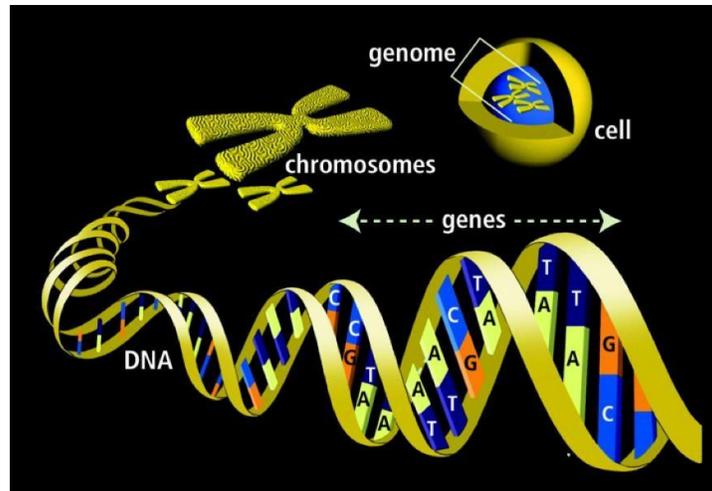




The Secret to How You Control the Health of Your Cells



Imagine this: every day, you get to start life over again. No regrets, no holding on to the past, no living life in anything but the present. What would you do if you could press that “reset” button? How would you live differently?

Here’s the good news: you DO get a reset button on life. The even better news? You don’t have to wait for tomorrow. We become newer every *second*. It sounds dramatic, but biologically speaking, your body is replacing cells at an unimaginably fast pace. Every second, over 810,000 cells are being replaced. In a day, that number becomes upward of one *trillion* (that’s one with 12 zeros)!

Let’s get a bit more specific: almost every part of your body regenerates. All of the cells in your digestive track are replaced every 4 days. Your lung tissue is renewed every 8 days. Even your *bones* are constantly being renewed, so much so that a tenth of your skeleton is replaced in a year.

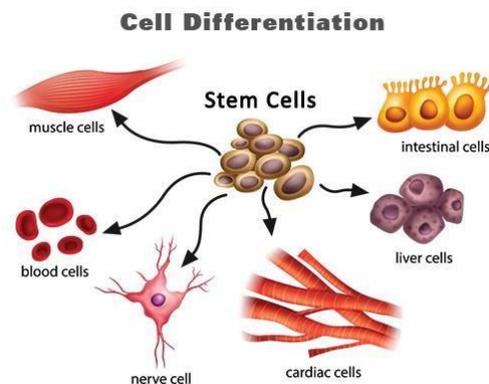
Most importantly, let’s zoom into the brain. There are 84 billion neurons (brain cells) which are being replaced continuously, at about one neuron per second. The replacement of

these neurons is especially important in the hippocampus, the part of the brain where you learn and store memory. As new brain cells are added, some are diminished, which means that the volume of some parts of your hippocampus grow while others shrink.

The exciting part is that you are in control! You shape the quality and health of your new cells with the food you eat, the way you think, and even the amount of stress you have. When you're stressed, your cells die more quickly due to the wear on the molecules. Stress literally *kills* your cells. Even worse, your body scrambles to replace these cells by dividing incompletely, which ages you biologically and shortens your cells. That's one reason why overstressed people are prone to illness and disease.

Think of your body as a well-maintained machine: The quality of food, energy, and thoughts you put into your body determines the quality of the cells it can build. Healthier cells mean a healthier you and greater performance! Every second of every day, your cells replace themselves and you become different. If you bathe your new cells in an environment of positive emotions (love, appreciation, gratitude, forgiveness), you will nurture those cells toward a healthier you.

Be vigilant in monitoring yourself as you continuously become the new you!



Credits: In his book, 'Mind To Matter' by Dawson Church Ph.D., he speaks at length about the rate human cells replace themselves. In chapter 4 Pg. 111 'How Energy Regulates DNA and the Cells of Our Bodies' is where you can find a wealth of information and insight that encourages us to bathe those new cells in an environment of positive emotions, a healthful diet, and a life full of possibilities. I highly recommend Mind To Matter to anyone who is interested in learning about the capacity of our human brain.

Carolyn Lyons Galos – www.ProfoundPartnership.com