Cellular Nutrition can only be obtained through a special blend of highly soluble essential natural vitamins, nutrients and minerals that activate the body cells and help them to absorb the daily essential nutrients and vitamins from foods and supplements. As we age, our metabolism slows down, and our body doesn’t absorb all the daily essential nutrients from foods anymore, and that is called AGEING. In order to get the inactive body cells to absorb all the daily essential vitamins and nutrients again, they need to be cleaned up of toxins that keep them inactive, and then reanimate them by using a special blend of essential natural vitamins. Unfortunately, it is very hard to find a source of natural high quality vitamins, as 8 out of 9 vitamins on the market are just up to 60% natural, and their quality is very poor, which prevents the body to absorb them.
When we think of weight loss, health and nutrition, few of us imagine the body cells. But actually, the body cells are the source of the body’s energy supply and the core of your health; it’s what keeps you not only functioning at optimal health and maintaining a good health and weight, but functioning at all.

The human body is made of about 75 Trillion cells, that’s 75,000,000,000,000 cells. The number of body cells depends on the body size. The body cells are forming tissues » tissues are forming organs » organs are forming systems and systems are forming the human body.

The issues that we are all facing today is not only the poor quality of foods, but also the fact that we do not absorb enough nutrients and vitamins from foods and supplements. There is so much information about nutrition, health and weight loss that most people are confused and are trying all kind of crazy programs hoping to find what works.

Environmental toxins are a fact of life. Every time you breathe, you are taking in airborne toxins. Much of the processed food you eat contains artificial ingredients, such as colors and preservatives, that do nothing to nourish your body.

The nutrition we recommend is based on the most advanced cellular nutrition science, which is acting at the cellular level of your body. The cellular level is the core of your body’s health, which makes up your entire body, and allows your body to function. By using cellular nutrition, you’re cleaning up your body cells of toxins, which is helping all your body cells to become active again, like when you were a kid, so they will be able to absorb the daily essential nutrients and vitamins from foods and supplements. Therefore, your body will naturally get to its optimal health and weight by itself, which means that it will also keep that weight off and not gain it back, as now your body is functioning properly. During this process, exercise is essential, because your body needs to increase and maintain its muscle in order to burn calories and achieve good health.

Studies show that it takes a few months, while on cellular nutrition program, for your cells to start functioning properly again, like they were functioning when you were a full of energy child. Once your cells are healthy & active, your body will really become healthy, and you can easily reach your health goals, whether you need to lose weight, gain weight, get more energy, sleep well or just simply become healthy and feel great every single day.

When the body gets all the nutrients it needs, in the right amount, properly balanced, that is no tell how powerful it can become. Healthy cells will empower your body to be able to do all the work for you, keeping you healthy and at the optimal weight.
The cellular healing diet controls inflammation throughout your body. This type of inflammation affected every organ, tissue, artery, blood vessel, hormone, and cell, and therefore determines your state of health. Studies indicated that inflammation is the root cause of the #1 killers in America and the majority of the generative diseases we are dealing with today. For example, the true cause of heart disease is not cholesterol but an inflammatory condition of the arterial wall. Removing excess grains from your diet controls inflammation by eliminating a sugar called amylose. Amylose is present in all grains except corn and causes an inflammatory response, particularly for individuals who are suffering from inflammatory conditions (heart disease, arthritis, chronic fatigue, fibromyalgia).

The cellular healing diet achieves detoxification because it heals the cell membrane. True detoxification must occur at the cellular level. Nutrients must move in and toxins must come out in order for a cell to be clean and healthy. The cell membrane is the gate keeper that allows this to occur. The standard American diet (SAD) and our toxic environment cause the cell membrane to become inflamed, the process is hindered and the cell becomes inflamed. To restore and heal a toxic cell, you should remove sugar from your diet. This regulates insulin and controls cellular inflammation and that is the key to true detoxification.

Controlling inflammation and removing toxins allow hormone receptors on the cell and hypothalamus, the control center of your brain, to heal and regenerate. Regenerating the receptors allow dysregulated hormones to balance and become normal.

How to Determine If The Cellular Healing Diet Is For You:

1. High Triglycerides/Cholesterol- if you are a sugar burner and not a fat burner your body will not store or burn fat normally. (Triglycerides 100-135 Normal: >135 elevated).
2. High Blood Pressure- inflammation of the large arteries leads to high blood pressure. Inflammation is controlled by the cellular diet.
3. Elevated Glucose/Insulin/Leptin- Once the insulin receptors are burned out, a fasting glucose, insulin or leptin test will be elevated, removing excess sugar is the only way to heal the insulin receptors.
4. Neurotoxicity- This can be determined with a neurotoxic history and visual contrast sensitivity (VCS) test.
5. Protein/Fat Genetic Type- Some individuals do better without grains, high fat, or even high protein. This can only be determined by how you feel on a particular diet.
Foam Rolling

I really enjoy foam rolling especially my lower extremities, as that is where I find my body is most stiff and sore. I try to foam roll every night before bed or right after a workout. Foam rolling is a self-myofascial release technique that is used by many athletes and physical therapists to inhibit overactive and sore muscles.

Here is a couple of my favorite foam rolling exercises:

- Quadriceps
- Hamstrings

Introducing our NEW trueCore Class

Are you struggling with back pain, bladder incontinence, posture issues or even a weak core? Agape has the class for you! Learn how to activate your deep core (pelvic floor) muscles. We will provide you the right steps to build into functional activity and movement. Trust us you do not want to miss out on this opportunity to feel and perform better.

When: Monday’s at 5:30pm starting August 22nd– New session every 8 weeks.

Where: Agape Therapy in Cedar Falls

How much: $60 for 8 classes

Time: 5:30pm

Hurry and call us at 319.277.3166 space is limited.