

Our body was designed NOT TO AGE because all the cells in our body regenerate several times during our life.



- * Especially **SKIN** cells, where the top layer gets replaced every **2 WEEKS**, by the growing layer underneath. If an **80 year old** person has wrinkled skin - his skin is **not 80 years old** - but no more than **2 weeks old**. His deep wrinkles are accumulated **Fat and TOXINS**.
- * The **ROOT CAUSE** of cells in our body not getting enough **Nutrients** - and start creating **Ageing symptoms** - is **TOXINS**.
- * In the case of **SKIN** - **TOXINS** disrupt **HORMONES** that extract **NUTRIENTS** from food.
- * **LIVER HORMONES** also get disrupted by **TOXINS** - so that all **TOXINS** and **FAT** can not be broken down, and get sent to normal **Fat tissue** to be stored - and so we gain weight.
- * If we are overweight, we carry **billions of TOXINS**.
- * **TOXINS** also accumulate in everyone's **Small Intestine** - which can then get into our **blood circulation**, and then travel through our body - and create **disease-causing INFLAMMATIONS** especially to the **HYPOTHALAMUS Master Gland** in the **Brain** - which initiates the production of **HORMONES** and **IMMUNE** cells.
- * Most **DISEASES** including **CANCER** - start with an **INFLAMMATION**.
- * **LONGEVITY** is retarded when **DISEASES** set in.
- * Other causes of **INFLAMMATION** are **chronic Depression** and **Stress**.
- * So how do we **PREVENT AGING** symptoms developing?
 1. Make sure we consume **REAL NUTRIENTS** such as **SUPERFOOD** - to nourish all our cells.
 2. Try to avoid **chronic STRESS** or **DEPRESSION** developing - both are known to cause **INFLAMMATION**.
 3. Wear the **FAT LOSS BRACELET** - to knock out existing **INFLAMMATION**, and **PREVENT** more developing.