



I AM SUPER CELL

Would you look at my strength! I'm brimming with vim, vigor and vitality. None of those nasty germs can penetrate my membrane and harm me! If they can't harm me, they can't harm you! Right, maybe I should better introduce myself first.

I am **SUPER CELL** and I represent about 100 trillion ... that's trillions of cells at work in your body. Some of us live for only three days like the cells in your intestinal lining and some of

THE ADVENTURE BEGINS...



us live for up to four months like those working as your red blood cells. How long each of us live, however, isn't as important as our quality of life. While we're living we'd rather have energy to enjoy what we do. We find it hard to enjoy life when we're sick and feeling miserable. You see, before each of us die we have a responsibility to replace ourselves. To do this, our Creator designed most of us with DNA. DNA is a series of electrically connected molecules that are unique to each body—it's what makes each Human unique. DNA looks like a ladder. It twists to form a wondrous helix of light. DNA's ability to both absorb and emit light makes it the control center of the cell.

My DNA has to have abundant energy in order to divide and duplicate itself. That's how I pass along your heritage to the cell that replaces me. It gets all the information it needs to carry on the job of keeping you alive and healthy from the DNA I pass along. I'm so grateful my Human got the digestive tract working well again. As our DNA got better and better material to work with, we started to regain strength and pass along a better quality of life for Human—stopping the slide to less and less energy. We cells limped along, just barely surviving, for a long time. The Human controlling our body finally realized it was time to take responsibility for us. It's the reason I'm so strong ... I'm no dim bulb ... I'm brimming with light!

That's why digestion is important. To enjoy good health, your digestive system must be working well. Keeping the cells in the digestive tract healthy is crucial so they pass along our vitality to give you an upbeat attitude and be able to rise to every challenge. Life's problems are no longer overwhelming.

Here's more about what makes me operate with peak efficiency. I have about 1,000 batteries called Mitochondria inside me. My Mitochondria rely on what you put in your mouth and how efficiently your digestive system operates. When I get the nutrients I need, my batteries are powered up to produce ATP (adenosine triphosphate). ATP is a group of electrically connected molecules. When enough ATP is formed, I'm like a miniature sun shining inside you ... imagine trillions of energy brimming suns inside you! It's like magic the way this stuff gives you and me energy.

What kind of energy am I talking about? Well, before there's energy for you to play—run, swim, cycle, or simply do the things that bring you joy—you have to provide the DNA in each of us cells with the power to replace at the very least 24 billion of us every day. Let's see, that's about 230,000 of us every second. To help you imagine that, think of depositing 230,000 pennies in a piggy-bank one second and taking them back out the next second. C'mon, c'mon, keep it up! You think that's hard to keep up with. Well, some estimate there are times you have to replace 10 million of us each second. Every hour you shed almost a million dead skin cells alone! That's a normal part of our day that we readily keep up with when Human truly cares for us.

Most of us cells are too small for you to see. Being so small, I'm ecstatic I finally got your attention! I've got so many exciting things to tell you ... to keep your cells in good shape. For example, the membrane I'm flexing to show you how strong I am, well I live or die on the strength of this membrane. When our membranes are healthy, strong and flexible we easily allow a flow of nutrients in to nourish us, and readily allow waste products to flow out—and we are able to keep out things that harm us.

As a cell, my body functions just like yours. I use oxygen and nutrients to power my batteries for energy, to get rid of the wastes, and have the ability to reproduce. I depend on the digestive system to get those vital nutrients to me—to keep me functioning as Super Cell!

It's time to take a ride through the digestive tract. What a gas this will be! Well, actually no, not gas. This Human has this body working so well there's no smelly gas.

Let's get on with the ride ... a wild ride through the digestive tract.

REFERENCES

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