



**PERFECT HEALTH 4 LIFE**

## Perfect Cellular Defense

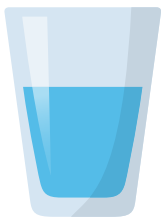
Many famous mineral springs known for their healing abilities contain sulfate minerals from silicate compounds. Perfect Cellular Defense minerals work to purify the water. Dissolved contaminants which exist in the water become visible. They then can sink to the bottom of the glass or container and never mix back into the water. In other words, when bound by this solution, they can never dissolve again. Unfortunately, almost all other waters such as tap, rivers, lakes, ponds, spring and even most bottled waters show signs of dissolved contaminants. "Perfect Cellular Defense™" is amazing at revealing contamination along with making the water safer, cleaner, and healthier to drink. In this way, it is also used to clean-up the impurities in the body.



### Personal Cleansing:

**Cleansing** – Toxic situations in our body ultimately lead to or contribute to chronic inflammation and most ailments. To start the cleansing process of contaminants, follow the suggested use guide lines.

**Suggested Use** – 10-20 Drops of Perfect Cellular Defense in 32 oz of water, (Use distilled or Reverse Osmosis,(RO) water. If these are unavailable use Alkalized water). Drink this water mixture throughout the day. Continue this for 90 days.



**Daily** – Since we are exposed to chemicals and heavy metals on a daily basis this is to maintain and continue the cleansing process.

**Suggested Use** – 5 Drops of Perfect Cellular Defense in 12oz of water, 3 times a day.



**Concentrated Dose** – At times there are circumstances when our immune system needs an extra boost. During these times Perfect Cellular Defense can help provide that boost. This then allows your body to overcome and kill viruses and bacteria.

**Suggested Use** – Add 1oz of Perfect Cellular Defense to 4oz of distilled or RO water. Drink this in one sitting. If distilled or RO water is unavailable use Alkalized water. To help facilitate the cleansing processes drink at least 1 gallon of water through the day for at minimum 2 days. After this, continue the daily suggested use for cleansing maintenance. Repeat this process as necessary.



### **Bug Bites –**

**Suggested Use** – Spray or rub Cellular Defense over the bite. Repeat until it is gone.



### **Disinfect –**

**Suggested Use** – Spray or rub Cellular Defense over the cut or affected area. Repeat until it is healed.

## Water Cleansing:



**Drinking** – Only second to air, water is the most important thing for life. Unfortunately, truly clean and pure water is difficult to find. Distilled or RO water is defined by Wikipedia as; “**Distilled water** is water that has had many of its impurities removed through distillation. Distillation involves boiling the water and then condensing the steam into a clean container.” This process renders the water clean but dead. By adding Perfect Cellular Defense to distilled or RO water it provides you the ability to have completely healthy water. This water has a high alkalized ph and thus has become alkalized water. Alkalized water is the best kind of water for your body’s continued health. For more information about Alkalized water and its health benefits contact your Perfect Health 4 Life representative.

**Suggested Use** – 40 Drops per 1 gallon of distilled water, (5 drops to every 16oz). Allow to sit for 15 – 20 min. For best results make daily. If distilled or RO water is unavailable you are able to use drinking, spring or tap water in that order. If you do use these alternative waters be aware that after adding the Perfect Cellular Defense the toxins and heavy metals that are in the water will emulsify and sink to the bottom of the container. They will look like rust colored globules. The toxins and heavy metals are rendered harmless at that point and can be ingested, although the globules have a iron like taste. There are counter top filtration containers available. If you would like to learn more contact your Perfect Health 4 Life representative.



**Cooking** – Most people don’t realize that heating water causes the chemicals to evaporate as well as penetrate the food that is being cooked. By using water with Perfect Cellular Defense you are avoiding unnecessary breathing and eating of chemicals and heavy metals.

**Suggested Use** – 40 Drops per 1 gallon of distilled water, (5 drops to every 16oz). Allow to sit for 15 – 20 min. Use this when water is directed in recipes as well as when boiling any food.



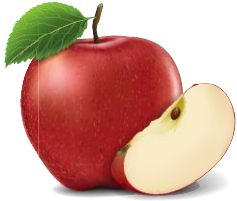
**Eating Out** – While eating out it is very difficult to dictate how food is prepared but at least we can help our beverages to be healthier and cleaner.

**Suggested Use** – 2-3 Drops in any beverage, (16oz glass). This can be water, hot tea or ice tea, (certain beverage like sodas, coffee or alcohol will still benefit but the benefits are limited due to their nature).

## Food Cleansing:



**Washing Fruits and Vegetables** – In today’s chemically filled world your food is not unscathed. In fact Dailymail.com stated: “Pesticides and other poisonous chemicals used in growing fruit and veg could be putting young children at risk of developing cancer in later life, say scientists.... A study of 364 children - 207 of whom were under-five - found safety consumption benchmarks were exceeded for arsenic, dieldrin, DDE and dioxins..... Non-cancer effects include the death of Cell..... Pesticide exposure was particularly high in tomatoes, peaches, apples, peppers, grapes, lettuce, broccoli, strawberries, spinach, dairy, pears, green beans and celery..... It’s really important to remember that the levels of pesticides found in fruit and vegetables are usually very low, and there is no evidence that eating these small amounts of pesticides increases the risk of cancer.” I don’t know about you but eating any amount of chemicals is unacceptable for me and my family. Washing your fruits and vegetables with Perfect Cellular Defense strips the chemicals off of them without adding any additional harmful chemicals. This then allows you to eat fruits and vegetables that are healthy for you and taste amazing.

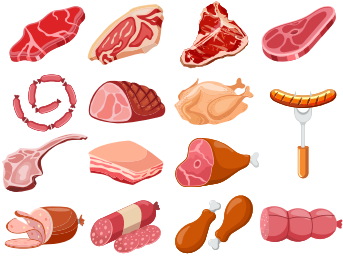


**Suggested Use** – Put ½ oz of Perfect Cellular Defense in every gallon of water. Place your fruits and vegetables in this solution and allow them to soak for a minimum of 30 min. It is recommended to use larger container with a lid, (number\* 2 plastic). You can reuse this solution from 2 days to 2 weeks depending on what is soaked in it and how frequently.

**Recommendation** – Some fruits and vegetables soak time vary; apples can be soaked overnight and this will completely remove all the oily chemicals, (this is not required but recommended). Strawberries, peaches, blackberries, other berries and soft fruits need 1-3 hours to soak; they are sprayed with pest deterrents more often than some others thus they have more chemicals on them and need more time to clean. Others like lettuce, celery, carrots and bell peppers usually only require the 30 min. soaking time. Specifically strawberries, you will more than likely want to discard the solution after only one use due to the smell and color. With all fruits and vegetables, at times after soaking in the Perfect Cellular Defense/water solution they will be soft, maybe discolored places. This is perfectly normal, it means that the solution killed some form of contaminant that was on them. You can cut this part off and discard it. The remaining part is fine to consume.

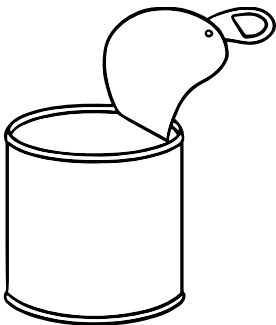


**Washing Meats** – Like fruits and vegetables there are many chemicals that are used in preserving meat as well as the unknown bacteria and viruses that can be on our meat from the preparation and packing process. In addition, there are also the hormones that are given to the animals prior to their processing for our consumption. When considering all of these different types of chemicals that come in contact with meat, it is no wonder why it's a good idea to wash them.



**Suggested Use** – Put 5 drops of Perfect Cellular Defense for every 8oz of distilled water. Then place the raw meat in the solution for 1- 5 min, once removed discard the water, do not reuse. You can also do this process for cooked deli meat.

**Washing Canned Goods** – While the nature of canned goods prevents bacteria and viruses from forming in most forms of canned goods there is still the fact that the food has been sitting in a metal can that can leach into the food as well as some of the cans that are 'coated'. What about the 'coating'? It is not immune from leaching. We thus should consider washing our canned food as very important also.



**Suggested Use** – Put 5 drops of Perfect Cellular Defense for every 8oz of distilled water. Remove the food from the can and place it in a bowl, If it contains juice that you would like to preserve you do not have to include the water. Place in the solution for 1- 5 min, once removed discard the water, do not reuse. Be aware though that with canned goods as well as their juice there may be more pollutants than other foods and you may see these separate or show on the food itself. Once treated the contaminants are now harmless and may be removed.

## Best Type of Plastic

