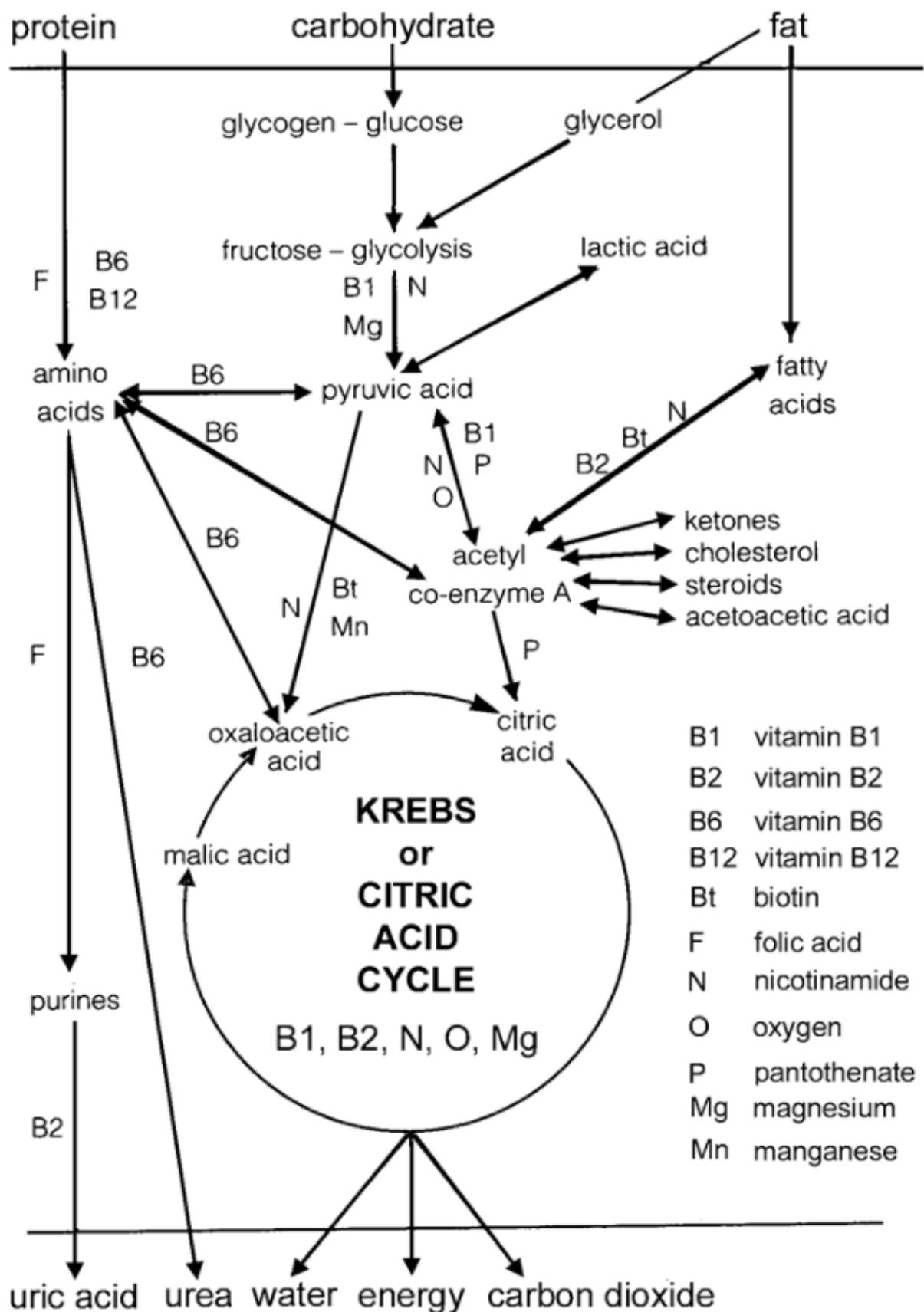


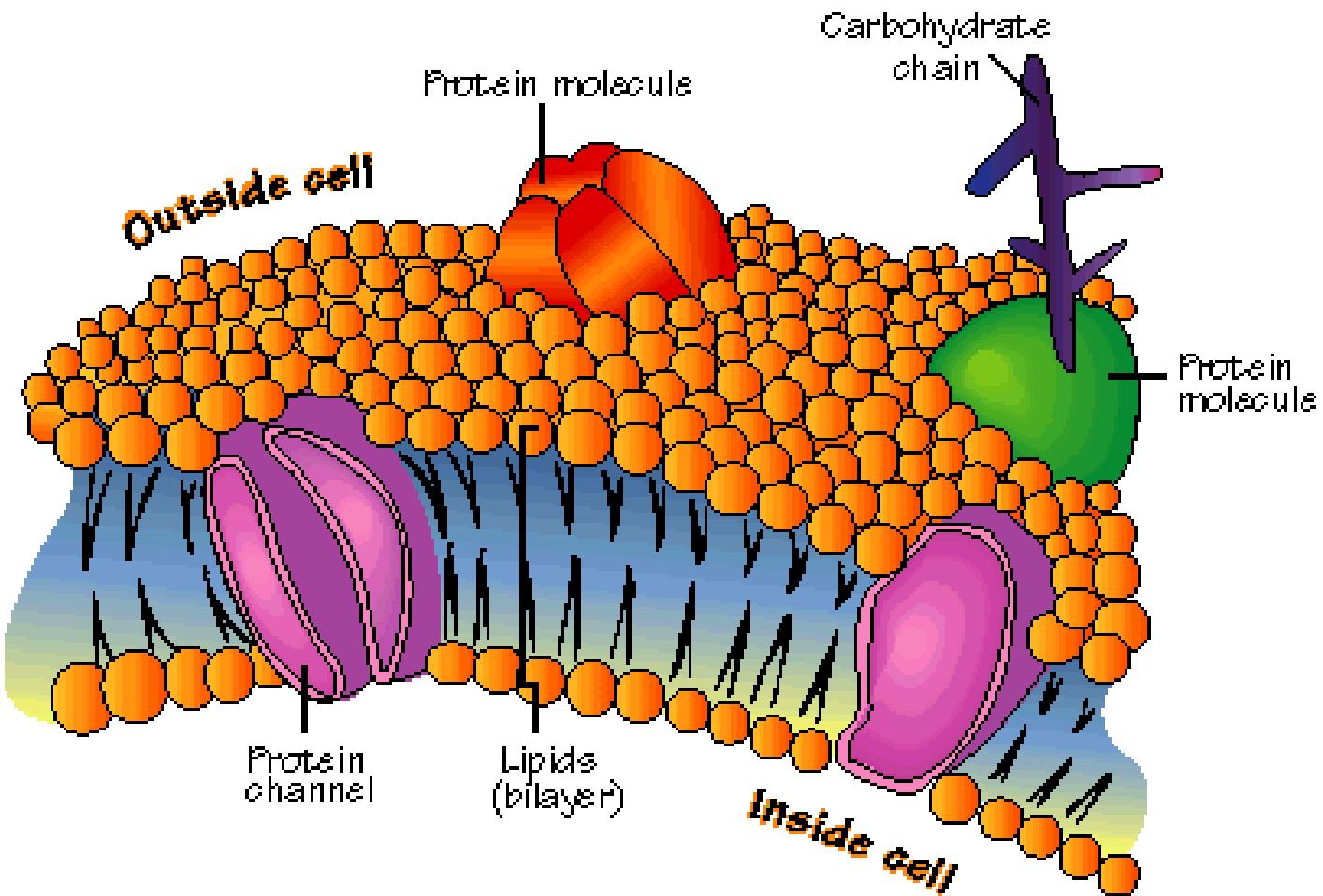


Cellular Metabolism and Nutrition: A Powerful Model for Self-Healing Charts and Diagram Packet

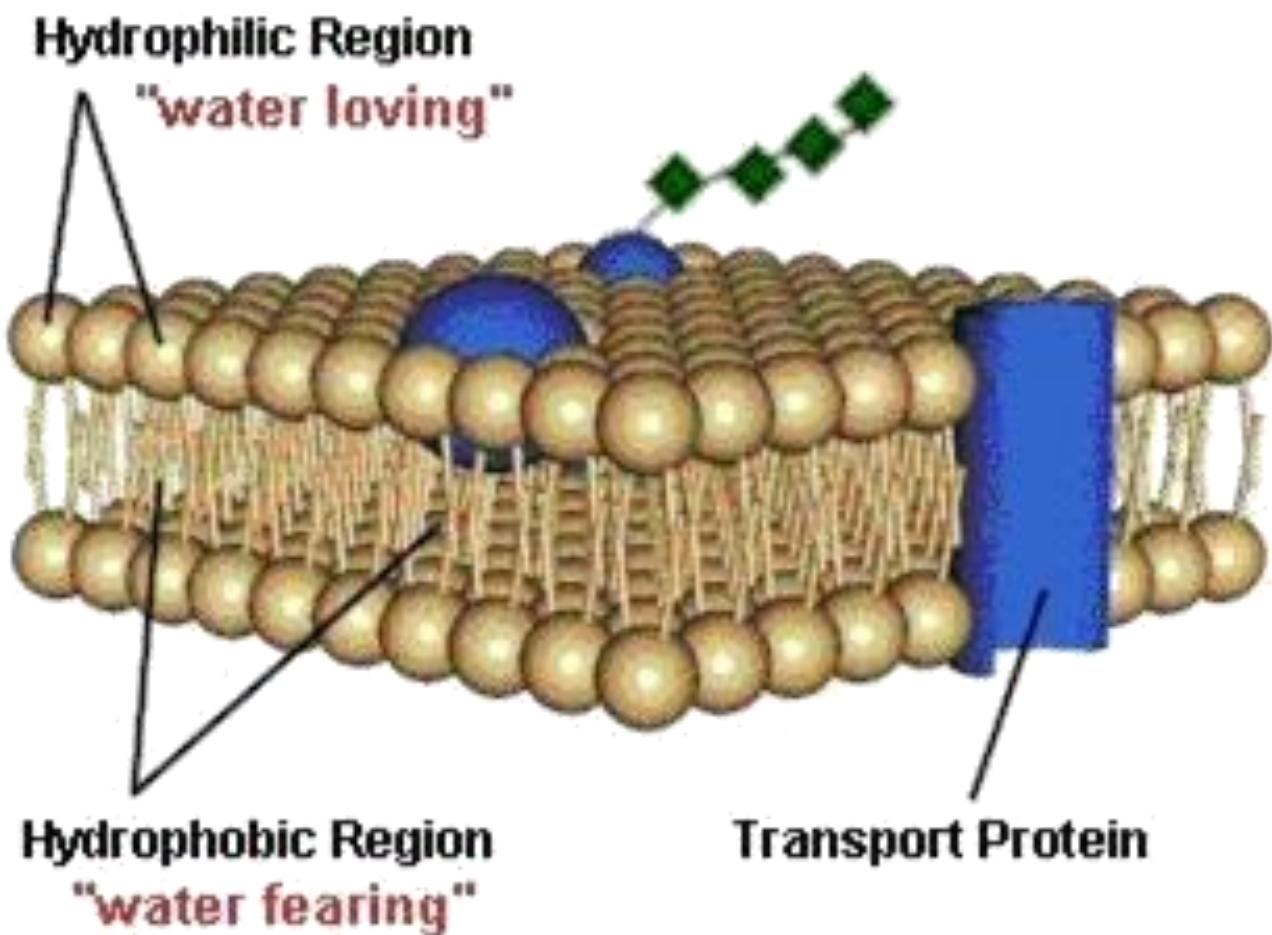




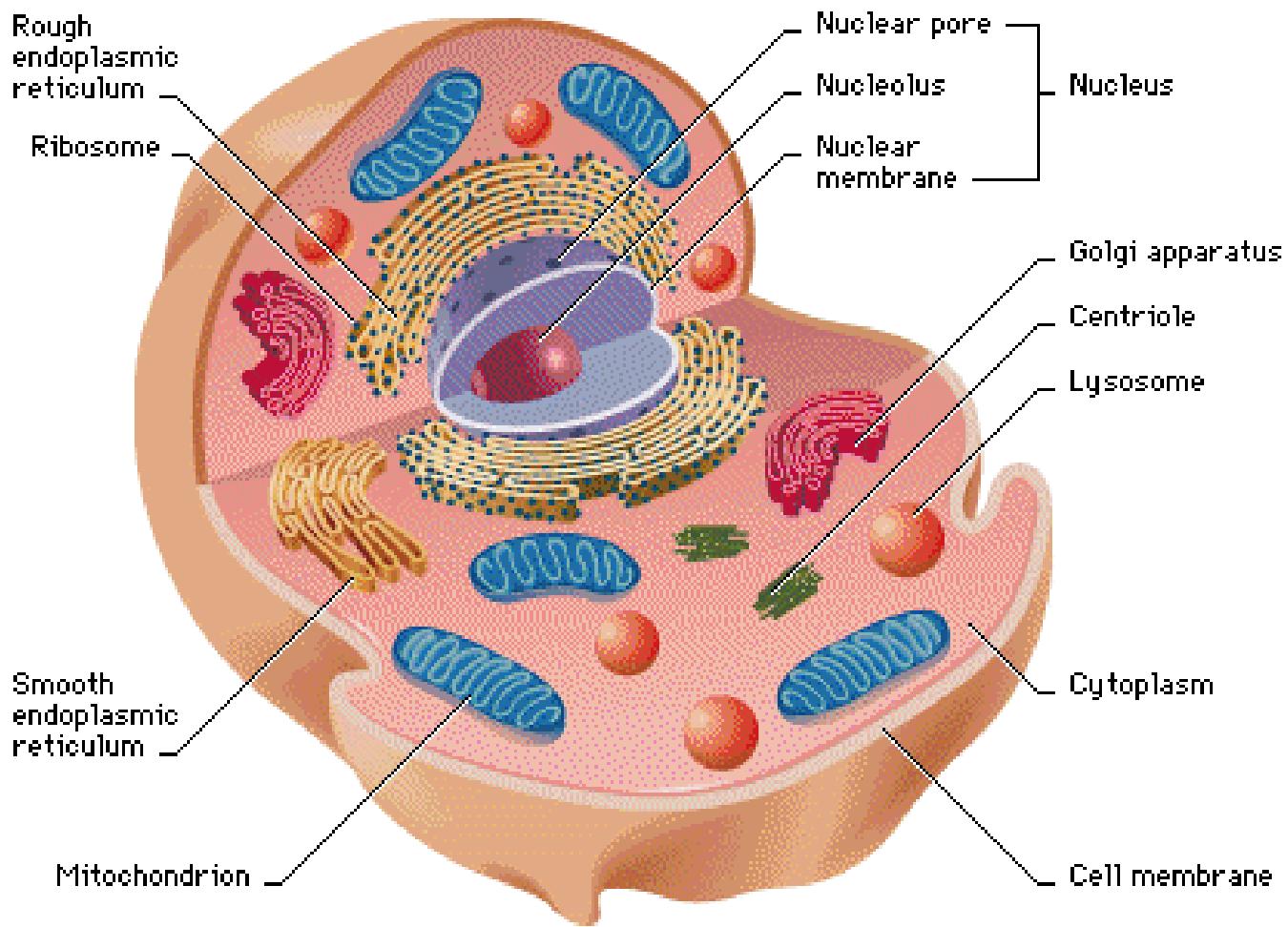
Cell Membrane



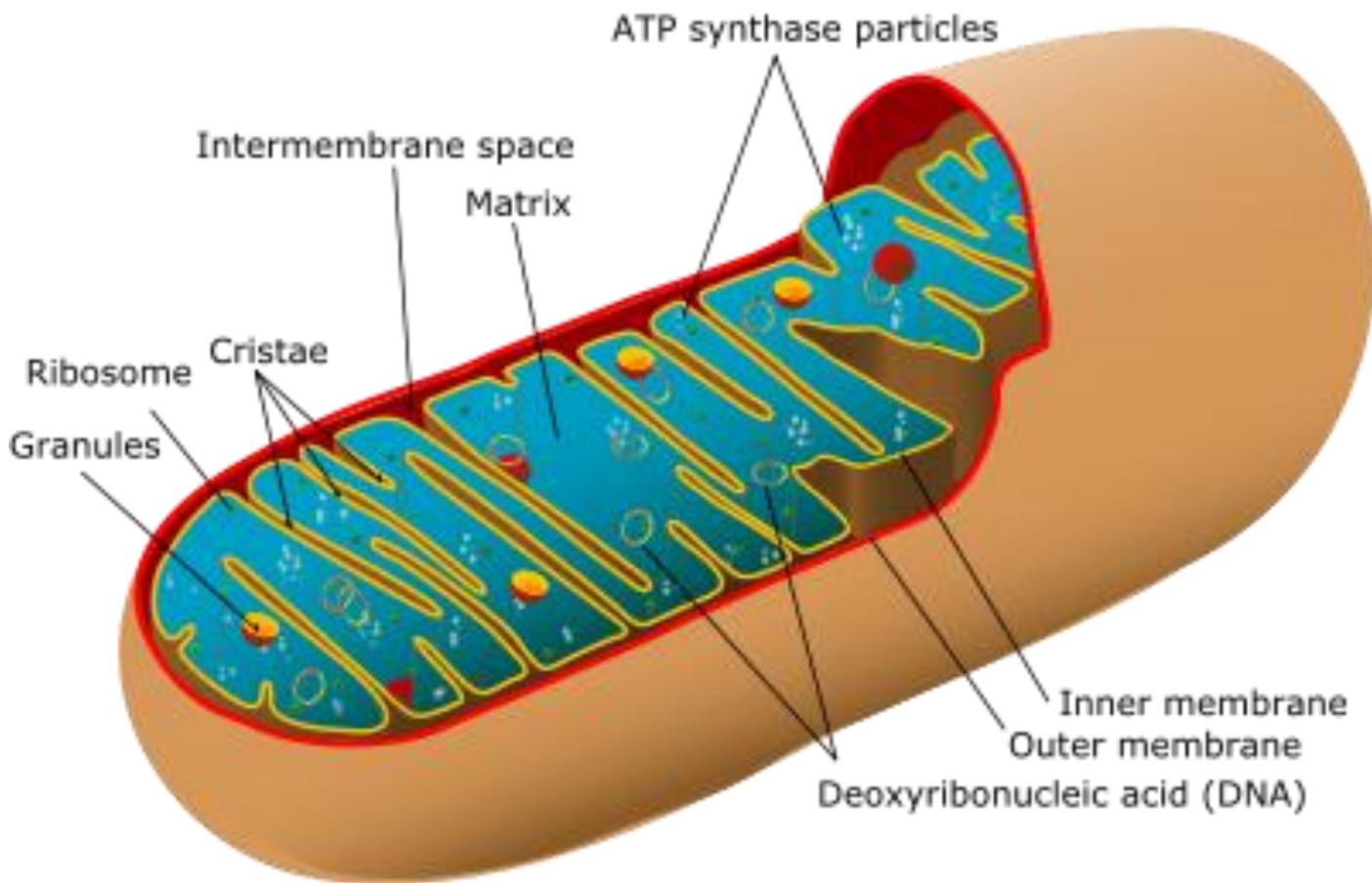
Cell Membrane



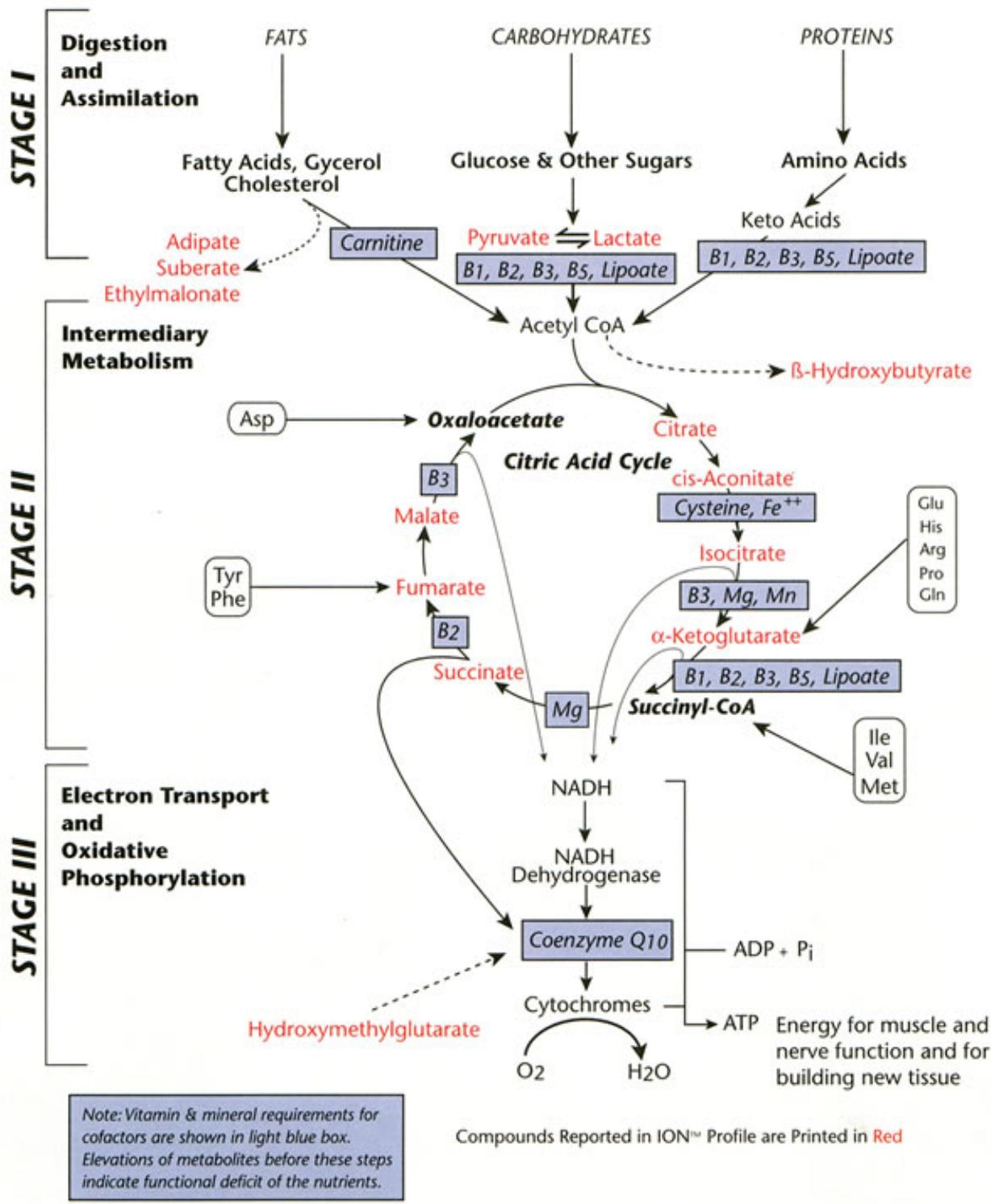
Inside of a Cell



Inside Your Mitochondria



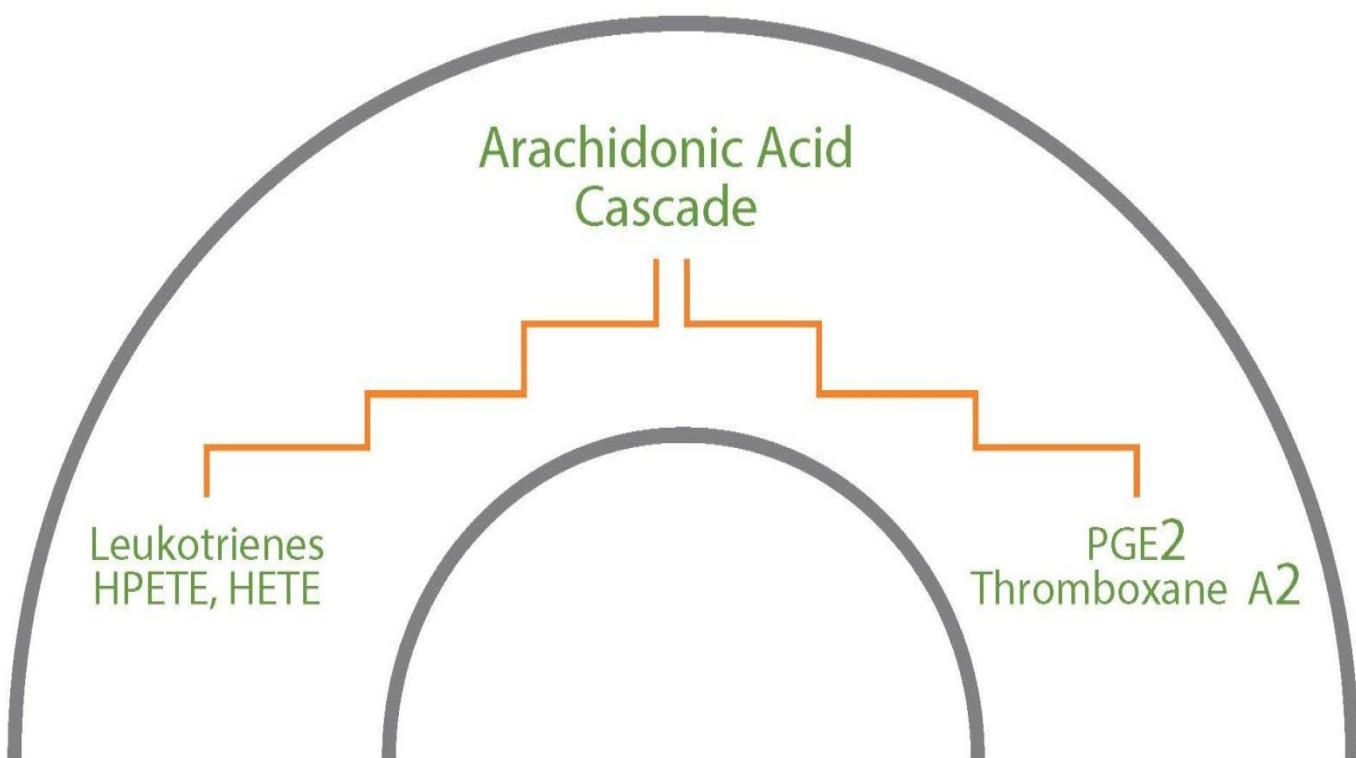
Cellular Respiration



Note: Vitamin & mineral requirements for cofactors are shown in light blue box.
Elevations of metabolites before these steps indicate functional deficit of the nutrients.

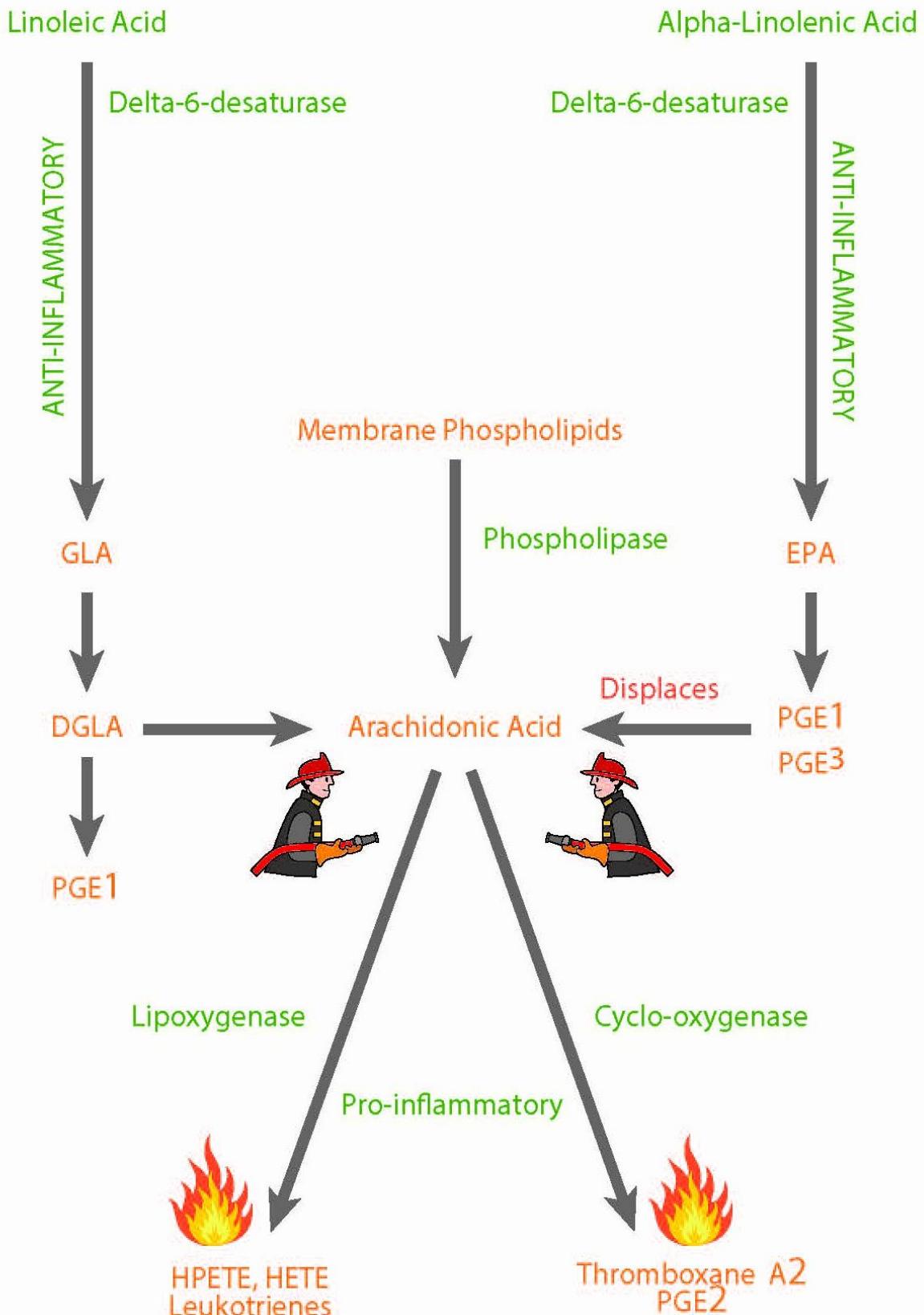
Compounds Reported in ION™ Profile are Printed in Red

Mast Cell Membrane

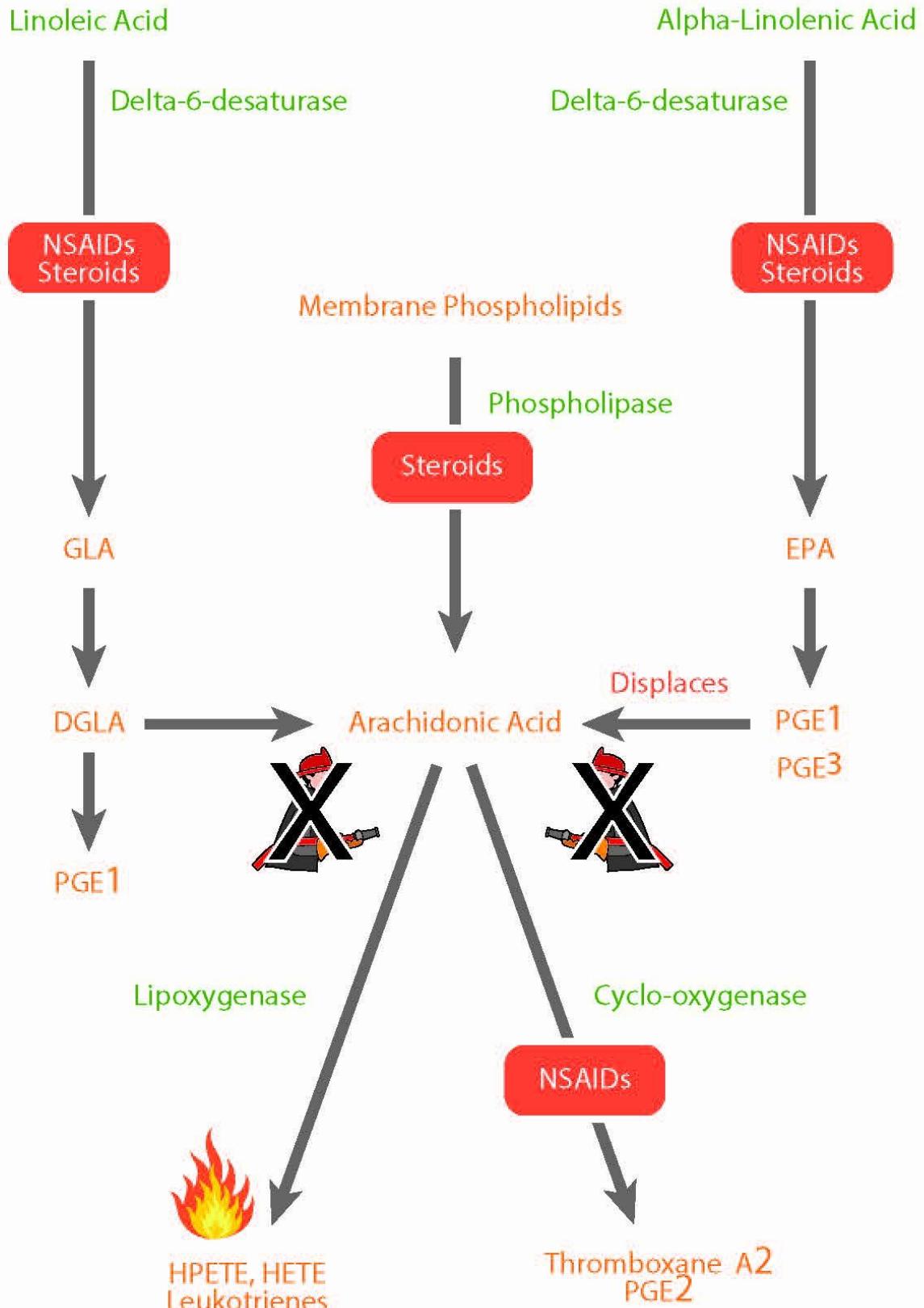


Producing Pro-inflammatory Agents

Inflammatory Cascade



Drug Modulation



Nutritional Modulation

Linoleic Acid

Sesame
Sunflower
Almond
Pumpkin

Alpha-Linolenic Acid

Flax Seed
Chia Seed
Hemp Seed
Walnuts

Delta-6-desaturase
(protect this enzyme by decreasing
trans-fats, alcohol, coffee,
and food additives)

Vitamin B3
Vitamin B6
Vitamin B12
Vitamin C
Vitamin E
Zinc
Magnesium
Biotin

Membrane Phospholipids

Phospholipase

Borage Oil
Black Currant Oil
Evening Primrose Oil

GLA

DGLA

PGE1

Vitamin E
Circummin

Arachidonic Acid
(goal is to decrease this)

EPA,
DHA

PGE1
PGE3

Marine
Fish & Algae

Displaces

Lipoxygenase

Cyclo-oxygenase

Bioflavonoids
Ginger
Vitamin E
EPA
Zinc
Selenium

Bioflavonoids
Ginger
Vitamin E
EPA
Zinc

HPETE, HETE
Leukotrienes

Thromboxane A2
PGE2