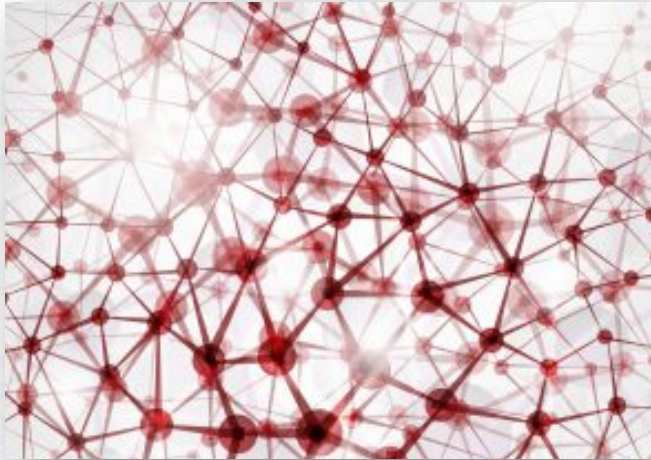


Why cells matter for your health?



Cells are the fundamental building blocks of life – the units from which all of your tissues and organs are made. Every muscle movement, every heartbeat, every breath, every function of your organs, everything your body does is optimal when you have healthy, efficient cells. **These processes start to deteriorate as cells cease to function efficiently.**

Your cells are constantly communicating with and responding to each other and your environment. If they cannot operate effectively and efficiently then the functions of your body become compromised and you are more susceptible to illness and disease.

Therefore, **your cells must be nourished in order to be as strong and healthy as they can be.** However, your cells will only absorb minerals which are bioavailable.



Mineral Interdependency

Minerals and trace elements don't work in isolation in your body, they are required at various stages of the metabolic process. If one is missing then the chain breaks down.

For example, **potassium** works with **sodium** to control the body's water balance, which helps maintain blood pressure, assists with muscle function and heart rhythm and, in later years, may reduce the risk of kidney stones and osteoporosis.



However, excessive intake of a single mineral element can decrease the intestinal absorption of another element. For example, a high intake of **calcium** depresses intestinal **zinc** absorption, while an excess intake of zinc can depress **copper** absorption. A deficient intake of a mineral element can allow toxic accumulation of another element within your body.

The extent of mineral interaction and importance of a balanced input is demonstrated in this diagram.

Each line and arrow shows the relationship the minerals have with each other. **It demonstrates why it is so important to have the full spectrum of minerals and trace elements in the correct proportions.**

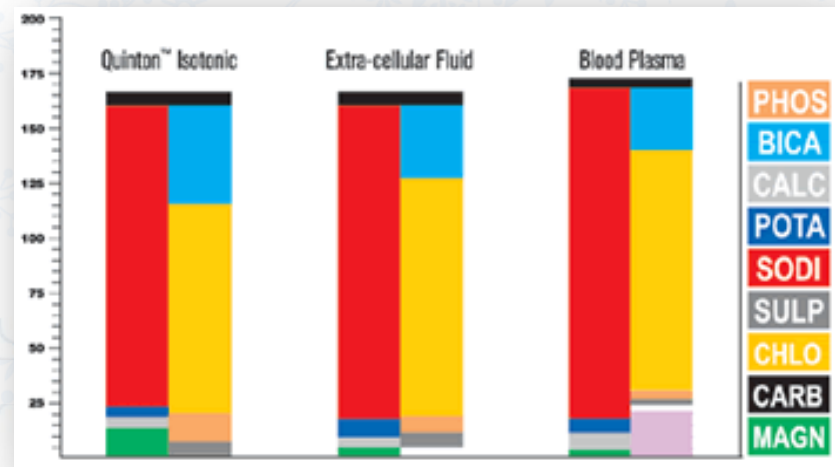
In balance with your body

The molecular advantage of Quinton is that it not only contains the full spectrum of minerals in the proportions you need, but *when taken in isotonic form each of the minerals is represented in quantities that mirror, almost perfectly, those of human blood plasma and extracellular fluids.*

Extracellular fluid is the bodily fluid outside of your cells which helps control the movement of water and minerals to and from cells throughout your body. Everything in your body responds to the condition of your extracellular fluid because it is from there that your cells absorb the various minerals and trace elements they require to be strong and healthy.

The chemical similarity between extracellular fluid and Quinton seawater led René Quinton, to refer to the internal terrain of the human body as the “sea aquarium” or “marine terrain” in reference to how it is a microcosm of the sea itself.

When you restore the quality of this internal sea aquarium, every cell, organ, and tissue begins to respond and function as it was intended.



Full genetic expression

You have around 30 trillion cells in your body, and every day you replicate thousands of new cells to replace old cells that become damaged or worn out. **All of your cells have the same DNA sequence but different cells express different genes according to their role in your body.**

When new cells are created they inherit their genetic markers from your old cells. In certain types of cells, if they have failed to achieve full genetic expression and have not been able to function at 100% because of a lack of minerals, then this will be passed on to the next generation of these cells. This will continue for every subsequent generation until you rebalance the minerals in your body and detox to remove excessive levels of toxins and heavy metals from your system.

Taking Quinton daily provides the minerals and trace elements to achieve this detoxification and rebalancing process. Then, by keeping your cells well nourished with the correct minerals and trace elements in the right proportions, you can ensure that every generation of cells will have all the resources they need to achieve full genetic expression and support your body's health and wellbeing in the future.

