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FOCUS ON WELLNESS

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OXYGEN

Our body and all of its trillions of cells needs oxygen to survive and be well. Supplying our cells with the optimum oxygen enhancing foods is an important factor in our nutritional make up.



A DIET RICH IN OXYGEN IS A RAW LIVING FOODS DIET WITH AN ABUNDANCE OF GREEN LEAFY VEGETABLES AND SPROUTED SEEDS.

These foods are made up of water, hydrogen and oxygen and are packed with chlorophyll known as the blood of plants.

Chlorophyll has the unique ability to convert the sun's energy into a chemical energy (carbohydrate), by way of its central molecule. The plants take this chemical energy and stores it to be used for fuel later. Our blood and chlorophyll have similar molecular structures differing only by their central atom. The central atom of hemoglobin (the oxygen transporter in our blood) is iron and the central atom of chlorophyll (the oxygen transporter in plants) is magnesium.

All living plants and animal obtain their energy from the sun through photosynthesis. A diet rich in chlorophyll will continually deliver oxygen into our bloodstream, and our cells throughout our body.

Healthy cells are oxygen rich cells while cells lacking access to oxygen are prime targets for cancer and other toxic overload diseases. It is very important to protect against unwanted health issues by keeping your cells ultra oxygenated.

The more oxygen we get in our food the more wellness we experience.

RAW AND LIVING FOODS ARE THE MOST OXYGEN, ALKALINE FOODS WE CAN EAT.

Embracing an oxygen boosting diet of fresh leafy greens and sprouts is one way to keep your cells healthy and focused on wellness.

