




PROBLEM AREA

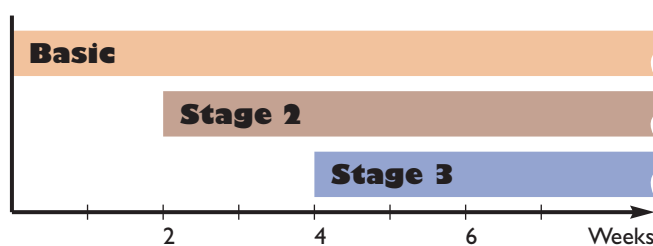
# Fat Metabolism

Did you know that most of the cholesterol circulating in our bloodstream is produced by our own bodies and that the cholesterol consumed in our diets only makes up about one third of the total cholesterol in our bodies? In healthy individuals the cholesterol produced by the body is in balance with the quantity needed by the body. However, this changes where there is a chronic deficiency of

cellular nutrients. This leads to weakening of blood vessel walls, which prompts the body to increase its production of repair factors, including cholesterol. It is advisable in this case to take cellular nutrients which help to normalise cholesterol and blood fat production in the liver while simultaneously helping to stabilise the artery walls.

RECOMMENDED ACTION (STAGES)	MAIN CONSTITUENTS OF THE SYNERGY TEAM	ADVANTAGES OF OPTIMUM CELL NUTRITION
 <p><b>Basic programme</b></p>	Cellular nutrient synergy of over 30 vitamins, minerals, amino acids and trace elements	<ul style="list-style-type: none"> <li>● Optimises the body's overall metabolism</li> </ul>
 <p>STAGE 2 <b>Reduction and breaking down of blood fats</b></p>	Vitamin C, B vitamins, folic acid, biotin, carnitine, betaine	<ul style="list-style-type: none"> <li>● Optimises the fat metabolism</li> <li>● Regulates the body's own cholesterol production</li> <li>● Supports the breakdown of homocysteine</li> </ul>
 <p>STAGE 3 <b>Additional support for the metabolism</b></p>	Vitamin C, roughage (chitosan, psyllium), carob flour	<ul style="list-style-type: none"> <li>● Binds superfluous fats in the gastrointestinal tract</li> </ul>

RECOMMENDED CELLULAR NUTRIENT INTAKE:



Begin by taking the basic nutrient programme every day at mealtimes. Then after 2 weeks supplement these cellular nutrients with special nutrients for reducing and breaking down blood fats (stage 2). To further support the metabolism with vitamin C and roughage add in stage 3 if required.