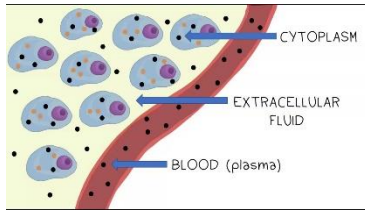


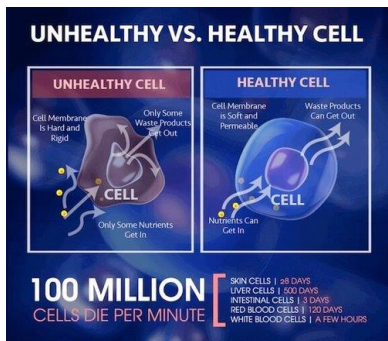
## HEALTHY CELL CONCEPT IV – Cell Environment

BY Dr. Rowen S. Pfeifer



The cells of your body are bathed in fluid and is called the Cell environment. This fluid is mostly water. It is the medium through which nutrients pass from your blood and into your cells. It also allows waste products to pass from your cells and into your blood stream or lymph vessels for removal. Your body is composed of 100 trillion cells, the building blocks of your body. If you want to be healthy, the only way to accomplish this is to be certain that

your individual cells are healthy.



Your cells have a variety of requirements for abundant health. These include Vitamins, Minerals, clean Water, pure Air, Amino Acids (protein), Fatty Acids, Phytonutrients, Enzymes, and Carbohydrates. Many of these needs are met for those that eat a plant based, whole food diet with 75 to 85% of that food raw along with several 8-ounce glasses of freshly prepared vegetable juice per day. The balance of the diet can be made up of well-chosen lightly cooked or steamed foods. When you also exercise regularly (i.e. – rebound exercise) you pump larger quantities of

oxygen to your tissues and cells while you simultaneously flush toxins away from your cells for elimination from your body.

Your cell environment is where your cells live and do their work. This is their “neighborhood”. Clean water is vital to the health of your cells. Roughly 40% to 45% of the water in your body is inside of your cells (intracellular fluid – protoplasm and cytoplasm). The other 55% to 60% of your total body water is outside your cells (extracellular fluid – interstitial or lymph fluid and blood). This water medium is how your cells get nutrition in and get waste products out, it dilutes toxins and transports them out of your body, transports oxygen and hormones, lubricates your digestive tract, helps regulate your body temperature, cushions your joints, acts as a universal solvent, and so on. This seemingly simple substance is more important to your life than all the other nutrients combined, except for oxygen (which is transported by your blood – and it is over 90% water!). Even your bones are 20% water.

The problem can be the quality and quantity of the water we consume. It is a sad fact that many people in this country drink little to no water on any given day. In addition, many of the fluids that are consumed remove water from your body (coffee, tea, soft drinks, etc. actually have a diuretic effect on your should be drinking more for how much water to ten glasses of water per day drink half your body weight need to drink a lot more



body). Most of us are aware that we water. There are several popular formulas drink. One suggestion is to drink eight to (eight ounces each). Another formula is to in ounces per day. The point is that we water, usually a lot more than we think is

possible, especially for those who are not used to drinking plain water. I suggest you work on this until you can easily drink the amount of water you need for excellent health – it will pay you huge dividends probably far beyond what you could expect or imagine. In addition to drinking two to three 8-ounce glasses of freshly extracted vegetable juice each day, try to drink at least 90% of the rest of the fluid you consume in the form of pure water to obtain the myriad of life-giving benefits it provides.



Tap water and filtered water can contain undesirable substances and compounds like chlorine, fluoride, trihalomethanes, inorganic minerals (powdered rock minerals), etc. that you don't want in your body. There are many books written discussing the harm these chemicals can do so I will just touch on a few important points.

Chlorine is added to the water at the treatment plants to kill bacteria that would otherwise build up in the water on its' journey from the water treatment plant to your home. This is fine and quite necessary. However, once it is at your home you need to take measures to remove it because it is a highly reactive chemical that can combine with other elements to create several cancer-causing compounds. Chlorine can be absorbed through your skin and inhaled while taking a bath or whole house carbon filtration system will and many other impurities and is highly



recommended. A good remove chlorine

Fluoride is another toxic chemical put in supplies. This is a mass drugging program to monitor the amounts ingested by everyone.

There is a wide difference in the amount of water consumed by one person to another. It is even more serious with small children and infants. In fact, a new medical recommendation says mothers should not prepare infant formulas with fluoridated tap water due to the damage it can do to their teeth. Unfortunately, regular carbon filters do not remove fluoride. Therefore, I recommend distilled or reverse osmosis for all the water you consume. Distillation produces the purest water possible with RO coming in a close second. This pure water is ideal for the first few months of a new diet change since it helps to dissolve toxins and pull them out of your body, but it is a bit too aggressive for long-term use. Adding minerals back into the purified water can be helpful for the long term.

I recommend purchasing your own distiller or reverse osmosis unit since, much of the time, the purified water you buy in the stores comes in very cheap plastic containers that can leach these plastics into the water when exposed to fluorescent light or sunlight. These plastics are known to be carcinogenic (cancer causing). A decent counter top distiller can be purchased for as little as \$129.00 and goes up from there. AquaTru makes a couple of affordable RO (reverse osmosis) units. A whole house carbon filter system can cost from \$400.00 to \$650.00 depending on quality and installation. When you purify your own water (for just pennies per gallon) you know that what you are getting is fresh and you can feel confident you are doing the best you can for yourself and your family.

It is a medically and scientifically proven fact that the quality of your life and health depends on the quality of the water you put into your body. Interestingly, water can be obtained from eating

your fruits and foods (70% to 97%), and available. For most of us so we will need to water. Use your re- your drinking, cooking the purer the water you to flush out of your body which will help to protect you from a variety of illnesses and diseases.



vegetables. These are high water content they contain the highest quality water this will not supply all the water we need supplement with additional purified mineralized distilled or RO water for all and other consumption needs. Remember, consume, the more toxins it will be able

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