



DR JEWKES/MEDICAL ADVISOR CELLS AND RAIN PRODUCTS

We are posting a webinar about cells and why Rain Nutrition products have been formulated to help in cellular repair this weekend. I would like to just share some information about cells and how they work and why it is so important to take the right products to continue to strengthen one's cellular system.

Cells require amino acids, vitamins minerals, and fatty acids. Included in these nutrients are carbohydrates, carbon, water, hydrogen, potassium and oxygen. Cells need glucose for energy, amino acids to make proteins, fatty acids to make the cell membrane and hormones. Basically, the cells need these items to maintain itself in energy, and structure; just like you need food to maintain your energy, regulate your body's needs, and reinforce it's structure.

The cell membrane is semi-permeable, in that it can either let a substance (molecule or ion) pass through freely, pass through to a limited extent or not pass through at all. Cell surface membranes also contain receptor proteins that allow cells to detect external signaling molecules such as hormones. This membrane serves to separate and protect a cell from its surrounding environment. This is much like the example we showed with the slide from the webinar picturing the castle surrounded by the walls and mote to protect what is vital within the wall of the castle or king. The cell needs to have the nucleus (DNA) protected also from invaders.

Once we take nutrients into our bodies be it through food or supplementation where do the cells carry the nutrients to? Cells don't generally care nutrients anywhere. Remember nutrients are absorbed from the intestines into the bloodstream. The bloodstream then carries them to the rest of your body.

Organelles are, as the name suggests, like the "organs of the cell". So in the same way that each of the organs in your body performs a specific task, each of the organelles in you cells perform a specific function. For example, the mitochondria are the organelles that perform aerobic respiration, consuming glucose and producing ATP-chemical energy that the rest of you cell can use. Ribosomes synthesise the proteins your cell needs. The golgi apparatus within the cell membrane is responsible for modifying proteins that the cell has made (attaching lipids or carbohydrates to them). There are other important functions that the cell does in order to help our bodies and organs to act and react. Somewhat complicated but fascinating, our cells needs the right nutrition for proper and better performance. So when opening a bottle of Soul, taking a couple caplets of Pure, mixing the Storm powder and yes even drinking a can of Rush, Rain has provided the body the right bio-nutrients that our cells need to function properly.

The d-ribose, omega-3, vitamins, minerals, antioxidants, just to name a few of the Rain Products ingredients that gives your cells the nutrients needed for improved health. So be well and stay well.

