, indicating a shift toward the same surface tension as extracellular body fluids. This low surface tension is critical to healthy cell function, nutrient absorption and removal of toxins.

Darkfield Microscopy Study

Clinical Observations on the nutritional efficacy of Cellfood utilizing Live Blood Analysis and Dry Blood Analysis microscopic evaluation procedures over a fifteen year period. It elucidates the efficacy of using Cellfood to balance the body's biological terrain.

Zeta Potential Analysis

A study to determine the colloidal nature or behavior of Cellfood; an analysis of the extent to which Cellfood functions in a manner similar to, and compatible with, body fluids.

Biological Antioxidant Potential Study

A study to test the hypothesis that Cellfood is able to reduce oxidative stress *in vivo* due to its intrinsic antioxidant properties *in vitro*. The results show an extraordinary 30 x improvement over the body's normal plasma levels without Cellfood.

A final thought

Cellfood is not a medicine, and no medical claims are made for the treatment, prevention, cure or mitigation of disease. Because Cellfood is a nutritional supplement it works with the body's priorities, and starts working where it is most needed. Therefore, because everyone is unique, we cannot prove that Cellfood does any specific thing. We can, however, tell people about other people's experiences, and there are thousands of testimonials worldwide. Hopefully, one day, Cellfood may be positioned in its rightful place as one of the most incredibly advanced developments for cleansing, repairing, building, balancing and energizing the human body.

About the Author

Dr. David Dyer is a Vietnam veteran and former aircraft commander. He transported troops by helicopter during his tour of duty, and was awarded the Distinguished Flying Cross, Bronze Star and Purple Heart. While serving in Vietnam he was exposed to traditional herbal methods of healing. This began his quest to help others take control of their own health.

Dr. Dyer became more interested in his own health in 1977, when he was experiencing some personal health challenges. He began fasting on a regular basis and encouraged others to do the same. Researching cutting-edge ideas about health and well-being became a way of life for him. In 1994 he returned to school and became a Licensed Massage Therapist and Licensed Colon Therapist. Dr. Dyer has Doctorate Degrees in Naturopathy and Science from the University of Science, Arts and Technology, Olveston, Montserrat. He has owned and operated a highly successful health and nutrition center, helping people understand the importance of taking responsibility for their own health.

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Vital Cellular Nutrition
for the New Millennium

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